

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

COPD medications made easier

Medication is usually part of life when you have COPD. But it doesn't have to be your life. These quick tips can help.

3 types of treatment

- **Short-acting bronchodilators** start working within minutes and usually last four to six hours.
- **Long-acting bronchodilators** help prevent breathing problems before they start and can last up to 24 hours.
- **Inhaled corticosteroids** help lower swelling in the airways. For some people, daily use can reduce flare-ups and improve breathing.

How to stay on track

- **Link your dose to a daily habit** like after you brush your teeth.
- **Set reminders** with your phone alarm or even your smart speaker.
- **Plan ahead for refills** with auto-refills, home delivery, or pharmacy text reminders.
- **Speak up about side effects** — if something doesn't feel right, tell your doctor.

Helpful daily habits

- **Work to quit smoking.** Your case manager can help you get started.
- **Try pursed-lip breathing.** Breathe in through your nose, then breathe out slowly through puckered lips.
- **Stay active.** Gentle exercise helps your body access oxygen, making breathing easier.
- **Watch the weather.** Stay in a cool place on very hot, humid days.





3 tips to breathe easier at night

Many adults with COPD have trouble sleeping. Here are three strategies to help you fall — and stay — asleep.

You deserve a good night's rest, but COPD can sometimes make it tough. For one, your chest muscles have to work harder when you're lying down. Plus, lying flat can make it more difficult to clear mucus.

Sleep apnea and certain medications, including steroids, can also affect sleep quality.

But while there are some challenges, there's also a lot you can do to start sleeping better tonight.

Try a new sleep position

Sleeping on your side instead of your back or stomach can help.

You can also try raising your upper body with a few extra pillows so it's easier to stay upright.

Make your bedroom sleep-friendly

A cool, dark, and quiet room can help you sleep better. Try to keep furry friends out of the room, and consider using an air purifier to help manage triggers like smoke or strong smells.

Ask about CPAP or BiPAP machines

Signs of sleep apnea include loud snoring, waking up gasping for air, or feeling very sleepy during the day. If these symptoms sound familiar, talk to your physician.

CPAP and BiPAP devices use gentle air pressure to help keep your airways open while you sleep. Many people feel more rested when using them.

When to loop in your care team

New breathing problems at night? Worsening symptoms any time? You know what to do — make the call.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



Healthy eating made simple



What “low sodium” and “reduced sugar” really mean

Nutrition labels can be confusing and healthy-seeming descriptions may not be healthy at all. Here’s how to decode a few of the most common claims.

Bright, colorful phrases on the front of food packages are designed to catch your eye. But what exactly are they claiming? Here’s how to find out.

What does “low” mean?

“Low” means the nutrient is below a specific limit

set by the FDA for each serving.

For example, “low sodium” means 140 milligrams of sodium or less per serving. “Low fat” means 3 grams of fat or less per serving.

What about “reduced” or “less”?

“Reduced” or “less”

means the product has at least 25% less of a nutrient than the regular version.

“Reduced sugar” does not mean sugar-free. It only means the product has less sugar than the original version.

Is “no added sugar” the same as “sugar free”?

“No added sugar” means no sugar was added during processing. The food may still contain natural sugars, such as those found in fruit or milk.

“Sugar free” means the product has less than 0.5 grams of sugar per serving.

What does “light” mean on food labels?

“Light” (or “lite”) can mean a few things. It may mean fewer calories or less fat than the regular version. In some cases, it describes color or texture instead of nutrition.

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Recipe



Sunrise berry smoothie

This simple smoothie is full of vitamin C and antioxidants. Making it for one? Cut the ingredients in half, or save the extra for later.

Ingredients

- 2 cups mixed frozen berries
- 1 cup plain 2% fat Greek yogurt
- 1 cup orange juice

Directions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into two serving cups.

Nutrition facts (per serving)

Calories 180 | Fat | Saturated fat 1
Carbs 31 | Protein 10 | Fiber 4 | Sugar 22 | Sodium 31
Potassium 546 | Vitamin C 180% DV | Calcium 16% DV