



Getting Rid of Mold

There are many types of molds. Molds need water or moisture to grow. They can be found indoors and outdoors. Mold spores are very tiny and lightweight which makes it easy for them to travel through the air.

Mold can cause health problems for all people. It is important to stay away from mold if you have asthma, because it could trigger an asthma attack.

Mold can cause:

- Coughing
- Throat, eye, and skin problems
- Wheezing
- Breathing problems for people who have asthma

You can prevent and manage indoor mold growth by controlling indoor moisture. The basic rule is if you can see or smell mold, then take steps to remove the mold from your home and get rid of the excess moisture.

How to remove mold: Wear mask, gloves and goggles while removing mold

1. Open windows and doors for fresh air before you start to clean up.
2. Try to determine the source of the moisture and fix it.
3. Scrub mold off hard surfaces with hot soapy water.
4. Allow surfaces to dry.
5. Rinse with clean water and dry quickly.
6. Bag and get rid of any items that have mold on them such as rags, paper, etc. For other items, wash in hot soapy water.

If you have a lot of mold damage, you may want to hire an expert in mold clean-up.

Note to Renters:

You should report all plumbing leaks and moisture problems to your building manager right away. If you keep having water problems that are not being taken care of, you may want to call your local or state federal housing authorities.

In This Issue

Getting Rid of Mold	pg 1
Using a Peak Flow Meter	pg 2
Steps to take when You Have an Asthma Attack	pg 3
Importance of a Healthy Weight	pg 4
Spirometry Testing	pg 5
Quit for Good	pg 5
Nurse Advice Line	pg 6

Need Help Quitting Smoking?

If you need help quitting smoking, call:

Covered Families and Children (CFC): 1-800-642-4168

Aged, Blind or Disabled (ABD): 1-866-408-9501

TTY for the hearing impaired: 1-800-750-0750 or 711.

You are receiving this newsletter as part of a Disease Management Program. If you do not want to receive this newsletter or participate in any Disease Management Program please let us know. Please call us at:

Covered Families and Children (CFC): 1-800-642-4168

Aged, Blind or Disabled (ABD): 1-866-408-9501

TTY for the hearing impaired: 1-800-750-0750 or 711.

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

Using a Peak Flow Meter

There are different ways to see how your asthma is doing. A peak flow meter can be a good tool for this. A peak flow meter is a hand-held device that measures the ability of your lungs to push out air. Using the readings on the peak flow meter, you can chart the severity of your asthma. This can help with adjusting your medicine.

A high peak flow meter reading means that your lungs are working well. You might be able to take less medicine. A low peak flow meter reading means your lungs are not working as well. You might need more medicine. Talk to your provider about this.

A peak flow meter can also be used during asthma attacks to see how you are breathing. It won't help the asthma attack go away, but can tell you when you need to call your provider.

There are other uses for the peak flow meter. It can help pinpoint what allergens cause your asthma. For example, you can measure if your lung capacity is better or worse at

work than when you are at home. If your results at work are better, that could mean allergens at home are causing your asthma to flare up.

You should always write down your peak flow meter readings. It is a good idea to do three trials and write down the highest one. Take a reading in the morning and in the evening around 8 a.m. and 8 p.m., or more often if you need to. Ask your provider how often you should take peak flow readings.

It is important to check around the same times each day so you know if your readings are affected by the same things. Chart your results when you feel healthy too. This will help you figure out why your readings might be different. Then you'll know if your asthma is getting worse.

Keep a record of your peak flow meter readings. This is important. Be sure you keep taking your medicines. This is what keeps the asthma in control. Keep your provider informed. You can rest easy knowing you have things in control.





Steps to take when You Have an Asthma Attack

Having an asthma attack can be scary. It is important to have an action plan and know what steps to take when it happens. That way, you will be prepared and will know how to best care for yourself or your child.

