

# Spring 2016 Asthma and COPD Awareness

Molina Breathe with Ease<sup>®</sup> and Chronic Obstructive Pulmonary Disease



## 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"/> Dust           | <input type="checkbox"/> Tobacco or wood smoke |
| <input type="checkbox"/> Pollen         | <input type="checkbox"/> Strong odors          |
| <input type="checkbox"/> Emotions       | <input type="checkbox"/> Other: _____          |
| <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 each day. A **rescue medicine** is for sudden asthma symptom relief. Talk to your provider about any medicine you take and how a controller medicine can help you.

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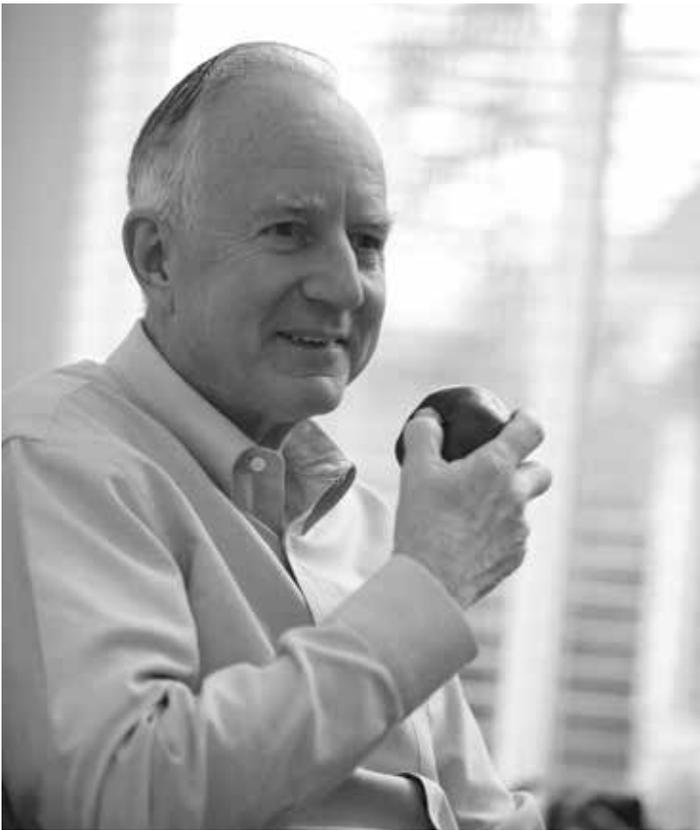
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All material in this newsletter is for information only. This does not replace your provider's advice.

The newsletter is on our website at [www.MolinaHealthcare.com](http://www.MolinaHealthcare.com). Find the newsletter under "Member Resources."

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## 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!

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# Chronic Conditions and Depression

When you suffer from a chronic health condition, life can feel like a heavy weight. The effects of chronic disease can change the way you manage daily activity. Many people with chronic health conditions often become depressed.

## What is depression?

Depression is a medical illness that affects mood, thought, behavior and general health.

## What are the signs of depression?

- You feel sad often.
- You gain or lose weight suddenly.
- You have mood swings.
- You feel nauseous.
- You lose interest in things you once enjoyed.
- You feel nervous.
- You sleep poorly.
- You have memory loss.
- You drink too much alcohol.
- You find it hard to focus.
- You eat too much or too little.

## How can you help yourself?

- Ask your primary care provider for support in finding community services that may be helpful.
- Talk to family members or friends about how you are feeling.
- Make healthy lifestyle choices: eat well, stay active and take your medicine as prescribed.

## Can you treat depression or anxiety?

- Yes! Talk to your provider. Medicine and ‘talk therapy’ can help. Your provider can help you get treatment.
- Left untreated, depression or anxiety can make your chronic condition worse.
- Ask for help. You can get treatment and feel better.



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## Questions about Your Health?

Call Our 24-Hour Nurse  
Advice Line!

English: (888) 275-8750

Spanish: (866) 648-3537

Your health is our priority!

TTY users should dial 711.

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Your Extended Family.