

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH ASTHMA

What to do after recovering from an asthma attack

Recovery doesn't stop once your breathing returns to normal.

Recovering from an asthma attack isn't just about getting past the episode. It's about making changes to help prevent the next one. With careful management, you can stay in control and breathe easier. Here's what to do.

Immediately after an asthma attack

Once your breathing is under control be sure to:

- **Rest and monitor symptoms.** Your airways may still be inflamed, so take it easy and keep track of any lingering wheezing, shortness of breath, or chest tightness.

- **Take "rescue" medicines as directed.** If your doctor has recommended a rescue inhaler or a short course of oral steroids, follow their instructions.

- **Avoid triggers.** Identify what might have set off the attack and take precautions to avoid it.

In the days and weeks after an asthma attack

These steps can help you take a proactive approach to managing your asthma:

- **Review and adjust your treatment plan.** If you

had an attack despite taking your usual medication, your doctor may decide to adjust your medications or update your asthma action plan.

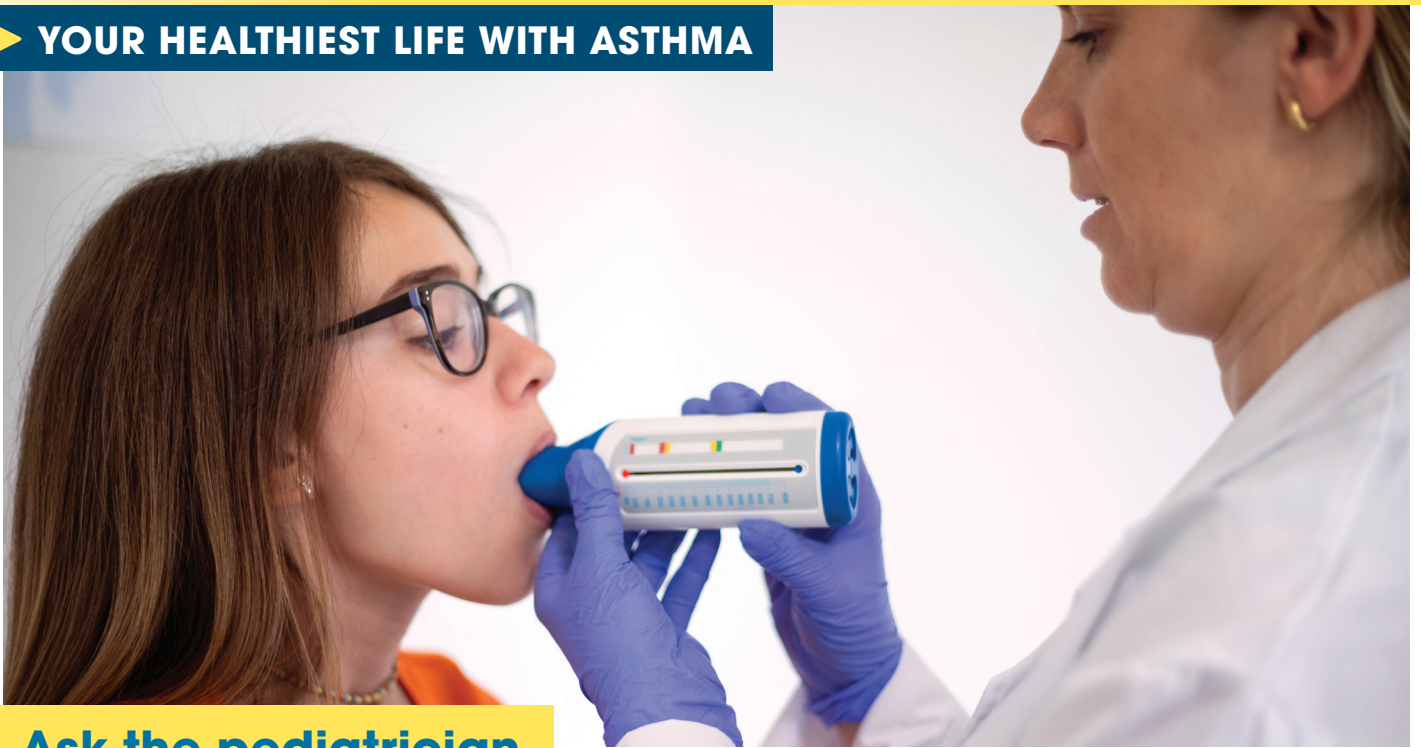
- **Keep up with long-term control medications.**

If you have a prescription for daily inhaled corticosteroids or other long-term treatments, don't skip doses.

