

# Living with Asthma

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## Asthma Care Reminders

- \* Take medicines as prescribed to prevent and/or stop asthma attacks.
- \* Use my peak flow meter as advised to monitor my asthma.
- \* Get regular exercise as advised by my doctor, but stop exercising if I start to wheeze.
- \* Don't allow smoking in the house. Avoid secondhand smoke elsewhere.
- \* Avoid air pollution.
- \* Wear a scarf around my mouth and nose when I go outside in cold weather.
- \* Limit exposure to pollen, molds, dust, and animal dander.
- \* Enclose my mattress, box springs, and pillows in allergen-free covers. Wash bedding in hot water every week.
- \* Vacuum and dust often.
- \* Avoid my asthma triggers as much as I can.
- \* Drink 8 to 12 glasses (64 to 96 ounces) of liquids every day.
- \* Wash my hands often. Turn away from other person's coughs and sneezes to help avoid picking up colds, the flu, and other infections.
- \* Check with my doctor before taking over-the-counter medicines and supplements.
- \* Get a yearly flu vaccine. This year, I will get it on \_\_\_\_ / \_\_\_\_ / \_\_\_\_.
- \* Keep a journal of asthma symptoms, triggers, peak flow readings, and treatment steps.



## Peak Flow Zone System

My personal best number is: \_\_\_\_\_

**Green Zone:** 80 to 100% of my personal best number is: \_\_\_\_\_  
All clear!

**Yellow Zone:** 60 to 80% of my personal best number is: \_\_\_\_\_  
Call my doctor.

**Red Zone:** < 60% of my personal best number is: \_\_\_\_\_  
Get medical care fast!

## Contact Numbers

Doctor: \_\_\_\_\_

Asthma Care Specialist: \_\_\_\_\_

Nurse Line: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Hospital: \_\_\_\_\_

EMS: 9-1-1 or \_\_\_\_\_

Relative: \_\_\_\_\_

Neighbor: \_\_\_\_\_



# Living with COPD

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\* **Avoid tobacco smoke. Do not allow smoking in your house. If you smoke, quit!** For help,

- Talk to your doctor.
- Call 1.800.QUIT.NOW
- Go to: [www.smokefree.gov](http://www.smokefree.gov) or [www.lungusa.org/tobacco](http://www.lungusa.org/tobacco).

\* Avoid other air pollutants.

\* Follow your action plan for:

- Medicines (pills, inhaled, liquids).
- Exercise and daily activities.
- Healthy eating.
- Nutritional supplements between meals.
- Gaining or losing weight.



\* Do not take over-the-counter cough or other medicines unless your doctor tells you to.

\* If using oxygen, follow directions.

\* Unless you are told by your doctor to limit fluids, drink at least 8 glasses of water (64 ounces) a day to keep mucus thin and easier to cough up.

\* Avoid persons who have a cold or the flu. Wash your hands often. Get plenty of rest.



\* Get a yearly flu vaccine. This year, I will get it on \_\_\_\_/\_\_\_\_/\_\_\_\_.

\* Year to get pneumonia vaccine \_\_\_\_.

## Reasons to Call Your Doctor

- You have a much harder time catching your breath.
- You have sudden chest tightness.
- You cough a lot more. You cough up yellow, green, brown, or red-colored mucus.
- You have a fever.
- You are anxious and/or depressed.

## Reasons to Get Emergency Care

- Your lips or fingernails are blue or gray.
- It is hard for you to talk or walk.
- Your breathing is fast and hard, despite using your medicines.
- Your heart is beating very fast or irregularly.

## Pursed Lip Breathing

Use it to help relieve shortness of breath. Use it when you need to exert yourself, too.

1. Relax. Close your mouth. Breathe in through your nose. Do this slowly and count: one, two.
2. Purse or pucker your lips and breathe out. Do this slowly, too, but count one, two, three, four.
3. Do not do this tight-lipped. To purse your lips the right way, place a lit candle 4 to 6 inches away from you. Breathe out to make the flame gently flicker, but not hard enough to blow out the flame.

# Living with Diabetes

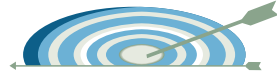
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## Daily Care

- \* Be active 30 or more minutes a day (or as advised).
- \* Follow my eating plan for meals and snacks.
- \* Work at being a healthy weight.
- \* Take my medicines as prescribed.
- \* Check my blood sugar as advised.
- \* Wear shoes that fit well.
- \* Take good care of my feet.
- \* Check my feet for problems every day.
- \* Keep my skin clean.
- \* Treat skin injuries right away.
- \* Brush my teeth twice a day. Floss my teeth at least once a day.
- \* Check my mouth for problems with my teeth or gums.
- \* Don't smoke. Avoid secondhand smoke.
- \* Check my blood pressure as advised.
- \* Keep track of supplies I need to care for my diabetes so I don't run out.
- \* Make sure I have a sugar source with me at all times.
- \* Call my doctor if I have a health problem or if my diabetes is not under control.



