

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH ASTHMA

### 3 surprising conditions linked to asthma

**Y**ou know firsthand what asthma means for your lung health. But did you know breathing problems can put you at greater risk of other health issues? Here's a look at three conditions with close ties to asthma.

#### GERD

##### **The asthma connection:**

Gastroesophageal reflux disease (GERD) is a more serious form of acid reflux. When reflux occurs, it can irritate the lungs and airways. In turn, asthma flare-ups can interfere with the closure between the stomach and esophagus, causing more reflux.

**What you can do:** Some lifestyle changes can ease symptoms, such as eating smaller meals, exercising

regularly, and maintaining a healthy weight.

#### Sleep apnea

##### **The asthma connection:**

This sleep disorder causes frequent pauses in breathing while you sleep. Apnea affects the airways and lungs, which can worsen asthma symptoms.

##### **What you can do:**

Ask your doctor about scheduling a sleep study if you begin to experience any symptoms of sleep apnea, including snoring and waking up exhausted.

#### Bone loss

##### **The asthma connection:**

Many asthma medications affect calcium absorption, which can put you at higher risk of osteoporosis (bone loss).

##### **What you can do:**

Your bones need weight-bearing movements. If your exercise of choice is walking or swimming, add some strength-training sessions with light weights. Review your asthma medicines with your doctor to see if any might be harming your bones.



## Ask the pediatrician

**Q** My child keeps losing their inhaler! How can I help them keep track of it?

**A** Kids lose things all the time. So do adults. It's part of life. But kids with asthma need their quick-acting inhaler in case of an asthma flare-up. Otherwise, they may have to go to the emergency room.

Try these tips to keep track of their medications, which can help you both breathe a little easier.

**Have a backup.** Try to have a second inhaler in your work bag or purse, or even somewhere around your home. If your child can't find theirs before leaving the house, you can hand over the extra one. It's a good idea to talk to your child's doctor



to see whether there is a low-cost way to get a second inhaler.

**Check if the school has extra inhalers.** Many states require schools to stock quick-acting inhalers for children with asthma. Ask about your school's policy. Even without a state law, a school can make sure inhalers are on hand in case your child needs one.

**Have a dedicated place for your child's things.** When kids (and grown-ups) have a specific place to keep their stuff, it's much easier to keep track of. Teach your child to put their inhaler back in the exact same spot every time they use it, such as the front pocket of their backpack. That way, you'll see right away if it's missing when you check.

### Case Manager Spotlight

**Gracelynn Harris** has been with AvMed for two years and a Registered Nurse for 20 years.

"My favorite thing about being a case manager is educating and empowering our members to achieve optimal health and wellbeing."

**To reach us, please call 1-833-609-0735.**





# Healthy Eating Made Simple

We're sharing our favorite tips for happier, healthier meals — without feeling deprived.

## How to decode a nutrition label

**Y**ou don't need to spend precious minutes at the grocery store poring over labels. Once you know what to look for, you can scan the back of a packaged food item and decide whether it's healthy enough. Here's what to know.

If you eat more than 1 serving, double or triple the number of calories.

5% or less is low. 20% or more is high.

You want these numbers to be as low as possible.

Keep daily sodium intake below 2,300 mg. If the amount of sodium is greater than the total calories, it's too high.

There's no DV for protein. Aim for 50 g a day.

### Nutrition Facts

Serving Size 1 cup (240g)  
Serving Size per container 4

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**Amount Per Serving**

**Calories** 280 Calories from Fat 120

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**% Daily Value\***

**Total Fat** 9g **12** %

Saturated Fat 4.5g **23** %

Trans Fat 0g

**Cholesterol** 35mg **12** %

**Sodium** 850mg **37** %

**Total Carbohydrate** 46g **17** %

Dietary Fiber 7g **25** %

Sugars 12g

**Protein** 10g

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Vitamin D 0mcg 5% ● Iron 6mg 35%

Calcium 260mg 20% ● Potassium 240mg 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300mg	375mg
Dietary Fiber			25g	30g

This is the typical amount most people eat. It's not a portion recommendation.

Not all fats are bad. Try to limit saturated and trans fats.

You want this to be under 5% if possible.

The higher the fiber, the better. Try to get at least 5 g or more per serving.

Aim for less than 50 g of added sugar a day.

These are good nutrients, so the higher the amount the better.

**\*Nutrients to eat less of: saturated fat, sugar, sodium**

**Unencrypted email makes it easier to communicate with your case manager!**

To opt in, scan the QR code with your phone. Log in or register to the member portal and select "Set My Preferences."



## Recipe



## Chickpea pasta and veggies

Serves 6 | Prep time: 30 min

This is a delicious way to add fiber to your meal. And the leftovers are just as yummy served up as a cold pasta salad.

### Ingredients

- 1 box (8 oz.) Banza chickpea penne pasta
- 2 tsp olive oil
- 2 bell peppers, chopped
- 1 small zucchini, chopped
- 3 garlic cloves, minced
- 2 medium tomatoes, chopped
- 1 cup frozen edamame

### Instructions

- 1.** Cook pasta according to package directions. While it's cooking, warm the olive oil in a skillet over medium heat.
- 2.** Add the peppers and zucchini and cook until

tender, about 10 minutes.

- 3.** Add the garlic and cook until just fragrant, about 1 minute.
- 4.** Add the tomatoes and cook for 5 minutes.
- 5.** Transfer the skillet contents to a food processor or blender, puree until smooth and return to the skillet.
- 6.** Add the cooked and drained pasta to the skillet and toss to coat. Add the edamame and stir, until heated through, about 2 minutes. Season to taste.

**Nutrition facts** Calories 410 | Fat 19 g | Carbs 46 g | Fiber 12 g | Protein 20 g