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You can receive special discounts on many health-related products and services by simply showing your SelectHealth ID Card. A complete list of available discounts can be found at:

www.selecthealth.org/discounts.

Here are some to keep in mind:

- Up to 40 percent off frames and lenses, contacts, and sunglasses
- 10 percent off vision-correcting procedures, including LASIK[®] eye surgery
- Various discounts at more than 100 fitness centers throughout Utah
- Up to 25 percent off chiropractic services, massage therapy, and acupuncture
- Up to 40 percent off vitamins and supplements
- Up to 15 percent off hearing aids



Note: Products and services offered through our member discounts program are not covered benefits. SelectHealth does not endorse, guarantee, or warrant in any way the products and/or services offered by participating vendors. Discounts and vendors may be subject to change without notice.



managing COPD[™]

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The information that is contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.

THINK POSITIVELY!

It's common to become frustrated when you have COPD, especially if you aren't as active as you once were. Frustration can lead to feelings of depression. Combat those feelings by trying to change your perspective with these tips:

- Think about the things you can do
- Try not to focus on what you can't do
- Stay positive and enjoy the things you can still do

Positive thinking is just one way of dealing with depression. Talk with your doctor about treatment options if your mood doesn't improve.

Reference: "Living with COPD: Managing your Diet, Fitness, and Moods." Boehringer Ingelheim Pharmaceuticals, Inc. 2009. Used with permission.

Now Is Your Time to Quit

You have your reasons for wanting to quit. Now take some time to consider the reasons you use tobacco in the first place.

TAME YOUR TRIGGERS

Think about the situations, people, places, and feelings that often lead you to reach for a cigarette (or a can or pouch of tobacco). These are your triggers. Some common triggers are finishing a meal, talking on the phone, or being around other people who use tobacco. You probably can't avoid your triggers entirely. But you can take control of them before they take control of you. When a trigger gets you craving, do something else instead of using tobacco. Sometimes it's just a matter of having something in your mouth or your hand. Try these tips:

- Go somewhere you can't use tobacco
- Suck on a straw or toothpick
- Chew some sugar-free gum
- Squeeze a rubber ball
- Go for a walk

Find out what works for you. Then map out your own trigger-taming plan.

when EXCUSES get in the way

You can't change a habit without changing your mind. Make a conscious effort to battle not-so-helpful excuses that crop up.

I think I've already cut down to a safe level.

There's no such thing as a "safe level" of tobacco use. Cutting down is a good first step, but to get the benefits of quitting, you have to *completely* quit.

Maybe it's not a good time to quit—I'm under a lot of stress.

Your body is used to nicotine, so giving it up feels stressful. But nicotine is actually a stimulant that raises your heart rate, blood pressure, and adrenaline levels. It robs your brain of oxygen, too.

Quitting is too hard—it just isn't worth it!

Try not to think of quitting as a sacrifice or punishment. Remember why you want to quit. Focus on what you're gaining—better health, a better life—not what you're losing.

I think I'll always miss smoking.

Quitting is a process, not a one-time event. Your tobacco habit will lose its hold on you gradually, not all at once. The longer you're tobacco-free, and the more you focus on what you have to gain by quitting, the less you'll miss tobacco.

Reference: "Quitting Tobacco: Your Journey to Freedom." Intermountain Healthcare®. August 2008.



NEED HELP QUITTING?

SelectHealth members have access to the Free & Clear® Quit For Life® program, which can help you quit tobacco. You'll get phone support from expert quit coaches, a personalized quit plan, free quit guides, and assistance with choosing the right nicotine replacement medications.

Call **866-784-8454** or visit www.freeclear.com for more information. You can also call the Utah Tobacco Quit Line at **888-567-TRUTH**.

HOW DO ASTHMA AND COPD COMPARE?

Some people with COPD have asthma, too. Like COPD, asthma affects the airways, but it's a different disease. If you have both conditions, you need different treatments for each one.

WHAT MAKES THEM DIFFERENT?

COPD	Asthma
<i>When it starts. . .</i>	
<ul style="list-style-type: none"> • Usually starts when you are older than age 40 	<ul style="list-style-type: none"> • Although it can start at any age, asthma often begins in childhood
<i>What causes it. . .</i>	
<ul style="list-style-type: none"> • Smoking or being around smoking • Working or living in an area polluted by dust or chemicals 	<ul style="list-style-type: none"> • Being sensitive to something (like a certain food or pollen in the air) that causes an allergic reaction • Being sensitive to nonallergenic factors such as infections, exercise, and some drugs • Having a family history of asthma
<i>When you have it. . .</i>	
<ul style="list-style-type: none"> • Chronic (long lasting) disease that often gets worse over time 	<ul style="list-style-type: none"> • Attacks come and go—you may have no symptoms between attacks

Reference: "Understanding and Managing Your COPD." Boehringer Ingelheim Pharmaceuticals, Inc. 2009. Used with permission.

HOW YOUR DIET AFFECTS COPD

Eating well may actually be just what you need to make things easier.

When you have COPD, you use more energy to breathe—maybe even ten times more than the average person. Eating a healthy diet can help make things a little easier. You can use energy you save to be more active, improve the way your lungs work, fight infections, help you keep a healthy weight, and feel better in general.

WHAT SHOULD YOU BE EATING?

For most people with COPD, a healthy diet is balanced with each of the basic food groups, including fruits and vegetables, cereals and whole-grain foods, dairy products such as milk or cheese, and proteins like meat or fish.

Limit the intake of salt and caffeine. Avoid overeating and foods that cause gas, such as carbonated drinks, fried or spicy foods, beans, and cabbage.

Here are a few tips to help make things easier. Be sure to ask your doctor before you try them.

Improve Shortness of Breath at Mealtimes

- Eat six small meals instead of three larger meals
- Eat while sitting up
- Eat slowly and chew foods well
- Use pursed-lip breathing while you eat
- Drink liquids at the end of your meal
- Control your salt intake



Improve Your Appetite

- Avoid drinks lacking nutrition, such as coffee or soda
- Try to eat more protein and fewer simple sugars like those found in sodas and sweet cereals
- Eat small meals and healthy snacks often and keep them within easy reach
- Walk or try another light physical activity



GET A GOOD SUPPLY OF SHUTEYE

Getting enough rest is a huge part of your overall health. If you have trouble sleeping, try these tips.

- If you can't fall asleep, get out of bed. Make yourself a cup of warm milk or herbal tea. Do something relaxing like reading
- Don't take naps
- Try to get at least 30 minutes of exercise at least three times a week (check with your doctor first)
- Don't do anything in the two hours before you go to bed that may keep you up, such as work or exercise
- Don't drink anything with caffeine in the four to five hours before you go to bed
- Try to keep a regular bed time and wake time

Reference: "Living with COPD: Managing your Diet, Fitness, and Moods." Boehringer Ingelheim Pharmaceuticals, Inc. 2009. Used with permission.