Follow these steps:

- Get away from the asthma trigger. Reduce the exposure to the trigger that is causing the asthma flare up or attack.
- Evaluate the severity of the attack. Is the asthma attack mild or severe? If the attack is severe, look for these signs:
 - ▶ Difficulty walking due to shortness of breath
 - ▶ Difficulty talking due to shortness of breath
- Use your peak flow meter. If the reading is less than half of your best value, you are having a severe attack.
- Next, use your quick-relief inhaler. This is your rescue medicine that should be taken only when you are having an attack. This will help open up the airways. Your provider will explain to you to if and how to take daily medicine. Daily medicine helps with the swelling on the inside of your airways and keeps your asthma under control.
- Lastly, know when to call for help. If following the action plan does not help with the symptoms, get help right away. Keep your provider's phone number with you. You can also call Molina Healthcare's Nurse Advice at 1-888-275-8750. Remember, you can always get emergency help by dialing 911.

Keep your action plan handy. Know the steps listed on your action plan. This will help you be prepared when you have an attack. If you do not have asthma action plan ask your provider for one. Be informed about your asthma. Knowing what to do can help keep your asthma under control. It could even save your life.

Importance of a Healthy Weight

If you have Chronic Obstructive Pulmonary Disease, or COPD, it is important to keep a healthy weight and eat well. COPD is a lung disease that makes it hard to breathe. If you have COPD and you are over or under weight, it is even harder to breathe.

When you are overweight, your body needs more oxygen. This means your heart and lungs have to work very hard. This makes breathing even more difficult for someone with COPD.

People with COPD often lose weight, too. This is because they use a lot of energy to breathe. Just to breathe, a person with COPD burns 10 times the calories of the average person without COPD. When you lose weight, you lose muscles. This includes the muscles that help you breathe.

A healthy weight will help keep your breathing muscles strong.

Eating well gives you more energy. If you have COPD, you need more energy to breathe than a healthy person. With proper nutrition, you will feel less tired and have more energy for daily activities. This will also help your body fight off infections and can prevent illnesses. Be sure to talk with your provider before you make changes to your diet.

Talk to your provider about what a healthy weight is for you. Weigh yourself once or twice a week, or as often as your provider tells you to. Contact your provider if you gain or lose two pounds in one day or five pounds in one week.



Spirometry Testing

COPD means you have chronic bronchitis or emphysema, or a little bit of both. People with COPD have trouble breathing. A spirometry test measures breathing. It can often be done at the provider's office. It tells the provider how your lungs are working. It helps your provider decide how to best help you.

A spirometry test is very short. It is a breathing test that measures the amount of air a person can blow out of the lungs (volume) and how fast that person can blow it out (flow).

This is what happens during a test: You will be asked to

take a deep breath, then blow out as hard and as fast as you can, for as long as you can. Your provider may give you a soft nose clip so you breathe only from your mouth. Your provider might ask you to take a quick breath in again. This is to see if there is anything blocking your breathing. You repeat the test three times to make sure it is right. The results will be recorded on a graph. Your provider will use the results to assess how well your lungs are working and decide how best to treat you.

Not all spirometers look the same. Not all are exactly alike. But they all measure the same things and they will all help your provider make the best treatment decisions for you.

Quit for Good

If you have not quit smoking, do it now! It is not too late to improve your quality of life and slow the progress of lung disease. It is the best thing you can do to live well with diabetes and heart disease. Quitting may be the hardest, but the most rewarding, thing you will ever do.

Nicotine is very addictive and people often try to stop two or three times before quitting for good. Studies have shown each time you quit you will become stronger and learn more about what it takes for you to quit for good. Molina Healthcare offers programs that can help you quit? There is no cost to Molina Healthcare members.

If you would like information on a program to help you stop smoking, visit our website at www.MolinaHealthcare.com or call:

Covered Families and Children (CFC): 1-800-642-4168

Aged, Blind or Disabled (ABD): 1-866-408-9501

TTY for the hearing impaired: 1-800-750-0750 or 711





PO Box 349020
Columbus, OH 43234-9020

5428DM0312



Questions about your health?

Call Our Nurse Advice Line!

English: 1-888-275-8750

Spanish: 1-866-648-3537

OPEN 24 HOURS!

Your family's health is our priority!

For the hearing impaired, please call

TTY (English): 1-866-735-2929

TTY (Spanish): 1-866-833-4703