

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH COPD

COPD and colds: Nothing to sneeze at

If you have chronic obstructive pulmonary disease (COPD), you want to be extra vigilant during cold and flu season. A common cold can make it harder to breathe and can become something more serious, such as pneumonia. Use these tips to keep yourself healthy:

1. Get vaccinated.

Everyone should get a flu shot every year. People with COPD should also get a pneumonia shot. Not all pneumonia shots are the same, and there are different guidelines for how often you should get them. Check with your doctor to find out which pneumonia vaccine is right for you.

2. Wash your hands often.

Scrub your hands with soap

and water for as long as it takes you to sing "Happy Birthday" twice. Carry hand sanitizer with you for times when you don't have access to soap and water.

3. Avoid crowds.

Try not to spend a lot of time in places where people might share germs. If you must go to a crowded place, consider wearing a mask to protect yourself from airborne germs.

If you do catch a cold, you might see changes

in your COPD symptoms, including:

- More shortness of breath
- Blood in your mucus, or a change in its color
- An increased amount of mucus
- Increased coughing
- Lack of sleep

If you feel short of breath or your mucus changes color, call your doctor right away. If ordinary cold symptoms don't get better after 72 hours, contact your doctor.





5 ways to have a better day with COPD

COPD can make daily life harder. But these simple steps can help you manage your symptoms from morning to night.

Fuel up in the morning.

"A healthy breakfast is always a good idea," says Natalia Moguillansky, M.D. She is an assistant professor of medicine in the division of pulmonary, critical care, and sleep medicine at the University of Florida.

People with COPD may burn up to 10 times more calories when breathing than people without COPD. Start your day with a nutritious, filling breakfast.

Go for an afternoon walk.

It can help ease shortness of breath and fatigue. "Exercise in general improves endurance," says Dr. Moguillansky. So, the more you move, the easier it is to keep doing it.

Catch up with friends in the evening. Living with COPD can take a toll

on your mental health. Keeping in touch with supportive people can help. Whether you do that in person or online, "all socialization is good," says Dr. Moguillansky. Look for COPD support groups, too.

Stay hydrated all day.

Talk to your doctor about how much water you should aim for each day. If you have serious heart problems, you may need to watch your fluid intake.

Practice breathing exercises before bed.

Experts recommend spending 5 to 10 minutes a day strengthening your breathing muscles. Your doctor or a respiratory therapist can help teach you breathing exercises. This can also be a chance to wind down and relax at the end of a day.

Care Advocate Spotlight

Diana Hall has been with AvMed for 17 years, 15 years as a Member Engagement Representative, and 2 years as a Care Advocate.



"My favorite thing about being a Care Advocate is helping members with their health care needs and making a difference in their lives."

To reach us, please call 1-833-609-0735



Healthy Eating Made Simple

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



Healthy holiday swaps

While “special occasion” treats can certainly be part of a healthy diet, the holiday season ushers in a lot of “special occasions” that can make it harder to stick to a healthy eating plan at this time of year. But these small changes can help.

Swap in non-starchy vegetables.

They're lower in carbs and higher in fiber. For example, try mixing mashed potatoes with cauliflower. Other non-

starchy vegetables include mushrooms, broccoli, Brussel sprouts, leafy greens, and eggplant.

Go for brothy soups instead of creamy soups.

They're less calorie dense, but just as comforting. Examples: chicken noodle, french onion, ramen, minestrone and more.

Keep sides simple.

Instead of rich, creamy casseroles, opt for simple roasted vegetables made with olive oil and herbs.

Choose lighter dips.

Hummus, guacamole and salsa have less saturated fat than creamy dips.

Use oils instead of butter and cream.

Oils are lower in saturated fat and provide heart-healthy unsaturated fats.

Use lower-fat dairy.

For example, use Greek yogurt instead of sour cream. It has more protein and less saturated fat.

Choose snacks wisely.

Instead of chips and cheese, go for low-calorie options like raw veggies, popcorn, and fresh fruit.

Cut the sugar in half.

You can almost always get away with less sugar in dessert recipes. Add extra spices for more flavor.

Unencrypted email makes it easier to communicate with your case manager!

To opt in, scan the QR code with your phone. Log in or register to the Member portal and select “Set My Preferences.”



Recipe



Dark Chocolate Bark with Hazelnuts and Cranberries

Serves 12 | Prep time: 15 minutes

This dessert looks impressive, but it's also a breeze to make. Experiment with different nut and dried fruit combinations.

Ingredients

12 ounces dark chocolate,
finely chopped
¼ cup chopped hazelnuts
¼ cup dried cranberries

Directions

1. Line a rimmed baking dish with parchment paper.
2. Bring 1 inch of water to a simmer in a saucepan, then reduce heat to low. Place a heatproof bowl on top of the saucepan that fits snugly but doesn't

touch the water. Add the chocolate to the bowl and stir until just melted.

3. Pour the melted chocolate onto the baking sheet, then sprinkle with the hazelnuts and cranberries. Refrigerate for 1 hour, then break into large pieces.

Nutrition Info

Calories 190 | Fat 12g (Sat Fat 6g) | Cholesterol 0mg | Sodium 0mg | Carbs 18g | Fiber 3g | Sugar 13g (inc. 11g Added Sugar) | Protein 2g Vit D 0µg | Calcium 20mg | Iron 2mg | Potassium 179mg