

Asthma and COPD Awareness

Molina Breathe with Ease[®] and Chronic Obstructive Pulmonary Disease

Spring 2015

Knowing Your Asthma Triggers

Many things around you can trigger asthma symptoms and cause an attack. Triggers can be simple items in your house or outside. Knowing what triggers your asthma symptoms can help you control your asthma. Each person has his or her own triggers. Check the items that cause you to have asthma symptoms:

- | | |
|-----------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Certain foods:
_____ |
| <input type="checkbox"/> Illness, colds | <input type="checkbox"/> Tobacco or wood smoke |
| <input type="checkbox"/> Dust | <input type="checkbox"/> Strong odors |
| <input type="checkbox"/> Pollen | <input type="checkbox"/> Other:
_____ |
| <input type="checkbox"/> Emotions | |
| <input type="checkbox"/> Mold/Mildew | |
| <input type="checkbox"/> Pet dander | |

Discuss your triggers with your provider and family. You can work together to avoid the triggers and keep your asthma in control.

Most people with asthma should take a **controller medicine**. It helps prevent asthma symptoms. You need to take it every day. It is different from your **rescue inhaler**. You need to use a rescue inhaler for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

Eat Healthy Foods

People with lung disease, like Chronic Obstructive Pulmonary Disease (COPD), should eat a balanced and healthy diet. If you suffer from COPD, you use a lot of energy to breathe. The right food can give you energy and help you breathe more easily. Eating healthy foods can also help fight infections and prevent illnesses.

Healthy Nutrition Tips:

- Drink plenty of water.
- Control your salt intake.
- Limit caffeine.
- Eat a variety of foods.
- Avoid overeating.
- Eat four to five small healthy meals a day.
- Choose healthy foods that are easy to make.
- Use your oxygen during meals (if you use oxygen).

Eat healthy foods and breathe better!

This newsletter is part of a Health Management Program. If you do not want to be a part of this Program, please let us know. Call us toll free at (866) 891-2320.

All material in this newsletter is for information only. This does not replace your provider's advice.

This newsletter may be viewed on our website at www.MolinaHealthcare.com.

To get this information in your preferred language and/or accessible format, please call Member Services. The number is on the back of your Member ID card.

Such services are funded in part under contract with the State of New Mexico.

Este boletín informativo también está disponible en español. Por favor, comuníquese con el Departamento de Servicios para Miembros para pedir una copia en español.

MolinaHealthcare.com



Your Extended Family.



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Questions about Your Health?

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