

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

How asthma may affect sleep (and what to do about it)

Waking up coughing, wheezing, or short of breath can be scary—especially in the middle of the night. Learn why symptoms may get worse at night and how to sleep easier.

Why does asthma get worse at night?

There are few common reasons: When you lie down, your lungs may not expand as well, making breathing feel more difficult.

Your body also makes less cortisol at night. With lower levels, airway inflammation may increase, leading to more coughing or wheezing. Pet dander and dust mites in bedding can also worsen symptoms.

Symptoms to watch

- Nighttime coughing or wheezing
- Waking up short of breath
- Needing to use a rescue inhaler during the night
- Feeling very tired during the day
- Trouble falling or staying asleep

If symptoms wake you up more than twice a month, your asthma may not be well controlled.

Tips to sleep better

- Take your asthma medicines as prescribed. You can also ask your physician about adjusting the timing of your doses so you have more nighttime relief.
- Wash bedding regularly, reduce dust, and keep pets out of the bedroom.
- Follow a calming bedtime routine and avoid large meals or caffeine before bed.



Ask the pediatrician

Q How can I manage my child's asthma during allergy season?

A It's all about preparation. Melanie Carver, Chief Mission Officer of the Asthma and Allergy Foundation of America (AAFA) answers this question and more.

Why does my child's asthma get worse during allergy season?

When your child breathes in allergens, their immune system can over-react. This response can cause swelling in the airways, making it harder to breathe.

How can I prepare?

Carver recommends starting allergy treatment

about two weeks before allergy season begins.

How can we manage symptoms in season?

- Check daily pollen levels
- Wash hands, shower, and change clothes after outdoor play
- Keep windows closed on high pollen days
- Make sure your child brings their asthma meds to school

- Limit outdoor activities when needed
- Keep everyone at school informed of your child's Asthma Action Plan. (Be sure it's updated, too.)

If your child's symptoms happen more often or get worse, talk with their Provider. With the right plan, children with asthma can stay active and enjoy the season.



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