- **Take preventive steps.**

Get vaccinated against respiratory infections, manage allergies, and follow a healthy lifestyle to keep lungs strong.





Ask the pediatrician

Q How can I make sure my child is using their peak flow meter correctly?

A A peak flow meter measures how fast you can exhale air from your lungs, and it's an important tool for

monitoring your breathing. Parents can explain this to their child by saying, "This is another tool to tell us whether you need more medication or if we need to do something specific for you to get better."

Your child's doctor can teach you and your child how to use one, but the education should not end there. Make sure to have regular check-ins with your child. Ask them, "Can we go over how you do

this?" or "Can you show me how you do this?" You want to have your child demonstrate it for you, so if they miss a step, you can give them helpful feedback and encourage them. Help them create a seal around their mouth and make sure there are no gaps. Using a peak flow meter takes just a moment of their time, and when it becomes part of their daily routine, it can help them stay on top of their asthma.



To reach a Case Manager

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



Healthy Eating Made Simple

Your inflammation-fighting shopping list

Here's what to add to your plate to help reduce inflammation and support better health.

Chronic inflammation has been linked to serious health conditions like heart disease, diabetes, and arthritis. Eating these foods can help reduce inflammation and support overall well-being.



Fatty fish. Salmon, tuna, and mackerel are rich in omega-3 fatty acids, which may help reduce inflammation.



Berries. Blueberries, strawberries, and blackberries are packed with antioxidants that combat inflammation.



Leafy greens. Spinach, kale, and Swiss chard are high in vitamins and

polyphenols, which support immune health and reduce inflammation.



Nuts. Almonds and walnuts contain healthy fats and antioxidants that may help lower inflammatory markers.



Olive oil. A staple of the Mediterranean diet, extra virgin olive oil is loaded with anti-inflammatory compounds.



Tomatoes. Rich in lycopene and vitamin C, tomatoes help fight inflammation and protect against chronic diseases.



Turmeric. This bright yellow spice contains

curcumin, a powerful anti-inflammatory compound that may help relieve joint pain.

Whole grains.



Brown rice, quinoa, and whole wheat contain fiber that supports gut health and may lower inflammation.

Green tea.



Loaded with antioxidants called catechins, green tea has been shown to reduce inflammation and support heart health.

Pair these additions to your eating plan with a balanced lifestyle that includes regular exercise, stress management, and adequate sleep for the best results.

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Recipe



Springtime Chopped Salad

Serves 4 | Prep time: 5 min
Cook Time: 10-12 min

Ingredients

2 fennel bulbs, sliced into
¼" pieces
1 teaspoon light olive oil
4-5 cups mixed greens

1 cup alfalfa sprouts
¼ cup raw almonds,
chopped
¾ small white onion, cut into
rings
1-ounce goat cheese
crumbles

Dressing:

2 ½ teaspoons light olive oil
1 tablespoon water
1 tablespoon apple cider
vinegar
¼ small white onion, grated
finely
1 teaspoon poppyseeds
½ teaspoon Dijon mustard
1 teaspoon honey

Nutrition facts Calories 154.2 | Fat 9.7 g | Saturated fat 2.3 g
Polyunsaturated fat 1.6 g | Monounsaturated fat 5.3 g | Cholesterol 5.6 mg
Sodium 131.1 mg | Fiber 5.5 g | Protein 5.4 g

Directions

1. Heat olive oil in a non-stick skillet on medium-high and stir in fennel. Cook for 10-12 minutes until lightly browned, flipping halfway through. Set aside to cool.
2. Toss fennel and salad ingredients in a large bowl, minus goat cheese.
3. Chop salad to desired texture. Whisk dressing ingredients in a separate bowl. Toss with salad.
4. Arrange in bowls and top with goat cheese and crusty wholegrain bread.