

Telephone Directory

Customer Service

(941) 748-4501
ext 6415 and ext 6417

(941) 741-2960

Employee Health Benefits

(941) 748-4501 ext 6403

Member Advocacy

(941) 748-4501 ext 6407,
ext 6409, and ext 6411

Lifestyle Assistance and
Modification Program (LAMP)

(941)741-2995

Diabetes/Nutrition Program

(941) 748-4501 ext 6410

Communications Coordinator

(941)748-4501 ext 3967

Fitness/Exercise Programs

(941)748-4501 ext 3979

Pharmacy Advocate

(941) 748-4501 ext 6406

Prescription Solutions

(800) 797-9791

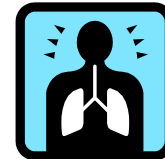
Precertification

(941) 741-2963

Visit us online at:

www.ManateeYourChoice.com

COPD and Asthma



We all know that smoking and using tobacco are bad for your health - especially your lungs. However, lung health problems affect many people, not just smokers. Two of the most common lung problems are COPD and asthma. Here are the facts about both of these conditions:

COPD Overview

Chronic obstructive pulmonary disease (COPD) is a group of lung diseases that make it hard for you to breathe. There are two main diseases that cause COPD: emphysema and chronic bronchitis. It is one of the top causes of illness and death in the world. Signs and symptoms of COPD include shortness of breath especially with light exercising, chest pains, a cough that won't go away or wheezing. There are medicines to help with the symptoms, but **there is no cure for COPD**. Factors that increase your risk of developing COPD include:

- Smoking
- Being older than 40
- Family history
- Working with chemicals or dust
- Having asthma
- Being born prematurely

You should see your doctor if you begin to have any of the symptoms of COPD. This is very important if you smoke or used to smoke or if you work somewhere with a lot of chemicals or dust. If you do smoke, quitting smoking can help lower your risk of developing COPD and improve your overall lung function. If you are diagnosed with COPD here are some things you can do to help improve your health:

- Quitting smoking is the best thing you can do
- Take all of your medications the way your doctor told you to
- Eat healthy and stay as active as possible
- Let your doctor know if your symptoms get worse



Asthma Overview

Asthma is another condition that affects the lungs. People who have asthma suffer from their lungs becoming swollen and narrow. This makes it harder to breathe and can cause other symptoms as well. Most people who have asthma have occasional asthma attacks separated by periods when they are symptom-free. Symptoms of an asthma attack may include shortness of breath, chest tightness, cough (with or without mucus), and wheezing. These symptoms may be worse at night or early in the morning, when breathing cold air, with heartburn, or during exercise. Allergy testing is sometimes helpful for people with persistent asthma. Common allergens include mold, pet dander, pollen, dust mites, and cockroaches. These allergens can cause irritation to the airways and trigger an attack. Other common causes of airway irritation are cigarette smoke, air pollution, and fumes from wood or gas fireplaces.

Here are a few tips for managing your asthma:

- Know what asthma symptoms to watch out for
- Know how to take your peak flow reading and know what it means
- Keep your (or your child's) doctor's phone number with you for emergencies
- Make sure your child's school knows how to keep his or her asthma under control
- Know your common asthma triggers and how to avoid them
- Develop a written asthma action plan with your doctor so that you have specific instructions for taking your medications when your asthma is stable and have a plan for what to do when it gets worse



Do you use a Primatene Mist inhaler?

Primatene Mist inhalers will no longer be sold anywhere in the United States after December 31, 2011. This medicine uses an ingredient called chlorofluorocarbon (CFC) that the Food and Drug Administration (FDA) will not allow to be used starting in 2012. CFC was used in many inhalers and other products, but the FDA found that it could harm the environment. All prescription inhalers now contain safer alternatives, such as hydrofluoroalkane (HFA). If you have used this product, don't worry! While CFC may be bad for the environment, it has not been found to harm people to use products that contain CFC. If you currently use Primatene Mist please talk with your doctor or pharmacist about the alternatives that are available.

There are several other inhalers which can be used in place of Primatene Mist. These include both ProAir HFA and Proventil HFA inhalers. Both products are available with a prescription from your doctor and are covered by your insurance. These two inhalers contain the same medicine inside of them, called albuterol. Your doctor or pharmacist will be able to advise you which one is right for you. Ventolin HFA is another albuterol inhaler, but under this name it is not covered by your insurance. ProAir and Proventil both work just as well as Ventolin since they all have the same medicine inside of them.

Please see your doctor or pharmacist if you have any questions.



Did you know?

Manatee County also has an Asthma Education Program where patients get one-on-one counseling from a certified asthma educator. Patients can call their Pharmacy Advocate at (941) 748-4501 Ext. 6406 for more details.

Are you ready to improve your lung health by quitting smoking?

If you answered "yes" to this question, congratulations! Quitting smoking will improve not only your lung health, but it will improve your overall health as well.

Manatee YourChoice offers tobacco cessation programs through the Lifestyle Assistance & Modification Program (LAMP). LAMP Advocates know that quitting tobacco use is difficult and may require numerous attempts to quit. To help you navigate the process of quitting, LAMP offers specialized instruction and support and prepares you to consider tobacco cessation aides that will increase your chances of success. For more information about quitting, call Julie at 741-2969 or visit www.ManateeYourChoice.com.

Don't forget:

THURSDAY, NOVEMBER 17, 2011 IS THE GREAT AMERICAN SMOKEOUT!

This year, we encourage you to go
"COLD TURKEY FOR A DAY"

See the November Calendar of Events for details.



Manatee County Government's Center for Health & Lifestyle Management * www.ManateeYourChoice.com

Manatee Health Disclaimer

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult your physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

Prescription Benefit Manager:
Prescription Solutions, Inc.
For: Manatee Health Network
Bradenton, Florida

Prepared by:
Pharmacy Healthcare Solutions, Inc.
P.O. Box 101632
Pittsburgh, PA 15237

Editor: Melissa Sherer Krause, Pharm.D.
Contributors: Christopher K. Williams, Pharm.D.,
S. Fiorentini, S. Lee, and E. Sabey, PharmD Candidates
Designer: Linda Richardson