

Please Don't Smoke



McLaren Health Plan covers “QUIT SMOKING” medications. If you smoke, ask your doctor how to help you quit!

If you are a Medicaid member, we have a new smoking cessation program for you. Please call (800) QUIT-NOW.

Our Complex Case Management Program provides **more** support for you. Please call us at (888) 327-0671 to learn more about this program.

Customer Service

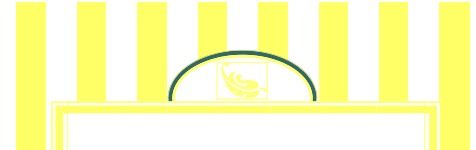
Toll Free Phone & Fax Numbers:
Phone: (888) 327-0671
Fax: (877) 502-1567

www.mclarenhealthplan.org



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ASTHMA NEWS MAY 2010



McLaren Health Plan wants to help our members with asthma take good care of themselves. Good asthma care can help you live a more active and healthy life.

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Do You Know the Warning Signs of an Asthma Attack?

People with asthma usually have early warning signs before an asthma attack. Warning signs are not the same for everyone. These may happen days or hours before an asthma attack. Learn to recognize **your** warning signs. Some common warning signs are:

- Feeling anxious, coughing, or out of breath
- Tightness in the chest
- Drop in peak flow reading
- Feeling tired all of the time

Talk to Your Doctor About an Action Plan!

You can help avoid the emergency room by managing asthma daily. With your doctor's help, you can create an at home **Asthma Action Plan** to help reduce triggers. Make sure you and your doctor discuss:

- Your asthma triggers
- Instructions for asthma medicine
- What to do if you have an asthma attack
- When to call your doctor
- Who to call in an emergency



Keep quick-relief medication close at all times. Like in a backpack, desk, car, or pocket so it can be found quickly.

Know Your Asthma Triggers

Triggers are things that may cause you to have an asthma attack. They are different for each person. Stay away from things that make your asthma worse. Listed are some common **asthma triggers**:

- Pets
- Excessive exercise
- Vacuum cleaning
- Tobacco smoke
- Pollen & mold
- Cold wind/air
- Dust & dust mites
- Stress
- Strong odors
- Over heating in hot weather

Do You Use Your Asthma Medications Correctly?

Many people with asthma need to take medicine. Your doctor will decide what medicine is best for you. Know the names of your medicine and when to take it. Taking the right medicine at the right time will help you stay healthy.

There are two types of asthma medicine:

Long-Acting

- Usually taken everyday to prevent and control asthma symptoms
- Works to keep asthma symptoms from starting and keeps your breathing easier
- Helps before playing sports or during inclement weather conditions

Quick Relief

- Usually taken when you need fast relief from an asthma attack
- Works quickly by opening up the airway to breathe easier



Do not rely on **quick relief** medications too much. Talk to your doctor about using a long acting medication.

Get Enough Sleep

Many asthma patients have disrupted sleep because their asthma is not adequately controlled. Here are some tips to help you get uninterrupted sleep:

- Take your medications regularly as the doctor ordered
- Use dust covers on your bed to eliminate dust mites
- Do not allow animals on the bed
- Sleep in a quiet room
- Use a peak flow meter regularly to find out if you have any airway narrowing
- Control other problems that may affect sleeping, like acid reflux, stress, and cold symptoms
- Stop smoking
- Limit alcohol and caffeine before bedtime
- Relax and go to sleep at the same time each night