

Achieve

A Newsletter
for AvMed
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▶ YOUR HEALTHIEST LIFE WITH COPD

Your guide to COPD lung tests

Before you were diagnosed with COPD, you likely had some tests to measure lung function. These tests don't stop after diagnosis. Ongoing screenings help track your progress and adjust treatment when needed, which may prevent flare-ups. Here's what their results can reveal about your health.

Pulmonary function tests

Spirometry: You blow into a device that measures the volume and speed of an exhale. Results help gauge COPD severity and guide treatment.

Peak flow: This handheld device measures how fast you can blow air out.

It's less specific than spirometry but useful for at-home tracking.

Imaging tests

These help figure out the cause of a flare-up:

X-rays help identify pneumonia or bronchitis. CT scans reveal more detailed changes to the lungs.

Lab tests

Pulse oximetry: A small sensor on your finger gives a quick oxygen reading.

Arterial blood gas test:

Blood taken from an artery measures how well your lungs pull oxygen in and push carbon dioxide out.

Exercise tests

Cardiopulmonary exercise test (CPET): Doctors monitor heart rate, blood pressure, and oxygen while you use a treadmill.

6-minute walk test: It tracks walking distance while measuring oxygen levels.





How to remove COPD triggers from your home

You might be surprised by what can worsen COPD symptoms. Learn how to spot hidden triggers and create a cleaner, easier-to-breathe-in environment.

1 Choose safer cleaning products

Watch out for irritating fumes from aerosol sprays, air fresheners, bleach, and products with volatile organic compounds (VOCs). Instead, opt for gentle, fragrance-free alternatives: warm water and soap, baking soda for scrubbing, or vinegar-and-water for glass.

2 Refresh your bedroom

Dust mites and pet dander can worsen symptoms. Aim to wash bedding weekly in hot water (at least 130°F), use protective covers on pillows and mattresses, and keep pets out of the bedroom as much as you can. These small steps create a healthier sleeping space.

3 Rethink food choices

Your body produces more carbon dioxide when breaking down carbs versus fats, which means more work for your lungs. Try to add healthy fats like salmon, avocados, and nuts to your diet. It's also smart to limit salty foods: Too much salt can cause swelling and contribute to pulmonary hypertension, a condition that often accompanies COPD.

4 Clean indoor air

Using an air purifier is one of the simplest ways to improve indoor air quality. Choose one with a HEPA filter, which removes dust, pollen, smoke, and pet dander. Be sure to change or clean the filters as recommended by the manufacturer, usually every 3 to 6 months. And don't forget to do the same for your heating, ventilation, and air-conditioning (HVAC) system.



To reach a Case Manager

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



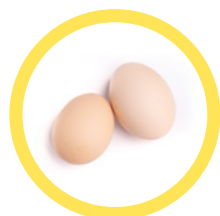
Healthy Eating Made Simple

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



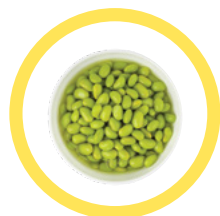
**2 ½ tablespoons
peanut butter**



**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