

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

5 ways to have a better day with COPD

No one needs to tell you how having chronic obstructive pulmonary disease (COPD) can affect your mood — and quality of life. But there are simple things you can do throughout the day to help boost your energy and ease symptoms.

Eat a healthy breakfast.

Reach for foods that help you breathe easier, like proteins and heart-healthy fats (for example, scrambled eggs with avocado). Here's why: Our bodies produce more carbon dioxide (CO₂) when we digest carbs than when we eat protein or fat. COPD makes it harder for your lungs to filter out CO₂, making it more difficult to breathe.

Go for a walk.

Walking is a low-impact way to help ease shortness of breath and fatigue. It can also improve physical fitness and ease feelings of anxiety and depression in people who have COPD. Try to carve out a 20-minute walk a few times a week, or break them up into two 10-minute walks.

Stay hydrated.

Drinking water helps thin out mucus, so it's easier to cough out. Aim for six to eight glasses per day.

Catch up with friends.

Because COPD can affect your mood, it's important to stay connected with the supportive people in your life. Joining a support group with people who share your experience is another great way to socialize.

Use your inhaler before bedtime.

Evenings can be rough for some people with COPD, but using an inhaler can ease symptoms. If you don't have one, ask your doctor about prescribing one.





Tips to tame stress (and control COPD)

If you or a loved one have COPD, you know the basics: You should not smoke. Pollen can make it even more difficult to breathe.

But here's something you may not realize: Anxiety can trigger a worsening of COPD symptoms and even more hospitalizations, according to the American Lung Association. Why? It's all linked to shortness of breath. When your breathing is shallow, your brain perceives a stressful situation, even when there isn't one.

Luckily, these tips can help you manage anxiety and keep your COPD in check.

Identify your triggers.

Know what sets you off and find ways to avoid stressors when you can. If driving in rush-hour traffic makes you anxious, for example, see if you can arrive earlier or later for work.

Talk it out. Taking care of your emotions is as important as caring for your body. Joining a support group or finding a therapist

can help you process your emotions.

Just say no. Turning things down or asking for help is a form of self-care. Lean on friends and neighbors to pitch in if you can't take care of all your errands. You can reciprocate in other ways.

Take charge of your health.

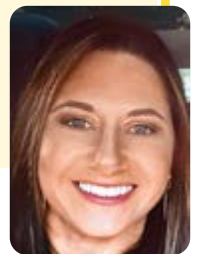
Taking control of COPD can reduce the stress you feel about the condition. Follow the treatment plan you make with your doctor.

Stay active. Any physical activity is good for COPD, and that includes walking. If you need breaks along the way, pick a route with benches where you can stop to catch your breath. Hobbies can also take your mind off your condition and give you a chance to have some fun — the opposite of stress.

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

You 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.

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

Nutrition Facts

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

Amount Per Serving

Calories 280 Calories from Fat 120

% 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

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.

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