



## Questions about your health?

Call Our Nurse Advice Line!

1-888-275-8750 English

1-866-648-3537 Spanish

**OPEN 24 HOURS!**

Your family's health is our priority!

For the hearing impaired please call

TTY/866-735-2929 English

TTY/866-833-4703 Spanish



## Smoking Cessation

Smoking is the largest preventable cause of illness and early death. It doesn't matter how old you are or how long you've smoked, it is important to quit. Quitting smoking reduces your risk of lung cancer, heart disease, stroke and lung diseases. Check out some of the short and long term health benefits when you quit smoking:

- **After 20 minutes** -- blood pressure decreases.
- **After 24 hours** -- the chance of a heart attack is less.
- **After 1 year** -- excess risk of heart disease is decreased.
- **After 5 to 15 years** -- the risk of stroke is reduced.

There are many ways to quit smoking. You may even have to try different ways before you succeed. Don't get discouraged. The important thing is that you quit. Keep in mind that it's never too late – especially if you're living with a chronic disease.

### TIPS TO HELP YOU QUIT:

1. Admit the problem to yourself and those around you.
2. Keep track of when and why you smoke.
3. Set a quit date.
4. Limit the time you spend with people who smoke.
5. Write down the list of reasons for not smoking. Keep that list with you. Make sure to review those reasons when you feel the urge to smoke.
6. Talk to your doctor about treatment options.
7. Call the Molina Healthcare Member Services at 1-800-642-4168, TTY 1-800-750-0750 or 711 for information on how Molina Healthcare can help you to quit.

## Smoking and Asthma Do Not Mix

Would you like to stop smoking? Call the Ohio Tobacco Quit Line at 1-800-QUITNOW (1-800-784-8669) or [www.ohiotobaccoquitline.com](http://www.ohiotobaccoquitline.com) for information about smoking cessation programs.

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### Check Out the Molina Healthcare Website

Check out the Molina Healthcare website at [www.molinahealthcare.com](http://www.molinahealthcare.com). You can use the Internet for free at most public libraries. "Click" on the member button and drag your mouse down to your state. You can get information on our website about:

- Molina Healthcare's contracted doctors and hospitals
- Your benefits, including copayments and other charges (if they apply)
- What to do if you get a bill or a claim
- FAQs (frequently asked questions and answers)
- Drug formulary (approved drugs that doctors can prescribe)
- How to contact UM staff about a UM issue or question
- How to get primary care, hospital, specialty, and emergency services
- How to get care after normal office hours
- Preventive health guidelines and immunization schedule
- Your rights and responsibilities and the privacy of your information
- Restrictions on benefits or how to obtain care outside the Molina Healthcare service area
- Quality Improvement, Health Education, and Disease Management programs
- How to voice a complaint or appeal a medical decision
- How we decide about using new technology

You can ask for printed copies of anything posted on the website by calling 1-800-642-4168. Your member handbook is also a good resource. You can find it on our website.

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# Control Your Asthma by Knowing Your Asthma Triggers

You may not always know when an asthma attack will happen, but there are things you can avoid to help prevent one. An attack can cause you to have asthma symptoms, such as:

- Chest tightness
- Shortness of breath
- Wheezing
- Cough

There are many things around you that can “trigger” asthma symptoms and cause an attack. Triggers can be simple items in your house or outside. Items can include dust, pets or the weather. Knowing what triggers your asthma symptoms can help you control your asthma.

### Do you know what your triggers are?

Each person has their own triggers, so it’s important to know yours. Check the items that cause you to have asthma symptoms. Discuss your triggers with your doctor and family. You can work together to avoid the triggers and keep your asthma in control.

- Weather changes
- Exercise
- Illness, colds
- Dust
- Pollen
- Emotions
- Mold
- Pet dander
- Certain foods
- Tobacco or wood smoke
- Strong odors
- Other: \_\_\_\_\_

### How can you avoid your triggers?

- Wash sheets and blankets every week in hot water.
- Vacuum often.
- Keep windows closed to limit house dust.
- Do not allow smoking in your house.
- Avoid outside activity when pollen levels, wind and air pollution are high.
- Keep pets out of your bedroom.

