

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

What people with asthma need to know about cold and flu season

A cold-weather virus can take anyone out for a few days. But for people with asthma, a respiratory illness can increase the risk of infection and lung damage. The good news: With preparation, you can lower your chances of getting sick — and protect your lungs if you do.

Practice the basics

Healthy routines go a long way in warding off seasonal illnesses. Wash your hands often and scrub for at least 20 seconds. Avoid close contact with people who are sick, and try to keep some distance in crowded spaces.

Prioritize sleep

Being well-rested helps your immune system fight off viruses. Aim to get between seven and nine hours of sleep each night.

Sneak in a walk on the regular

Moderate exercise, such as brisk walking, biking, or gardening, can help your body defend against illness.

Eat the rainbow

Eating fruits, vegetables, and other nutrient-rich foods keeps your immune

system strong, while drinking enough water helps your airways trap and clear germs.

Get your vaccines

Important ones to consider: The **pneumonia vaccine** helps prevent serious lung infections. A yearly **flu shot** helps prevent millions of cases and lowers the risk of hospitalization. And **COVID vaccines** help reduce the chances of severe illness in people with asthma.



Ask the pediatrician

Q Can my child take OTC medicines along with their asthma meds?

A When your child comes down with a cold or allergies, you may wonder whether over-the-counter (OTC) medicines are safe to use with their regular asthma treatments. The answer depends on the ingredients.

Some common OTC products can interfere with asthma control: Decongestants such as pseudoephedrine may increase heart rate and worsen breathing.

On the other hand, other drugstore medicines are

usually safe when used correctly. Unmedicated saline sprays or rinses can ease congestion without interacting with asthma medications.

Antihistamines such as loratadine and cetirizine are often used for allergies and are generally safe for children with asthma, though dosing by age is important. Ask your Provider for guidance on

which ones are right for your child.

As always, check labels carefully. Many multi-symptom cold medicines contain multiple active ingredients, increasing the risk of side effects or drug interactions. Instead of reaching for combination products, choose single-ingredient medicines targeted to your child's particular symptom.



To reach a Case Manager

Simply call 1-833-609-0735, email DM@AvMed.org or scan the QR code provided.



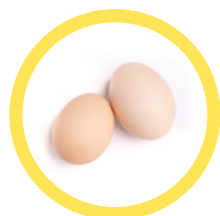
Healthy Eating Made Simple

How to get enough protein without overdoing red meat

Red meat is a rich source of protein, but too much can be hard on your heart. Learn how to balance your meals with other protein sources.

What 10 grams of protein looks like

Nutrition labels are your friend. A quick glance will tell you how many grams of protein per serving. Here are some examples to get you started:



2 small eggs



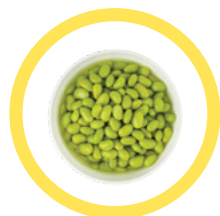
**2 ½ tablespoons
peanut butter**



**1 cup cooked
quinoa**



**½ cup cooked
lentils**



**½ cup
edamame**



**½ cup plain
nonfat Greek
yogurt**



**1 ½ ounces
canned tuna**



3 ½ ounces tofu

Why you need it

Protein helps you feel fuller longer, build strong bones, increase muscle mass, boost metabolism, support immunity, and repair tissue.

Calculating your needs

The National Resource Center for Aging and Nutrition recommends adults get 1 to 1.2 grams of protein per kilogram of body weight to shore up muscle mass and overall wellness. That translates to 68 to 82 grams of protein each day for a 150-pound person. Rather than get stuck on the math, dietitians encourage people to simply aim to consume 25 to 30 grams of protein at every meal.

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Recipe



Easy Lentil Stew

Serves 2 | Prep time: 5 min
Cook time: 20 min

Ingredients

½ cup red lentils
1 cup canned pumpkin
purée

3 cups sodium-free
vegetable stock
¼ tsp salt
½ tsp ground ginger
¼ tsp ground cumin
Optional: ¼ cup fresh
cilantro or parsley,
chopped

Directions

1. Combine all the ingredients, except the optional parsley or cilantro, together in a medium saucepan. Bring to a

boil, then reduce to a low simmer. Cover the pot and cook for 15 minutes.

2. Remove the lid and stir. The texture will be very thick and stew-like, and the lentils will be mushy.

3. Transfer the soup to a blender and purée for 30 seconds, until creamy. Return to the pot and heat over low to reheat, if necessary. Ladle into bowls, and top with the fresh parsley or cilantro, if using. Enjoy warm.

Nutrition facts | Calories 208 | Fat 0 g | Saturated fat 0 g | Cholesterol 0 g
Sodium 205.1 mg | Carbs 37.6 g | Fiber 11 g | Protein 15 g | Sugar 6 g
Calcium 71 mg | Potassium 671 mg