## Diabetes Target Test Goals\*



### Blood Glucose

- Before meals: 90 – 130 or \_\_\_\_\_
- 2 hours after meals: <180 or \_\_\_\_\_
- Bedtime: 100 – 140 or \_\_\_\_\_
- A1C Test < 7% or \_\_\_\_\_

### Blood Pressure < 130/90

### Blood Fats

- LDL-cholesterol < 100 or \_\_\_\_\_
- HDL-cholesterol > 40 men  
> 50 women
- Triglycerides <150

\* Write goals your doctor advises on lines.

## Signs of Very High Blood Sugar

*Confusion \* blurry vision \* nausea \* increased thirst and/or hunger \* fruity breath \* weak, fast pulse. **Test your blood sugar and call your doctor right away!***

## Signs of Very Low Blood Sugar

*Feel weak, dizzy, or shaky \* sweating \* cold, clammy skin \* fast pulse \* shallow breathing \* sudden blurred or double vision \* faintness. **Test your blood sugar if you can and take a sugar source right away!***

# First Aid Facts

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**Stay calm! Check for a response.** *If the person does not respond or move, Call 9-1-1!*  
**For Bleeding**

- \* If severe, apply direct pressure without delay. Use a sterile dressing or clean cloths. Call 9-1-1. Wash minor wounds with soap and water. Apply pressure until bleeding stops. Apply antibiotic ointment and bandage.



**For Broken Bones**

- \* For serious injury, call 9-1-1. Don't move the person. Control bleeding. Immobilize the wound with a splint. Get medical care.



**For Burns**

- \* Use cold water, not ice, on area. Apply clean, dry dressing. Call 9-1-1 for serious burns.

**For Near Drowning**

- \* Call 9-1-1 first! If it is safe to do so, get person out of water, supporting head and neck. Give CPR, as needed.

**For Poisoning**

- \* Call Poison Control Center at 800.222.1222. Follow advice.

**For Sprains & Strains**

- \* Rest injured area 24–48 hours. Ice area for 10 minutes every 2 hours for first 2 days. Compress area with elastic bandage. Elevate limb higher than heart.

## Emergency Numbers



EMS: 9-1-1 or \_\_\_\_\_



Fire: 9-1-1 or \_\_\_\_\_



Police: 9-1-1 or \_\_\_\_\_



Poison Control: 800.222.1222

Suicide Prevention: 800.273.8255

Hospital ER: \_\_\_\_\_

Doctor: \_\_\_\_\_

## Keep a First Aid Kit Handy

- \* Acetaminophen, aspirin, ibuprofen.
- \* Airtight moist wipes. Alcohol wipes.
- \* Antacid.
- \* Antibiotic & antiseptic ointment.
- \* Antihistamine tablets or syrup.
- \* Bandages of different sizes. Roll of adhesive tape.
- \* Cold pack.
- \* Cotton-tipped swabs.
- \* Elastic wrap and closures.
- \* Flashlight and extra batteries.
- \* Safety pins. Tweezers.
- \* Sterile gauze pads and a roll of gauze.
- \* Thermometer (digital or ear).

Find out what to keep in a family emergency kit from [www.redcross.org](http://www.redcross.org).

# Healthy Eating

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## Healthy Eating Tips

- \* Eat when you are hungry, not as a response to emotions.
- \* Plan meals and snacks.
- \* Buy healthy foods so you have them in the house to eat.
- \* Read food labels to make wise choices.



## Keep Foods Safe to Eat

- \* Separate raw, cooked and ready-to-eat foods while shopping, preparing, or storing.
- \* Read and follow the instructions on package labels to store and handle foods safely.
- \* Wash your hands and food prep surfaces and utensils.
- \* Thaw frozen foods in the refrigerator (or in cold water or the microwave if the food is cooked right away).
- \* Cook foods to a safe temperature. Keep hot foods hot and cold foods cold. (See cut out magnet.)
- \* Wash fruits and veggies before eating.
- \* Put leftovers in the refrigerator or freezer within 2 hours (1 hour if the air temperature is above 90° F).
- \* Use refrigerated leftovers within 3 to 4 days.
- \* When in doubt, throw it out!



