

COPD Disease Management Newsletter

summer 2011

Four Reasons to Learn More About COPD

DID YOU KNOW?

Chronic Obstructive Pulmonary Disease (COPD) is the fourth leading cause of death in the United States. The disease kills more than 120,000 Americans each year – that’s one death every four minutes – and causes serious, long-term disability. The number of people with COPD is increasing. More than 12 million people are diagnosed with COPD and an additional 12 million likely have the disease and don’t know it. Here are four things YOU can do to live a longer, more active life.

1. Be aware of the risk factors
2. Recognize the symptoms
3. Ask your doctor about a simple breathing test
4. Follow treatment advice

4 key risk factors for COPD

If you ...

1. have shortness of breath, chronic cough, or have trouble performing simple daily tasks like climbing stairs, grocery shopping, or laundry;
 2. are over age 40 and currently smoke or used to smoke;
 3. have worked or lived around chemicals or fumes;
 4. have certain genetic conditions
- ...you could be at risk for COPD.

4 things you can do if you are at risk for COPD:

1. Talk with your healthcare provider about shortness of breath, chronic cough, or decline in activity level.



2. Get a simple breathing test, also known as spirometry.
3. Quit smoking. Need help? Talk to your doctor.
4. Avoid pollutants or fumes that can irritate your lungs.

4 things you can do to help manage COPD:

1. Take medication as directed by your doctor.
2. Enroll in a pulmonary rehabilitation program.
3. Avoid pollutants or fumes that can irritate your lungs.
4. Get flu and pneumonia shots as directed by your doctor.

For more information, visit www.LearnAboutCOPD.org.

Source: <http://www.nhlbi.nih.gov/health/public/lung/copd/what-is-copd/four-reasons.htm> retrieved 10/27/2010

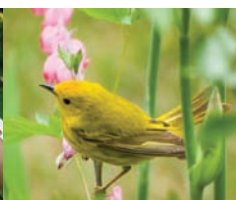
Don't Go Without H2O

Make no mistake about it – your body needs H₂O – water! Drinking water is a health habit you can't afford to disregard. But why does your body need water?

Every system in your body depends on water. Your skin tissues need moistening, your body temperature needs regulating, your joints need lubricating, your colon, kidneys, and liver need flushing of waste products, and your cells need nutrients carried to them. The minerals and nutrients you eat must be dissolved to make them accessible to your body.

Your body doesn't function as well without a continuous flow of water. There are few liquids that can do what pure water does for your body, so choose your fluids wisely. Find alternatives consisting of mostly water and with few or no calories. Milk and juice are composed mostly of water as well as coffee, tea and soda, but these certainly should not be a major portion of your daily total fluid intake. Many fruits and vegetables, such as watermelon and tomatoes, are 90 percent or more water by weight and can add to your intake as well.

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Diagnosing COPD

Everyone at risk for Chronic Obstructive Pulmonary Disease (COPD) who has a chronic cough, sputum production, or shortness of breath, should be tested for the disease. The test for COPD is called spirometry.

Spirometry can detect COPD before symptoms become severe. It is a simple, non-invasive breathing test that *measures the amount of air* a person can blow out of the lungs (volume) and *how fast* he or she can blow it out (*flow*). Based on this test, your doctor can tell if you have COPD, and if so, how severe it is. The spirometry reading can help your doctor determine the best course of treatment.

How Spirometry Works

Spirometry is one of the best and most common lung function tests. The test is done with a spirometer, a machine which measures how well your lungs function, records the results, and displays them on a graph for your doctor. You will be asked to take a deep breath, then blow out as hard and as fast as you can using a mouthpiece connected to the machine with tubing. The spirometer then measures the total amount exhaled, called the forced vital capacity or FVC, and how much you exhaled in the first second, called the forced expiratory volume in one second or FEV1. Your doctor will read the results to assess how well your lungs are working and whether or not you have COPD.

If you have not had a spirometry test, talk to your physician about having it.

Source: <http://www.nhlbi.nih.gov/health/public/lung/copd/what-is-copd/getting-tested.htm> accessed 10/27/2010



Ingredients for Healthy Food Preparation at Home

The National Heart Lung and Blood Institute (NHLBI) provides wonderful recipes and suggestions for healthy eating at home. The recipes use lots of fresh fruits, vegetables, fresh poultry, and seafood. You will need to stock your pantry with many of the ingredients listed below to make it easier to prepare the dishes. You can access the recipes from this website: <http://hp2010.nhlbi.nih.net/healthyeating/>

These ingredients can be used in both main dishes and side dishes. They are available in most grocery stores and are easy to use.

Herbs and Spices (fresh and dried): Add Flavor

- Basil
- Ground black pepper
- Cayenne pepper
- Chili powder
- Cilantro
- Cinnamon
- Coriander
- Crushed red pepper
- Cumin
- Garlic
- Ginger
- Mint
- Nutmeg
- Oregano
- Paprika/smoked paprika
- Parsley
- Rosemary
- Salt-free seasoning mix
- Tarragon
- Thyme

Condiments, Sauces, and Other Seasonings: Add Flavor (and, a little goes a long way!)

