

FRESH AIR NEWS

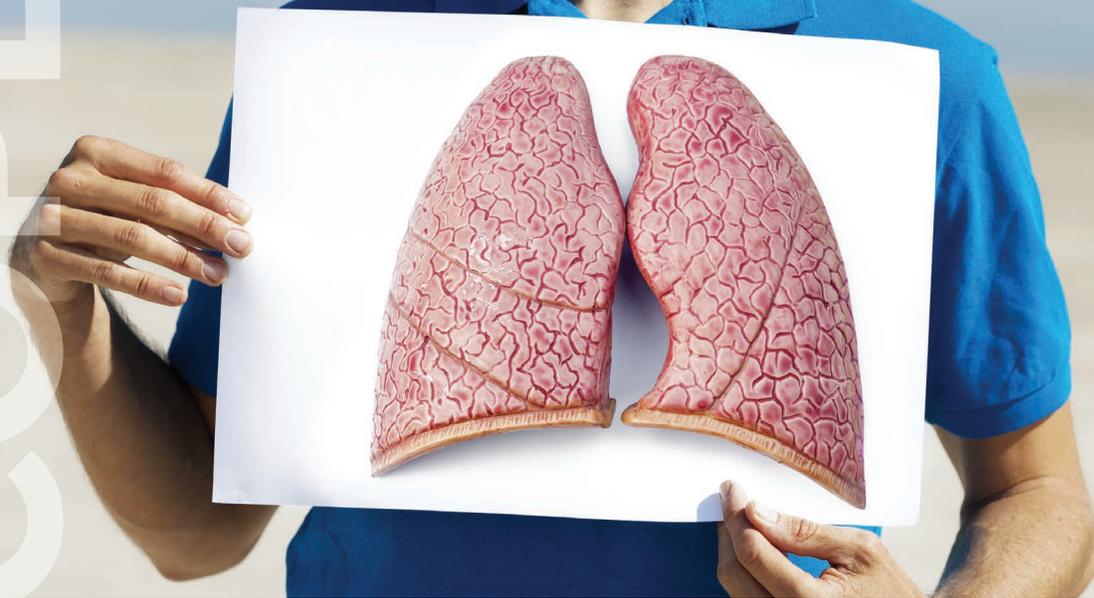
A SPECIAL NEWSLETTER FOR MVP MEMBERS

ISSUE 1, 2016

COPD: CLEARING YOUR LUNGS

COPD (chronic obstructive pulmonary disease) is a long-term illness that makes it hard to breathe. When you have COPD, air does not flow easily into and out of your lungs. You may be short of breath, cough a lot, and have a lot of mucus in your lungs. Learning to clear your lungs may help you save energy and oxygen and may also help prevent lung infections.

[READ MORE INSIDE](#) ➔



COPD: Clearing Your Lungs continued.

There are three things you can do to clear your lungs:

- **Controlled coughing.** This type of coughing comes from deep in your lungs. It loosens mucus and moves it through your airways.
- **Postural drainage.** You lie down in different positions to help drain mucus from your lungs.
- **Chest percussion.** You lightly tap your chest and back. The tapping loosens the mucus in your lungs.

How do you do controlled coughing, postural drainage, and chest percussion?

Controlled Coughing

Coughing is how your body tries to get rid of mucus. But the kind of coughing you cannot control makes things worse. It causes your airways to close. It also traps the mucus in your lungs.

Controlled coughing comes from deep in your lungs. It loosens mucus and moves it through your airways. It is best to do it after you use your inhaler or other medicine.

Follow these steps for controlled coughing:

- Sit on the edge of a chair, and keep both feet on the floor.
- Lean forward a little, and relax.
- Breathe in slowly through your nose, and fold your arms over your belly.
- As you exhale, lean forward. Push your arms against your belly.
- Cough two or three times as you exhale with your mouth slightly open. Make the coughs short and sharp. Push on your belly with your arms as you cough. The first cough brings the mucus through the lung airways. The next coughs bring it up and out.
- Inhale again, but do it slowly and gently through your nose. Do not take quick or deep breaths through your mouth. It can block the mucus coming out of the lungs. It also can cause uncontrolled coughing.
- Rest, and repeat if you need to.

Postural Drainage

Postural drainage means lying down in different positions to help drain mucus from your lungs.