## Control Portion Sizes

3 oz. *meat* = size of a computer mouse



1/2 cup *rice, pasta, etc.* = size of a tennis ball



1 cup *cereal* = size of two hands, cupped



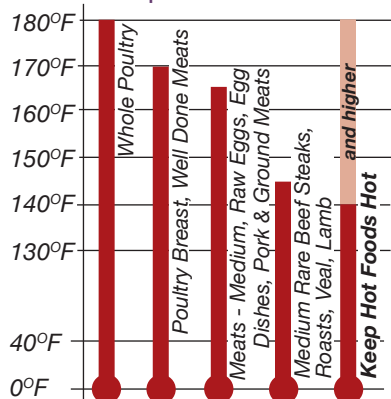
1 oz. *cheese* = size of a domino



1 Tbsp. *salad dressing or peanut butter* = size of one thumb



## Safe Temperatures for Food



\* 40°F is Refrigerator Temperature.

\* 0°F is Freezer Temperature.

# Healthy Heart

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## Healthy Heart Reminders

- \* Be physically active every day.
- \* Choose whole-grain breads and cereals.
- \* Get 20 to 35 grams of dietary fiber a day.
- \* Use nonfat and low-fat dairy products.
- \* Eat 5 or more servings of fruits and vegetables a day.
- \* Eat fish 2 to 3 times a week (e.g., ones high in omega-3 fatty acids, such as salmon).
- \* Choose turkey, chicken, and lean beef, pork, and lamb.
- \* Trim fat from meat. Limit portion sizes.
- \* Read food labels to choose heart healthy foods. Examples are ones with the American Heart Association's red heart with a white check mark symbol. Find out about this from [www.heartcheck.org](http://www.heartcheck.org).
- \* Don't allow smoking in the house. Avoid secondhand smoke elsewhere. If needed, get help to quit using tobacco products.
- \* Brush your teeth twice a day. Floss your teeth at least once a day.
- \* Manage stress.
- \* Get your blood cholesterol and blood pressure tested as advised.
- \* Take medicines to lower cholesterol, triglycerides, and/or blood pressure as prescribed.



## Cholesterol Goals Know Your Numbers

*Total Cholesterol Goal:*  
< 200 mg/dL or \_\_\_\_mg/dL

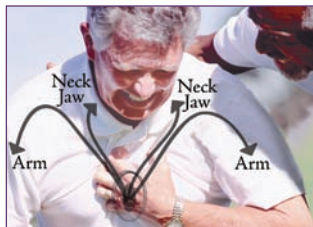
*HDL-Cholesterol Goal:*  
> 40 mg/dL or \_\_\_\_mg/dL men  
> 50 mg/dL or \_\_\_\_mg/dL women

*LDL-Cholesterol Goal:*  
< 100 mg/dL or \_\_\_\_mg/dL

*Goal for Triglycerides:*  
< 150 mg/dL or \_\_\_\_mg/dL

*If your doctor advises different goals, write them on lines given.*

## Call 9-1-1 for Heart Attack Warning Signs



- \* Chest tightness, squeezing, heaviness or pain (may spread to or be felt in the arm, neck, tooth, jaw, or back).
- \* Dizziness; trouble breathing; nausea; jaw or arm pain (with or without chest pain).
- \* Breaking out in a cold sweat.

# Managing Stress

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## Ways to DE-STRESS

Do things that make you laugh.

Express your creative side. Write. Paint. Do a hobby.

Stretch muscles to relieve tension.

Take deep breaths. Meditate.

Relax with soothing music, a warm bath or shower, etc.

Escape to a place (or picture a scene) where you feel calm, happy, and secure.



Sip a cup of warm tea.

Share your feelings with others.

## Ways to Keep Stress in Check

- \* Set realistic goals. Make "To Do" lists. Rank order tasks from most to least important.
- \* Delegate tasks to others. Ask for help when needed.
- \* Exercise on a regular basis. Eat healthy foods.
- \* Get enough sleep.
- \* Reduce clutter. Organize things in your house and at work.
- \* Practice a relaxation technique daily. Meditate, do yoga, tai chi, etc.
- \* Set time aside for 100% relaxation, such as a vacation.
- \* Accept the things you cannot change in yourself and others.



## Do Purifying Sighing\*

1. Keep your shoulders erect.
2. Let out a big sigh, making a sound of relief as the air leaves your mouth.
3. Continue to sigh 10 to 15 times in a row.

\* Do not do this exercise if you hyperventilate easily.



## Do Stress Rehearsals

Rehearse (in your mind) for future stressful events.

1. Write or state what you want to happen in the present tense.
2. Take a deep, relaxing breath. Create a picture of the event in detail (what you see, feel, smell, hear, and touch).
3. Picture the results you desire.
4. Pair positive emotions like joy, pride, etc. with your created, desired image.

