

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

5 ways to COPD-proof your home

One of the best things you can do to ease COPD symptoms and prevent flare-ups is to make your home as COPD-proof as possible. Try these five suggestions to remove common triggers and help you breathe easier.

Audit your pantry. Food choices can help or hurt your COPD. Salt can cause swelling and may contribute to high blood pressure in the lungs. Check food labels for sodium: “Low sodium” foods have less than 140 mg. Stock up on herbs and spices to use instead of salt in cooking.



Reduce humidity. Use exhaust fans in the kitchen and bathroom, along with air conditioners and dehumidifiers all around the house.

Detoxify cleaning products. Buy non-toxic, fragrance-free cleaning supplies, or make them yourself. Warm water and soap is a good all-purpose cleaner. Baking soda can be used for scrubbing. Swap glass cleaner for a mix of equal parts white vinegar and water.

Clean air-circulation equipment. Check filters at least once a month and replace as needed. Have your air-conditioning system, especially the ducts, checked for mold and mildew.

Bust dust in bedding. When you breathe better, you sleep better. Control air quality in your bedroom by cleaning your bedding in hot water every week. Also, slip mattresses and pillows into dust-mite-proof coverings.

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How to cook for COPD

Having COPD means your lungs work harder — they can burn up to 10 times more calories! On top of that, shortness of breath and fatigue can make it difficult to grocery shop and prepare food. The result? Many people with COPD lose too much weight, which can make COPD symptoms worse.

Getting enough nutritious food can help you feel better by increasing energy, preventing infections, and keeping bones and muscles strong. If you're struggling to get dinner on the table, try some of these strategies:

Go low-prep when you're low-energy. A bowl of high-fiber, whole-grain cereal with milk is quick and nutritious. So is peanut butter and honey on whole-wheat bread.

Choose easy-to-use ingredients. Look for shortcuts at the grocery store like jarred sauces and frozen chopped veggies. Or chop extra

on a good day and freeze for later.

Drink your meal. Let the blender do most of the work. Smoothies are a good way to get in extra fruits and veggies. Add some protein powder or nut butter for your muscles. Simpler yet: Keep bottled nutritional shakes on hand for busy or low-energy days.

Rethink your cooking methods. Microwaves, slow cookers, and rice cookers all make meal prep easier. They can be safer too: If you're using oxygen, you need to stay away from ovens, gas stoves, and grills.

Double your batch. Planned-overs (planned leftovers) allow you to cook once and eat often. Freeze the extras in single-serving portions.

Case Manager Spotlight

Vicki Calvert has been with AvMed for 4 years and has been a nurse for 31 years.

What do you love about your job?

"Being able to support people as they make lifestyle changes to promote health. I also enjoy getting to know them and sharing a laugh."



Healthy Eating Made Simple

Elizabeth Ferrer, R.D., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to stick with your healthy habits for good

The new year brings new motivation to make healthy changes. But resolutions are almost always easier said than done. Set yourself up for success by setting goals with these criteria in mind:

1. GET SPECIFIC

You need to know exactly what to do. Losing weight is a common goal, but it's not specific enough. Ask yourself: What can I do daily to work toward weight loss?

2. MAKE IT MEASURABLE

Add numbers to your goal, such as: Eat at least 2 servings of vegetables every day; drink 3 sodas a week instead of 1 a day; do yoga 2 times each week.

The more specific you are, the better you'll be able to measure your success.



3. BE REALISTIC

Come up with goals you feel you can actually accomplish. For example, cutting cream and sugar out of your coffee is not realistic if you hate black coffee (consider low-fat or sugar free alternatives). If your provider is helping you set goals, speak up if you think their suggestions will not work for you.

4. SET A TIME FRAME

Make a deadline and assess your progress at that time. If it's not going as planned, now is your chance to adjust. Think about why it's not working. Maybe you're struggling to eat more vegetables because you don't know enough ways to prepare them? Set a new goal to try a new vegetable recipe each week.

Finally, don't try to do everything all at once. Three goals is a good place to start. And not every goal has to be a change — you can set a goal to keep up a healthy habit you're already doing.

Remember: Celebrate your wins, learn from your losses, but never give up!

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Recipe



Foil-Pack Mediterranean Salmon

Serves 4 | Prep time: 10 minutes
Cook time: 20 minutes

Ingredients

1 pint cherry tomatoes	1 lemon, juiced
8 oz broccolini, ends trimmed	1 Tbsp olive oil
8 oz small red potatoes	1 Tbsp salt-free Mediterranean spice blend
1 (14-oz) can white beans, rinsed and drained	4 (5-oz) center-cut salmon fillets

Nutrition facts (per serving):

Calories 590 | Fat 24g (Sat Fat 5g) | Chol 95mg | Sodium 481mg |
Carbs 36g | Fiber 12g | Sugar 4g (inc. 0g Added Sugar) | Protein 42g
| Vit D 20µg | Calcium 150mg | Iron 5mg | Potassium 1,600mg

Directions

Preheat oven to 400°F. Tear 4 sheets of foil, about 12" x 15" each. Divide the veggies and beans evenly in the center of each foil sheet.

Mix together the oil, lemon juice and spice blend. Drizzle about ½ Tbsp over each veggie pile.

Set a piece of salmon on top of each, and drizzle with the remaining oil mix. Fold up the sides of the foil and crimp together, forming a pouch.

Place pouches on a baking sheet, and bake until fish and veggies are cooked through, 15 to 20 minutes.