

# Achieve

A Newsletter  
for AvMed  
Members

## ▶ YOUR HEALTHIEST LIFE WITH ASTHMA

### Stress-free travel for people with asthma

**D**on't let asthma get in the way of your adventures. These tips can help you breathe easy on your next trip.

#### Planning your trip

Consider the weather and altitude where you're going, and whether it might trigger your asthma. Watch out for allergens when booking hotels. For example, steer clear of hotels that are pet friendly or have feather pillows. And be wary of any place that looks unclean.

#### Before you go

See your health care provider at least eight weeks before you leave. Discuss your medications

and review your personal action plan. And know what to do in case of an emergency.

#### During your vacation

Take note of where the hospitals or clinics are near where you're staying. Remember, you can call your PCP, Nurse on Call, or use MD Live when you are away from home. Carry a list of emergency contact numbers with you at all times. Traveling with a friend? Tell him or her how to help if you aren't feeling well.



### What to pack

- ✓ A list and/or picture of the list on your phone of all your medications, including the dose and schedule you take them.
- ✓ Copies of your personal action plan (a photo of it on your phone is also handy)
- ✓ Enough medication to last beyond your planned trip, in case you're delayed. Pack a few days' supply in your carry-on too, in case your checked bags get lost.
- ✓ A power adapter if you use a nebulizer and are traveling to a country that uses different outlets than you have at home

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Ask the Asthma Doctor



**Q** How often is too often for my child to use his or her rescue inhaler?

**A** Rescue inhalers can help get kids out of a jam. When their asthma flares up, a few puffs of a medicine like albuterol can open up their tightened airways, quickly relieving symptoms of an asthma attack. But make sure your child isn't relying on his/her inhaler too often. Turns out, more than a quarter of all asthma patients use inhalers more than they should. That's been linked to an increased risk of severe asthma attacks and hospitalizations.

"We recommend that if your child needs albuterol more frequently than every four hours, it's time to reach out to the care provider," says Theresa Guilbert, M.D. She's a

spokesperson for the American Academy of Pediatrics. The doctor will work with you and your child to improve regular use of preventive medicines. These can keep an asthma attack from happening in the first place.

Lots of flare-ups can mean that your child's asthma isn't well controlled. So make sure he/she is taking that daily preventive

medicine. If he/she is — and the attacks are still happening — the doctor may want to change the medicine or the dose.

Try to keep track of how often your child uses a rescue inhaler. Write down the date, plus what was happening at the time. That information can help your child's doctor figure out a new treatment strategy.

Care Advocate Spotlight

**Laura Lippert** has been with AvMed for 16 years, and a Care Advocate for the last 10 years.



"My favorite thing about being a Care Advocate is the members I am privileged to speak to and assist — and knowing that possibly I might have made someone's life a bit brighter or easier, or perhaps lessened their burden a little."



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.



What's so great about the Mediterranean diet?

**Y**ou've no doubt heard of the Mediterranean diet. It's been named the best diet by *U.S. News & World Report* for the past several years. And tons of research back up its health benefits, which include better heart health, less inflammation, weight loss, cancer prevention, and more.

The Mediterranean diet is more of a lifestyle change than a strict "diet" with specific rules to follow. But you don't have to live on

the Mediterranean coast to reap the benefits of this eating style. Adding some of its key principles to your day can help. Here's how:

Add more fruits and vegetables

Plant foods are the base of the Mediterranean diet. The fiber and nutrients from these foods are great for your health. Try to add vegetables to every meal. Swap dessert for fresh fruit. And experiment with meatless meals based on beans and grains instead.

Eat fish and seafood at least twice a week

Seafood has omega-3 fats and minerals that benefit heart and brain health. Instead of chicken or beef, serve fish like tuna, salmon, trout, and sardines.

Use healthy fats from plant foods

Unsaturated fats from plant foods are better for your health than saturated fats from animal foods. Swap butter for oils like olive or canola in your cooking.

Enjoy meals with loved ones

The Mediterranean diet isn't just about the food. Being active and socializing are part of the Mediterranean lifestyle too. Eat meals with family and friends, then take a stroll together after dinner.

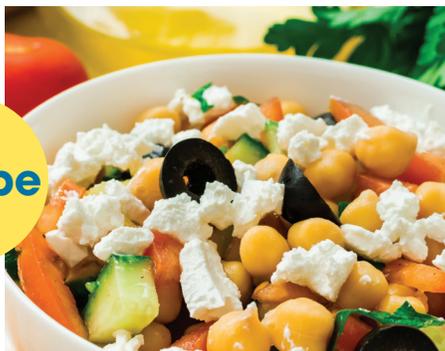
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## Mediterranean Bean Salad

### Recipe



Serves 6  
Prep time:  
15 minutes

### Ingredients

¼ cup olive oil	1 small red onion, minced
2 tbsp red wine vinegar	1 medium cucumber, chopped
1 lemon, juiced	1 cup chopped fresh herbs like mint, parsley, and/or dill
2 tsp garlic powder	½ cup crumbled feta cheese
2 cans garbanzo beans, rinsed and drained	
1 pint grape tomatoes, halved	

### Directions

In a large bowl, whisk together the oil, vinegar, lemon juice, and garlic powder. Add the rest of the ingredients to the bowl and toss to combine.

### Nutrition facts (per serving):

Calories 300; Fat 14g (Sat Fat 4g); Cholesterol 10mg; Sodium 360mg; Carbs 26g; Fiber 7g; Sugar 6g (including 0g Added Sugar); Protein 9g; Vit D 2µg; Calcium 130mg; Iron 2mg; Potassium 340mg