



mercy care

# LIVING WELL WITH ASTHMA

Spring/Summer 2021

## 5 common asthma triggers

Wheezing again? If you have asthma, this may mean you've been exposed to one of your triggers. That's something that makes your asthma worse. Triggers can be different for everyone. Your doctor can help you find out what yours are.

Here are five of the most common triggers — and how to avoid them:

1. **Tobacco smoke.** If you smoke, ask your doctor for help to quit. Ask others not to smoke around you — or in your home or car.
2. **Pets with fur.** If possible, keep them outside or out of your bedroom. Vacuum often, and mop once a week.

3. **Mold.** Fix leaky pipes promptly. Use a dehumidifier to keep the air in your home dry.
4. **Roaches.** Get rid of any water or food sources that might attract them. Clean up crumbs, and sweep up every few days. Consider roach traps if these bugs are still a problem.
5. **Dust mites.** These tiny bugs live in dust. To avoid breathing them in, wrap mattresses and pillows in mite-proof covers. Wash bedding once a week.

*Sources: American Academy of Allergy, Asthma & Immunology ([www.aaaai.org](http://www.aaaai.org)); Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))*

## 4 ways to take charge

If you have a chronic condition, take it step by step:

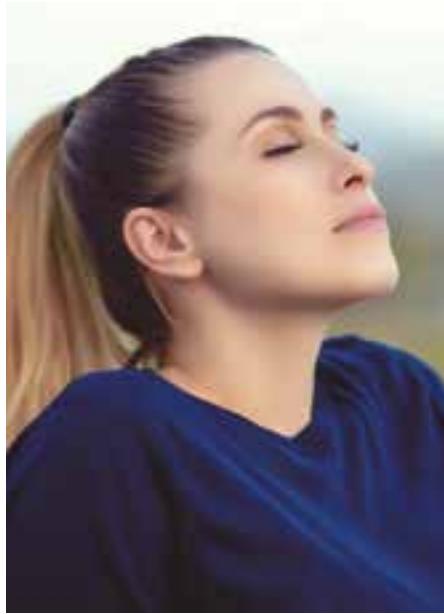
1. Learn all you can about it.
2. Work with your doctor on a care plan.
3. Take your medications.
4. Aim for healthy habits.

*Source: Agency for Healthcare Research and Quality ([www.ahrq.gov](http://www.ahrq.gov))*

## 3 key things to know about asthma

The more you know about asthma, the better care you can take of yourself if you have it. Start with these three facts:

1. **Asthma doesn't go away.** You won't always have symptoms, but the airways in your lungs are always inflamed. To prevent flare-ups, you need to stick to your treatment plan — even if you feel fine.
2. **An asthma action plan can help you feel good.** Ask your doctor if you don't have one. An action plan will tell you how to avoid your triggers. It will include a list of medicines you need to take and when to take them. Review your plan each time you see your doctor. Ask questions about any part you don't understand. Following your action plan can help keep you out of the hospital.
3. **An asthma attack can be severe.** It can even be life-threatening. Don't take the disease lightly —



some people die from asthma. That's why it's important to get emergency medical help for a severe flare-up. Your action plan will spell out when to call **911** or your doctor.

*Sources: American Lung Association ([www.lung.org](http://www.lung.org)); National Institutes of Health ([www.nih.gov](http://www.nih.gov))*

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Need help? A care manager can tell you more about your condition. They can connect you with a provider too. Call Member Services and ask for the Care Management Department.

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If you would no longer like to receive this mailing, please call Member Services and ask for the Care Management Department.

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## Know the risks of opioids

Opioids are strong pain medicines. They're easy to get addicted to.

If you need help with pain, talk to your doctor about safer options. If you use an opioid, take the smallest dose you can for the shortest time, and ask about Narcan. It could save your life.

Want to be drug-free? Call the National Helpline at **1-800-662-HELP (1-800-662-4357)**.

*Sources: Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)); Substance Abuse and Mental Health Services Administration ([www.samhsa.gov](http://www.samhsa.gov))*

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**Did you know** that you may be able to get Lifeline cell service plus a smartphone at no cost to you? Go to [www.MercyCareAZ.org](http://www.MercyCareAZ.org) or call Member Services at **1-800-624-3879 (TTY: 711)** and ask about the Assurance Wireless Lifeline program.

### Contact us

Mercy Care, 4755 S. 44th Place, Phoenix, AZ 85040  
Member Services: **602-263-3000** or **1-800-624-3879 (TTY: 711)**

Monday through Friday, 7 AM to 6 PM

24-hour nurse line: **602-263-3000** or **1-800-624-3879**

**[www.MercyCareAZ.org](http://www.MercyCareAZ.org)**

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