MANAGING COPD

Persistent cough, difficulty breathing or wheezing can be symptoms of chronic obstructive pulmonary disease (COPD). If you have any of these symptoms, schedule an appointment with your doctor today.

Living with a chronic lung disease like COPD can make you feel like you are always trying to catch your breath.

Belly Breathing
If you are diagnosed with COPD, try practicing breathing exercises such as “belly breathing,” which can help. Often, people get into the habit of breathing only with their chest. To practice belly breathing, focus on moving your belly out when you inhale and in to exhale. Belly breathing, along with other daily exercises, can help to improve COPD symptoms.

Annual Vaccinations
Infections like influenza or pneumonia can seriously worsen COPD so your treatment plan should include an annual flu vaccine, and a pneumonia vaccine. However, the most important parts of managing COPD include talking to your doctor about how you feel and reviewing how to take your medications, and, if applicable, getting into a smoking cessation program, all of which are covered under your Trust benefits.

IMPORTANT

People with COPD are at a higher risk for serious infections—tips for reducing risks include:

- Washing your hands often.
- Avoid close contact with people who have colds or the flu.
- Get an annual flu vaccine.
- Ask your doctor about the pneumonia vaccine.

For more information on COPD visit copdfoundation.org

Sources:
- cdc.gov
- copdfoundation.org

Enjoy the fresh air and get outside!

SPRING INTO ACTION

Spring is here, and we’re quickly approaching warmer days. As the weather changes, we begin spending more time outdoors—doing yard work, exercising and spending time in the sun with family and friends. As you prepare to enjoy the warmer temperatures, remember to ease into your activities, so you don’t overdo it.

It’s also important to continue routine doctor visits and caring for chronic conditions you may be managing. Learn more about common chronic conditions inside this newsletter. Taking an active role in your health is the best way to get great care, manage conditions, prevent disease and reduce your out-of-pocket costs.

Access more helpful information on prevention online at uawtrust.org/prevention
MAN UP

Take control of your health!
Regular health exams, screenings, and tests can help find problems early when there is an opportunity for treatment to be the most effective. By getting the right health services, screenings, and treatments, you are taking steps to help your chances of living a longer, healthier life. Your age, health and family history, lifestyle choices (such as what you eat, how active you are, whether you smoke), and other important factors impact what type of screenings you need, and how often you need them.

High blood pressure, diabetes, cancer, and heart disease are more common among men than women.*

Schedule an annual checkup with your primary care physician (PCP), and during that time, talk about the screenings listed in the chart on the left.

Raise awareness: Celebrate “Wear BLUE” day!
To encourage male health, the Men’s Health Network celebrates Wear BLUE day annually during Men’s Health Week. Show your support this year by wearing blue on Friday, June 14!

For more information visit menshealthnetwork.org

Preventive screenings men should talk to their doctor about:
- Colorectal Cancer
- Prostate Cancer
- Lung Cancer
- Blood Pressure
- Cardiovascular Disease
- Diabetes

CONTROLLING DIABETES FOR LIFE

One in five Trust members are living with diabetes. According to the American Diabetes Association, 1.5 million Americans are diagnosed with diabetes annually.

Diabetes can be controlled and treated, but it does require effort and maintaining an ongoing relationship with your doctor. In most cases, this means regular visits, often every three to six months depending on your level of diabetes control.

Building a relationship with your doctor will help you make the lifestyle adjustments you may need in order to meet your medical and personal needs. Diabetes education is covered through your Trust benefits. Call the number on the back of your medical ID card for more information.

Factors Influencing Diabetes
Food
Blood sugar levels are affected by food. However, it is not just the type of food you eat but how much you eat and the combination of foods you consume.

Exercise
Talk to your doctor about an exercise plan that meets your needs. Exercise helps lower blood sugar and helps with overall diabetes control.

Medication
When diet and exercise are not enough to manage diabetes, insulin and other medication can lower blood sugar levels.

Consult your doctor regarding all medications you are taking—keep a list, carry it with you, and review it with your doctor at every visit.

Source: diabetes.org

REGULAR TESTS TO DISCUSS WITH YOUR DOCTOR:
- HbA1c
- Diabetic Eye Exam
- Diabetic Foot Exam
- Urine Test for Protein
- Blood Pressure
- Cholesterol
- Flu and Pneumonia Vaccines

Source:
• cdc.gov
• *Harris Poll/American Academy of Family Physicians 2016 online survey of 916 adult men and 1,100 adult women in the U.S. (Men’s Health); National Center for Health Statistics (Risky Behavior)
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DID YOU KNOW?

One in two men will develop cancer in their lifetime.

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- Colorectal Cancer
- Prostate Cancer
- Lung Cancer
- Blood Pressure
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- Diabetes

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