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tap into total health



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Keep a Meds Checklist

Whether your meds are “over-the-counter” or from your doctor, it’s easy to lose track of what you take and when. A checklist can help keep that info handy. Put a copy on your fridge, *and* in your bag or wallet, in case you need it (or someone else needs to help *you*).

Your Name: _____

Doctor's Phone: _____ Drugstore Phone: _____

Pill / Vitamin / Other	How Much Do I Take?	Why Am I Taking it?	When Do I Take it?	Start Date	Take With / Without Food?	Do NOT Take with These Meds	End Date
I am allergic to:							

Visit www.cdc.org or www.caregiveraction.org for more tips.

Breathe Easy When You Clean

After a long day, it’s great to come home, kick off your shoes, and take a deep breath. But is your home’s air as healthy as it can be for people with asthma?

You may already know that dust, mold, and cockroach droppings are common asthma triggers. But many cleaning products can irritate airways or cause an asthma attack too!

Here are some cleaning tips that will keep the air fresh too.

The nose knows. Look for cleaners that don’t have a strong smell. Try those with natural ingredients. Vinegar is one. It is inexpensive too.

Open up. Turn on a bathroom fan or open a window if you can. That will keep smells from staying in one spot.

More isn’t always better. Tough messes, like mold, often call for a tough cleaner, like bleach. But you don’t need to use very much. And never mix cleaners, especially bleach and ammonia. Those can make a toxic gas that hurts lungs.

Put laundry on your list. Washing sheets, blankets, and pillowcases in hot water once a week is the best way to remove allergy-causing dust mites. But if you don’t have hot water for laundry, wash in cool water with laundry detergent and bleach. (Be careful with bleach! Follow the directions on the jug.)

Filters are your friend. Try to use a vacuum with a HEPA filter. Those vacuums keep allergens from getting into the air. Make vacuuming the last step in your cleaning. That way it can pick up dust you missed while wiping or sweeping.

Cover up. If you have asthma, and you are the person who has to do the cleaning, wear a mask or piece of cloth over your mouth and nose while you clean.

Sources include: www.lung.org, www.epa.gov, www.mayoclinic.org.



QUICK TIPS

- Use gentle cleaners that don’t have strong smells.
- If you have asthma, wear a mask when you clean.



! National Hotline Numbers and Resources

American Heart Association **1-800-242-8721** www.heart.org
 American Lung Association **1-800-586-4872** www.lung.org/stop-smoking
 Asthma and Allergy Foundation of America **1-800-727-8462** www.aafa.org
 Centers for Disease Control and Prevention **1-800-232-4636** www.cdc.gov

Questions?

No problem. Call a Health Coach to help you control your disease risks.



Smoking: Crossing the Quitting Line

For many people, quitting smoking is at the top of the “to do” list at the beginning of each new year. Maybe Mark Twain said it best, “Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times.”

We’re all aware of the dangers of smoking. We’ve seen the graphic ads on TV. If you have diabetes, smoking can make it harder to control. It can also lead to heart and kidney disease, and other problems. For pregnant moms who smoke, it can lead to early child birth, miscarriage, breathing problems and a higher risk for Sudden Infant Death Syndrome (SIDS).

So here are a few tips to help get you across that quitting line:

- **Pick a way to quit.** Options are cold turkey, stop-smoking products, or cutting down the number of cigarettes that you smoke each day or week. Talking to your doctor is the first step after saying you’ll quit; he or she will be

able to tell you what choice is best for you.

- **Set a quit date.** It can be a random date or a date that has a special meaning to you.
- **Create a smoke free area.** Remove all cigarettes and ashtrays from your car, home and work.
- **Start a new activity.** Walking is a great activity. It not only helps with cravings but is a great way to get some exercise. Gardening and reading are some other activities to help you focus on something other than smoking.

You have a plan in place, so try to stick with it. If you feel like you need a little help, talk to a friend or a family member who can support you. Remember, even one puff can undo how far you’ve come so far.

The quitting line is in sight. Good luck— and see you at the finish!

Visit www.mycllevelandclinic.org or www.cdc.gov for further information.



What’s up Doc?

Get Yourself Ready for Exercise

Now is the perfect time to start getting back in shape! Starting a workout (after talking with your doctor first), can be a great boost to your health. Being active gives you more energy, helps you lose weight, and lowers stress. It also lowers your risk for getting sick.

Keep these tips in mind as you get started:

- **Start slowly** and build up to 30 minutes of exercise each day, five days each week. Take time to warm-up and stretch to help keep from getting hurt or sore.
- **Split up your workouts, as needed!** If doing three 10-minute sessions or two 15-minute sessions is easier for you than doing one 30-minute workout, go for it.
- **Mix it up.** Try some different moves to keep from getting bored. Make workouts fun and something to look forward to doing. Dancing, lifting weights, swimming and yoga are all great options.
- **Always listen to your body.** Don’t push yourself too hard. If you push to do too much too soon, you can get hurt. Remember: it’s okay to take time off to give your body a break and rest.
- **Keep track of your progress.** Write down what you did and for how long. Over time, you’ll be able to see how far you’ve come and it will help you stay on track.

Starting or getting back to exercise is a great move. Using these tips can get you back in shape safely.

Sources include www.cdc.gov.

DARBY BOINGG’S™ FUN CORNER

IF YOU HAVE ALLERGIES OR ASTHMA, BE SURE TO KNOW YOUR TRIGGERS SO YOU CAN STAY AWAY FROM THEM.

COVER YOUR MOUTH WITH YOUR ARM WHEN YOU COUGH OR SNEEZE. MAKE SURE TO REST WHEN YOU NEED TO DO SO, AND DRINK PLENTY OF WATER!

HI, IT’S YOUR FRIEND DARBY BOINGG AGAIN! INSIDE OR OUT, YOU CAN STILL HOP TO IT WHEN IT COMES TO EXERCISE! JUST BE SMART IF YOU HAVE ALLERGIES, ASTHMA, OR A COLD.

DON’T FORGET TO FOLLOW YOUR ASTHMA ACTION PLAN! CARRY YOUR INHALER AND SPACER, AND USE YOUR RESCUE MEDICINE 15 - 20 MINUTES BEFORE EXERCISING.

IF YOU HAVE A BAD ALLERGY OR ASTHMA, HAVE MOM OR DAD TELL THE SCHOOL NURSE, AND GIVE HER AN EXTRA INHALER FOR YOU IN CASE YOU NEED IT.

SPIKE ARMSTRONG

CONSTANCE EATRITE

DARBY BOINGG

FUZZY G. POLLEN

DR. VON WHEEZLES

ACTIVITIES FOR INSIDE AND OUT!

HERE ARE SOME FUN WAYS TO STAY ACTIVE, INDOORS AND OUTSIDE! FILL IN WHERE YOU THINK EACH SHOULD GO, THEN WRITE SOME OF YOUR OWN!



- RIDE A BIKE
- PLAY CATCH
- DO PUSH-UPS
- RUN IN PLACE
- DO SIT-UPS
- STRETCH
- PLAY TOUCH FOOTBALL

	INSIDE	
OUTSIDE		OUTSIDE
	INSIDE	
	OUTSIDE	
	INSIDE	
	INSIDE	

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