- Canned tomato paste, no salt added
- Canned tomatoes, no salt added
- Capers

- Dijon mustard
- Fish sauce
- Honey
- Lemon juice
- Lime juice
- Low-sodium broth or stock (chicken, beef, vegetable)
- Lite soy sauce
- Light teriyaki sauce
- Salsa or reduced-sodium taco sauce
- Spaghetti sauce, no salt added
- Vinegar (apple cider, balsamic red wine, rice)

Oils and Fats: Low In Saturated Fat and Trans Fat

- Cooking spray
- Nut oil (peanut, sesame)
- Soft tub margarine
- Vegetable oil (safflower, canola, corn, olive)

Nuts, Seeds, and Beans: Low In Saturated Fat and High In Protein and Fiber

- Low-sodium canned beans (black, kidney, pinto, chick peas, cannellini)
- Dried lentils
- Unsalted nuts (almonds, pine nuts, walnuts)

Whole Grains: Add Fiber and Other Nutrients to Side Dishes and Main-Dish Meals

- Brown rice
- Whole-wheat couscous
- Quinoa
- Whole-wheat pasta
- Whole-wheat tortillas

Frozen Vegetables and Legumes: Add Convenience

- Corn
- Edamame
- Vegetable stir-fry mix (no sauce added)

Source: <http://hp2010.nhlbi.nih.net/healthyeating/ingre.aspx>

Chest Physical Therapy for COPD

Chest Physical Therapy (CPT) helps loosen mucus in your chest. If you are unfamiliar with CPT, talk to your health care provider. It can help treat or prevent an infection, make breathing easier and prevent more problems with your lungs.

If you experience swelling and too much mucus in the airways of the lungs (bronchitis), you may need to learn postural drainage. Your respiratory therapist will show you the best position, but it will probably be one of the following:

- Lying on your back, stomach, or side
- Sitting
- Sitting or lying with your head down

You will breathe in slowly through your nose and then out through your mouth. Breathing out should take about twice as long as breathing in.

Normally your therapist will tell you to stay in the position for about five minutes and you will do this three to four times a day. You will want to wear comfortable clothes and use pillows to get as comfortable as possible.

You may be instructed to try percussion or vibration to help break up thick fluids in your lungs. Percussion involves pounding with your fist or clapping hard on your chest. You should hear a hollow or popping sound, NOT a slapping sound. The clap should not be so hard that it hurts, but the vibration should be enough to “rattle” your rib cage. Take a deep breath and then blow out hard. With a flat hand, gently shake your ribs. This exercise should be done for five to seven minutes in each area of the chest. When finished, take a deep breath and cough. Demonstrate this procedure to your respiratory therapist to confirm you are doing it correctly.

The regular exercise of loosening the mucus in your chest will help you be more comfortable and breathe easier. Once you try them you may want to make these exercises a top priority.

Sources: National Institute of Health (MedlinePlus) and Canadian Lung Association

Be Safe When Using Oxygen

Oxygen is often necessary when you have COPD. Safety instructions are addressed when you first begin using oxygen but it is a good idea to review oxygen safety periodically for the protection of you, your family and your home.

Oxygen is a safe gas and is non-flammable, however, it supports combustion. Oxygen makes things burn much faster. It is most important for you to have a working smoke detector and a fire extinguisher in every room where you use oxygen.

There must be absolutely no smoking anywhere inside your home with oxygen present. Anyone wanting to smoke must go outside your home. Period.

Keep at least five feet of distance between oxygen and other heat sources such as stove, fireplace, electric or gas heaters. Oxygen should be kept away from anything that is likely to produce a spark or flame. When cooking, keep oxygen away from the oven and stovetop and watch out for spattering grease.

Store your oxygen tank carefully. It should not be stored in a small closet, trunk, or box. Store oxygen where air can move freely.

You should not use Vaseline or other petroleum-based creams and lotions on your face or upper part of your body unless you get it approved by your doctor first. It is okay to use aloe vera or other water-based products, such as K-Y Jelly.

Keep track of your tubing so no one trips or gets tangled in it. Taping the tubing to the back of your shirt may help.

Share oxygen safety guidelines with your family. Once everyone is on the same page, you will be able to breathe a sigh of relief.

Sources: American Lung Association and Medline Plus



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- ★ Toll-free phone number: 800-881-9227
- ★ Visit the Health and Wellness web page at www.humana-military.com
- ★ Health Information Audio Library: Available 24/7 at 877-217-7946

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Don't Go Without H2O *(Continued from page 1)*

You need water to replace the fluids your body loses through normal everyday functions. You lose water when you urinate, sweat, and even when you exhale. It is necessary to routinely and regularly replace the loss.

Most experts agree a healthy quantity is eight 8-ounce glasses on a normal temperate day. But remember, your body will need even more water when you:

1. visit a hot climate or you are outside in the summertime;
2. exercise or are physically active;
3. have a fever;
4. experience vomiting or diarrhea.

The Centers for Disease Control and Prevention recommends the following:

- Carry a water bottle for easy access when you are at work or running errands.

- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories.
- Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories.
- Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

References: Centers for Disease Control and Prevention, Mayo Clinic, Cleveland Clinic

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