



Safe Exercise with COPD

You need to stay active while living with COPD. Your exercises do not have to be fancy or hard. They must be done safely and on a regular basis. Check with your provider before you start any exercise program.

What kind of exercise is good for people with COPD?

Stretching and breathing exercises, plus a daily walk, are a good start. Walking is one of the best forms of exercise because it is simple and can be done anywhere during any time of year. Try walking around your home, at the nearby mall, or at a local park.

You should be doing the following exercises at least three times per week:

- **Stretching** relaxes you and makes you more flexible. It is also a good way to warm up before and cool down after exercising.
- **Aerobic exercise** allows your body to use oxygen better. Swimming, walking, climbing stairs and dancing are all great choices.
- **Light weight training** makes your muscles stronger so your breathing muscles do not have to work as hard.

Tips for easy exercise:

- **Talk to your provider before starting your exercise program.** Your provider may advise you to use your inhaler before exercising or recommend using portable oxygen during your workouts.
- **Pace yourself.** No matter what kind of exercise you're doing, never rush! Take your time. Sit or lie down if you feel dizzy.
- **Be patient.** Start off slow. Over time, you can increase your activity level.
- **Set goals.** Setting a fitness goal is the first step to reaching it. If you want to be able to walk for 10 minutes without becoming breathless, make that your goal.
- **Relax and think positive.** Relaxation and a positive outlook can help you get the most out of exercising.
- **Watch pollution levels and weather.** Do not exercise outdoors if smog or pollution levels are high. Avoid exercising outside on days that are too cold, too hot, or too humid.
- **Find exercises that are right for you.** You are more likely to stick with an exercise program when it is something you enjoy. If you like to dance, sign-up for lessons. If you like to swim, check out the programs at your local pool.

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Need Help Quitting Smoking?

If you need help quitting, Molina Healthcare has a stop smoking program called **Free and Clear[®]**. Call the Washington Tobacco Quit Line at 1-800-784-8669. Quit for life.

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 the Health Education Line at 1-800-423-9899, extension 141428.

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

Traveling with Oxygen

With a little planning, you can still lead an active life and go anywhere you want! Here are some travel tips.

- Find out how long your portable oxygen supply will last. Allow for unexpected delays in your travel.
- Secure your oxygen unit. For example, in a car fasten it with a safety belt and shoulder harness.
- Set up an “oxygen supply network.” Before traveling a long distance, find oxygen suppliers along your travel

route. Your local supplier may be able to help.

- Check with airlines before flying. Most airlines will not let you use your own oxygen on board. Your portable tanks must be emptied and stored as luggage. However, some airlines will provide oxygen for you if you ask before your flight.
- Have an oxygen supply ready when you get off the plane.
- Last of all, have a great time!

What Happens to Your Body When You Quit Smoking?

Within **20 minutes** of your last cigarette:

- Blood pressure returns to normal
- Pulse rate returns to normal
- Body temperature of your hands and feet returns to normal

8 hours:

- The carbon dioxide level in your blood returns to normal
- Oxygen level in blood increases to normal

24 hours:

- Your chance of having a heart attack decreases

48 hours:

- Your nerve endings start re-growing
- Smell and taste senses start to improve

72 hours:

- Airways relax making it easier to breathe
- Lung volume increases

2 weeks to 3 months:

- Circulation improves
- Walking becomes easier

3 to 9 months:

- Coughing, sinus blockage, fatigue, and shortness of breathe decrease
- Lung function is increased by 5-10 percent
- Cilia (tiny hairs in the airways) regrow in lungs- help to remove mucus, clean lungs, and reduce infection
- Your energy level increases

5 years:

- Risk of heart attack reduced to half that of a smoker
- Stroke risk is almost the same as a non-smoker
- Lung cancer death rate for the average smoker (one pack a day) decreases from 137 per 100,000 people to 72 per 100,000

10 years:

- Pre-cancerous cells are replaced
- Risk of lung cancer is almost the same as a non-smoker
- Risk of cancers such as lung, mouth, larynx, esophagus, bladder, kidney, and pancreas decrease

All of these benefits are lost when you smoke just 1 cigarette a day!

Asthma – How Much Do You Know?

Read each statement below. Decide if each one is a “myth” (not true) or a “fact” (true). When you are done, see “Answers” to get all the facts.

1. Asthma can be cured with the right medicine.

Myth **Fact**

2. Once a person has asthma, he or she will most likely have it all their life.

Myth **Fact**

3. The lungs always return to normal once an asthma attack is over.

Myth **Fact**

4. A person can catch asthma from another person.

Myth **Fact**

5. Asthma is very common.

Myth **Fact**

6. People with asthma should not exercise.

Myth **Fact**

7. Laughing or crying cannot trigger an asthma attack.

Myth **Fact**

8. Allergies are common in people with asthma.

Myth **Fact**

9. Most asthma attacks start with very little warning.

Myth **Fact**

10. A dry cough especially at night may mean asthma is not well controlled.

Myth **Fact**

Answers

1. **Myth.** Asthma cannot be cured, but it can be controlled. People with asthma can be healthy and live normal, active lives with the right treatment plan.

2. **Fact.** Most people do not outgrow asthma, but many have few or no attacks as they get older. But asthma can become a problem again at any time in a person’s life. This is especially true for people with allergies.

3. **Myth.** Studies show that the airways can be swollen even when there are not symptoms. Certain medicines can help reduce this swelling so attacks are less likely to happen. Staying away from asthma triggers can also help.

4. **Myth.** You cannot catch asthma from someone who has it. Asthma may be inherited or triggered by allergies. It is still not clear what causes asthma, but we know what can trigger symptoms. Common triggers are dust mites, pollution, cigarette smoke, pet dander, cold air, pollen, and many other things. Staying away from triggers is one of the best actions you can take to help your asthma.

5. **Fact.** Asthma is one of the main reasons for missing days at school and work. It affects people of all ages, all over the world.

6. **Myth.** Exercise is important for people with asthma. Tell your provider if you have breathing problems with exercise.

7. **Myth.** Any stress can trigger an asthma attack. Laughing or crying changes breathing.

8. **Fact.** While allergies are not the only trigger for asthma, they are big ones. If you have allergies, you need to know what your triggers are. By staying away from triggers, you can greatly reduce the number of asthma attacks. Taking allergy medicines can also help.

9. **Myth.** Most attacks have plenty of warning. Signs appear hours or days before breathing gets bad. People with asthma need to learn their own personal warning signs of an upcoming attack. Parents need to learn to be aware of changes in young children that signal an attack is coming. Common warning signs are a runny, itchy nose, a scratchy throat, a funny feeling in the chest, an upset stomach, or feeling tired or restless. Early action can prevent problems later.

10. **Fact.** Waking up at night with a dry cough more than three times in one month means asthma is not well controlled. A dry cough that awakes you during the night is a sign that a different kind of medicine might be needed. Tell your provider so you can get the right treatment.



P.O. Box 4004
Bothell, WA 98041

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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

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