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Part# 2451Rev0508



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



Travel and Asthma

With a little extra planning, you can safely manage your asthma while traveling. Here are some ideas to keep in mind.

Before you go

See your doctor for a check up. Make sure that your asthma is under good control and that your action plan is current. Have him or her write you a prescription in case you need it while away.

Packing

Pack more medication than you think you will need. If you are traveling by airplane, make sure to keep your medicine and supplies in your carry on luggage. Take your peak flow meter and asthma action plan. Have your doctor's phone number handy. Bring your long-term and quick-relief medicine.

Your destination

Think about where you are going and what triggers your asthma. Climate can make a difference. Warm, humid places may mean more exposure to dust mites, mold and some pollen types. Cold, damp climates may mean more dust mites and indoor mold. Cold air in a dry climate can also be an irritant. High altitude can also be a concern. In this case, monitor your breathing during physical activity.

Other tips

- You might consider taking your own dust-proof pillow cover if dust mites are a problem.
- If you are traveling by car and you are allergic to pollen and mold, keep the windows closed and the air conditioner on.
- Tell your travel partner about your asthma and how to help you if you need it.

Overall, think about where you are going, where you will be staying and what you will be doing. It will help you plan effectively and make the most of your travels.

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 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. 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 a Nurse to help you with your health care
- 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
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- 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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First Steps When You Have an Attack

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

The first thing you should do is get away from the asthma trigger. Minimize your exposure to the thing that is making your asthma worse. Second, think about how you feel. Is the asthma attack mild or severe? If your attack is severe, you will most likely have trouble walking or 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 will help open up your airways. In

addition, your doctor may want you to take a prescription steroid tablet. This will help with the swelling on the inside of your airways. This is a long-term medicine so you will not feel its effects right away.

Lastly, know when to call for help. If you are following your action plan and do not feel any better, get help immediately. Keep your health care provider's phone number with you, and remember, you can always get emergency help by dialing 911.



Be informed about your asthma. Knowing what to do can help keep your asthma under control. It could even save your life!

What Causes Asthma?

Asthma is a chronic disease of the airways. It causes symptoms like wheezing, breathlessness, tightness in your chest, and a cough. The cause of asthma is a combination of heredity and the environment.

You are more likely to have asthma if other people in your family have it too. Also, there are many things in the environment that can bring on asthma symptoms.

The National Heart Lung Blood Institute gives these examples of asthma triggers:

Allergens	Animal dander Dust mites Cockroaches	Pollen from trees and grass Indoor or outdoor mold
Irritants	Cigarette smoke Air pollution Cold air	Strong odors from painting or cooking Scented products Strong emotions like stress or crying or laughing too hard
Others	Medicines like aspirin Infections	Acid reflux Sulfites in dried fruit or wine

Your body acts on these triggers in two ways. First, the airways might get narrower and get clogged with mucous. They get narrower because the muscles around them tighten. Next, they could get inflamed or swollen. This makes it hard for air to get into and out of your lungs.

Asthma attacks can be mild to severe. It is important to know what things make your asthma worse. That way, you can do your best to avoid them.

You are receiving this newsletter as part of the Breathe with EaseSM program. If you do not want to receive this newsletter or participate in the Breathe with EaseSM program, please call the Molina Health Education Line at 1-800-357-0146, ext. 214390.

Types of Asthma

Did you know that there are different types of asthma? Today asthma is divided into these groups:

- Allergic
- Intrinsic
- Exercise-induced
- Nocturnal
- Occupational
- Steroid-resistant

Allergic

Most people with asthma have this kind of asthma. It is triggered by allergens like animal dander, dust mites, pollen and mold. Other causes are pollution and cigarette smoke. Childhood asthma is also included in this group.

Intrinsic

This means that allergies are not the cause. This type of asthma usually occurs in people 40 years old or older. Strong odors, colds and gastroesophageal reflux (GERD) can set off their asthma.

Exercise-induced

This kind of asthma can occur when the lungs lose heat

and moisture. This loss occurs during exercise. Exercising in cold weather can make it worse.

Nocturnal

This means “nighttime.” So this type of asthma affects people when they are sleeping. Symptoms are usually worse between midnight and 4 a.m.

Occupational

Breathing in irritants at work can cause asthma. Irritants can include wood dust and fumes. This type of asthma is a result of breathing in these irritants over a long period of time.

Steroid-resistant

Some asthma is from an overuse of asthma medication. This means that asthma doesn’t respond to medication.

Knowing what type of asthma you have can help you manage it better. Ask your health care provider if you are not sure.



**When you travel away from your hometown,
Molina Healthcare pays for emergency care for you.**

You may go to a local emergency room (ER) or an urgent care clinic. Tell them you are a Molina Healthcare member. Show them your Molina Healthcare ID card. But don’t forget, routine care is not covered when you travel away from home.