Hold each position for five minutes. Do it about 30 minutes after you use your inhaler. Make



MVP has online resources available 24 hours a day to help you take charge of your health. Make informed decisions about your health by using the Healthwise® Knowledgebase—our online Health Encyclopedia. Curious about the medications you take every day? Visit **www.mvphealthcare.com** and select *Members*, then *Live Healthy*, and then *Health Encyclopedia A to Z*—your one-stop resource for the latest health information.

sure you have an empty stomach. If you need to cough, sit up and do controlled coughing.

Follow these steps for postural drainage:

- **Lie down on a bed or the floor.** Use pillows to help you with different positions.
- **To drain the front of your lungs:**
 - Lie on your back. Make sure that your chest is lower than your hips. Put two pillows under your hips. Use a small pillow under your head. Keep your arms at your sides.
 - Then follow these instructions for breathing: With one hand on your belly and the other on your chest, breathe in. Push your belly out as far as possible. You should be able to feel the hand on your belly move out, while the hand on your chest should not move. When you breathe out, you should be able to feel the hand on your belly move in. This is called belly breathing or diaphragmatic (say “die-uh-fruhg-MAT-ik”) breathing. You will use it in the other drainage positions too.
- **To drain the sides of your lungs:**
 - Do this step as you lie on one side. Then turn over, and do it on the other side.
 - Place two or three pillows under your hips. Use a small pillow under your head. Make sure your chest is lower than your hips. Use belly breathing. After five or 10 minutes, switch sides.
- **To drain the back of your lungs:**
 - Lie on your stomach.
 - Place two or three pillows under your hips. Use a small pillow under your head.
 - Place your arms by your head.
 - Use belly breathing.

Chest Percussion

Chest percussion means that you lightly tap your chest and back. The tapping loosens the mucus in your lungs.

Follow these steps to do chest percussion:

- Cup your hand, and lightly tap your chest and back.
- Ask your doctor where the best spots are to tap. Avoid your spine and breastbone.
- It may be easier to have someone do the tapping for you.

.....

COPD: AVOIDING YOUR TRIGGERS

Introduction

You can do things at home to manage COPD (chronic obstructive pulmonary disease). By learning the triggers for COPD and avoiding them, you can help reduce flare-ups. While some triggers may be out of your control, there are others you can easily avoid.

- Learn and avoid the common triggers for COPD.
- By avoiding flare-ups, you may feel better, be more active, and reduce the impact of COPD on your life.
- Pay attention to symptoms that may warn you of a flare-up. You may need to see your doctor or go to the hospital if your symptoms are severe.

How Can You Avoid Triggers?

There are many things you can do to avoid triggers and stay as healthy as you can.

(Continued on back page)

MVP Health Care offers a condition health management program for members living with Chronic Obstructive Pulmonary Disease (COPD). For more information or to see if you qualify, call **1-866-942-7966**. MVP’s program is based on the Global Strategy for the Diagnosis, Management, and Prevention of COPD, Global Initiative for Chronic Obstructive Lung Disease (GOLD).

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Health Insurance Company of New Hampshire, Inc.; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

Contact Us

For more information, call **1-866-942-7966** Monday–Friday, 8:30 am–5:00 pm.

TTY: **1-800-662-1220**

WE VALUE YOUR OPINION

Please fill out a brief, anonymous survey at www.mvplistsens.com. We will use this information to create a better experience for all of our members. All responses are 100 percent confidential. The survey only takes a few minutes to complete.

Avoid triggers in the air

- Quit smoking. This is the most important thing you can do. Also stay away from other people who are smoking.
- Use an air conditioner or air filter in your home.
- Cook near an open door or window, or turn on your kitchen fan.
- If there is a lot of pollution or dust outside, stay at home and keep your windows closed.

Protect your health

- Get a flu vaccine every year.
- Talk to your doctor about getting a pneumococcal shot.
- Wash your hands to avoid infections.
- Eat healthy foods, exercise, and get enough rest.
- Refill your medicines before you run out.
- Take extra medicines with you when you travel.

©1995–2015 Healthwise, Incorporated. www.healthwise.org. Reprinted with permission for personal use only. Content shall not be further distributed. This information does not replace the advice of a doctor. Healthwise disclaims any warranty or liability for your use of this information.

QUICK TIPS FOR BEING PREPARED TO TALK TO YOUR DOCTOR

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

- Write down your questions before your visit. List the most important ones first to make sure they get asked and answered.
- Bring a “health history” list with you, and keep it up to date.
- Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
- You might want to bring someone along to help you ask questions and remember the answers.
- Find more information and printable forms at www.mvphealthcare.com.

Source: Agency for Healthcare Research and Quality (AHRQ)

