

Living well with chronic conditions

ASTHMA: TAKING CONTROL

The American Lung Association supports the

Asthma Control Test and wants everyone to take it, no matter how well-controlled you are.

Examples of questions include,

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or home?
2. During the past 4 weeks, how often have you had shortness of

breath?

3. During the past 4



weeks, how often did your asthma symptoms wake you up at night or earlier than usual in the morning?

4. During the past 4 weeks, how often have you used your rescue

inhaler or nebulizer medication ?

5. How would you rate your asthma control during the past 4 weeks? Asthma is especially troubling when it comes to our youth. Between 1997 and 2001, children ages 5–17 had higher prevalence rates of asthma than all other age groups.

You can take the test online at www.asthmacontrol.com

REDUCING SECOND HAND SMOKE

- Earlier this year, The American Lung Association issued its Smokefree Air 2010 Challenge, urging all states to adopt strong smokefree air laws. *SLATI 2005* shows a trend toward more states protecting their citizens from secondhand smoke.
- Eight states, including Ohio, North Carolina and Virginia raised their cigarette taxes in 2005 keeping more kids from starting to smoke and motivating more adults to stop!

Did you know?

- Approximately four million children under 18 years of age had an asthma attack in 2000.
- Asthma accounts for 14 million days of school missed annually, making it the most common cause of school absenteeism due to chronic disease.
- Asthma is the third-ranking cause of hospitalization among children under the age of 15.

Smoking is the primary risk factor for COPD. Other risk factors include pollution, second hand smoke, a history of childhood respiratory illness and heredity. Within the last year, the number of female patients has risen, so this disease is now evenly distributed between men and women. COPD is a manageable and treat-

able disease. It is important to talk to your doctor, set reasonable goals and make the right lifestyle changes. These should include quitting smoking. Patients with COPD should also receive pneumonia and flu vaccinations and the right types of exercise such as swimming and walking can enhance the quality of life for

many patients.



Find out more about what you can do about COPD at www.lungusa.org

SPRING NEWSLETTER



Phone: 800-367-9938
Fax: 312-236-8547

E-mail: Lgraham@MedicalCost.com
Web Address: WWW.MEDICALCOST.COM

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

"I DON'T HAVE TIME TO EXERCISE!"

The key is to find time each day to include physical activity and it's OK to take it in 10 minute intervals throughout the day.



- **For general health**

Accumulate 30 minutes/day of moderate intensity activity such as walking briskly at a speed of 3-4 miles per hour

- **For preventing weight gain**

Accumulate 60 minutes/day of moderate intensity activity or shorter periods of more vigorous exertion

- **For sustained weight loss**

Accumulate 60-90 minutes a day of moderate intensity activity

DIABETES: KNOW YOUR A1C!

The A1C or glycalated hemoglobin, indicates a patient's blood sugar control over a 2-3 month period. A1C values are proportional to the concentration of glucose in the blood over the full life span of a red blood cell, which is 90-120 days. These values fluctuate less than a daily blood sugar value, and the American Diabetic Association recommends the A1C as the best test to determine blood sugar control over time. The test should be performed every 3 months for insulin



treated patients, or 2 times per year for stable patients on oral medications.

The A1C will not detect temporary, sudden blood glucose changes and the glucose swings of someone who has "brittle" diabetes will not be reflected in the A1C.

You can read more about the A1C and controlling your Diabetes at www.diabetes.org

DO YOU KNOW THE RISK FACTORS FOR CHRONIC KIDNEY DISEASE?

- Diabetes
- High blood pressure
- Family history of kidney disease
- Older age

The National Kidney Foundation provides a free community-based health program called the Kidney Early Evaluation Program (KEEP). It includes tests for early detection. Call your local National Kidney Foundation or the national toll free number: 800-622-9010 to find out if this program is available in your community.

HEART DISEASE AND WOMEN

Recent research presented at the American Heart Association's 46th Annual conference on Cardiovascular Disease showed that on average, women in the middle years of their lives gain one to two pounds a year and most

of this is fat.

The "SHE" study (the Strong Healthy and Empowered) examined whether just twice weekly strength training would prevent increases

in intra-abdominal and total body fat in overweight and obese women.

This study of 164 Minnesota women ages 24-44 found that strength training



with weights dramatically reduced their increase of intra-abdominal fat compared to similar

women who merely received advice about exercise.