### Did you know?

The Air Quality Index (AQI) tells you how bad the air is outside. To find out if the air in your town is good or bad check out your local paper or visit [www.airnow.gov](http://www.airnow.gov)



# Peak Flow Diary

Doctor’s Name: \_\_\_\_\_ Doctor’s Phone Number: \_\_\_\_\_

| Date/Time | Score | Peak Flow Zone<br>(Green, Yellow or Red) | Symptoms<br>(Wheezing, tight chest, etc.) | Medication Taken<br>(Quick-relief or Daily Medicine) | Dose |
|-----------|-------|--|---|--|------|
|           |       |  |   |  |      |
|           |       |  |   |  |      |
|           |       |  |   |  |      |
|           |       |  |   |  |      |

I have: ☐ Asthma ☐ COPD ☐ Diabetes ☐ Heart Disease ☐ High blood Pressure ☐ Other

Keeping a diary can help you track how your or your child’s treatment is working. This information can help the doctor decide if you or your child needs to use another medication or change your dose.

You are receiving this as part of the Breathe with Ease<sup>SM</sup> program. If you do not want to receive this newsletter or participate in the Breathe with Ease<sup>SM</sup> program, please call us at Molina Health Education at 1-800-642-4168.

# Asthma Medicine

There are two kinds of asthma medicines: quick-relief and controller medicines. Some people with mild asthma only need quick-relief medicine. Other people who have asthma symptoms more often may need both kinds of asthma medicines.

**Quick-relief medicine** opens the airways fast and makes breathing easier. This medicine is used mainly to treat asthma attacks. It is taken as soon as you have symptoms or as often as your doctor tells you. If you have symptoms with exercise, your doctor may tell you to take this medicine about 10 minutes before sports or working out. Quick-relief medicine may also be known as **rescue medicine**.

**Controller medicine** prevents swelling of the airways. Over time it helps heal the airways making asthma attacks occur less often. If you wake at night from asthma or use your quick relief more than two times a week, you may need a controller. If you take a controller you take it every day, even if you feel fine. You keep taking the controller until your doctor tells you to stop. Controller medicine may also be known as **preventive medicine** and **long-term control medicine**.

### GET THE MOST OUT OF YOUR INHALER!

Use a spacer always with your metered-dose inhaler (MDI). A spacer is a holding chamber that attaches to your inhaler. It holds the spray or puff of medicine that is released from your inhaler. Spacers come in many different styles and shapes.

All spacers do the same thing. They hold the spray so it can be breathed in slowly. This helps more medicine get deep into the lungs where it can work best. A spacer can also lessen the bad taste of some medicines. If you or your child do not have a spacer, see your doctor. You can get a new spacer through your doctor every year.

### FOLLOW THESE STEPS TO USE A SPACER WITH A METER DOSE INHALER:

1. Remove the cap from the inhaler’s mouthpiece. Remove the cap from the spacer’s mouthpiece.
2. Attach the MDI to the spacer.
3. Shake the MDI well.

4. Breathe out all the way.
5. Place the mouthpiece of the spacer in your mouth between the teeth. Make a tight seal around the mouthpiece with your lips. Make sure that your tongue does not block the opening.
6. Press down on the canister to release a puff of medicine.
7. Breathe in slowly over 5 to 10 seconds.
8. Hold breath for 10 seconds and then exhale. Exhale into the room, not the spacer.
9. If you are supposed to take more than one puff, wait 1 to 2 minutes between puffs. Repeat steps 1 through 8.

**Use the dry powder inhaler (DPI) correctly.** Some inhalers do not spray like the MDI. Some give the medicine in the form of dry powder such as Pulmicort. You do not use a spacer with a DPI. If you use a DPI, see your pharmacist or asthma educator to make sure that you are using your inhaler the right way. With a DPI you breathe in very fast and deep.

**Find out how much medicine is in each inhaler.** Ask your doctor or pharmacist how many puffs are in a new inhaler. Keep track of the number of puffs or doses used. Do not go over the total number of puffs. A DPI has a counter on it. Ask where to look if you have a DPI. It is no longer recommended to float any inhaler in water to see if it still has medicine. Refill your prescription before you run out of medicine.

**Keep it clean.** Rinse the mouthpiece from the MDI in warm running water. Clean the mouthpiece at least once a week. Always cover the mouthpiece with the cap when you are not using the inhaler. Wipe the DPI clean and keep it dry at all times.

**Always take medicine as your doctor tells you.** If you or your child has a dry hacking cough or wakes up at night from asthma, the asthma is not in good control. Tell your doctor. People with asthma die every year. You do not need to have severe asthma to be at risk of death from asthma. Keeping your asthma in good control is the best thing you can do for your health. It is important to follow the doctor’s instructions on how and when to use asthma medicines.