



# News at the Q



Volume 6, Issue 5

May 2018

## May 2018 - Compliance & Accountability

### National Health Observances for April

Arthritis Awareness Month  
Mental Health Month  
National Asthma and Allergy Awareness Month  
\*\*\*\*\*

**M**ay is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. These numbers are only going to keep growing—unless we take a stand

The Arthritis Foundation is leading the way to conquer arthritis and its effects through our advocacy efforts at the state level and on Capitol Hill, our cutting-edge scientific research, and our tools and resources that help you live your best life.

The first steps in conquering arthritis are learning the facts, understanding your condition and knowing that help is by your side.

### Stop the Fish Oil Aftertaste

Yes, you can reap all the benefits from your inflammation-fighting fish oil supplements without the fishy taste.

Don't let your **fish oil supplements** linger on a kitchen shelf because it causes fishy burps. Follow these five tips to minimize this unpleasant problem and still get your helping of omega-3 essential fatty acids: **Keep the Bottle in the Freezer**

When a fish oil capsule is frozen, the fish oil is broken down in the stomach more slowly, which can reduce the aftertaste.

**Choose Enteric Coating**  
Some brands, such as Kirkland Signature and Nature's Way, offer capsules with enteric coating, which prevents them from being digested until they reach the small intestine.

**Eat and Divide**  
Take your fish oil capsules with a meal, and try dividing your daily dose in two so your stomach has less to process at once.

**Stick to Quality Brands**  
"Cheap fish oil is just as likely to be rancid as cheap fish," says nutritionist Jonny Bowden, PhD. Break open a capsule; if it smells like rotting fish, it's rancid.

**Look for Lipase**  
Products containing lipase, an

enzyme that helps digest fats, may help prevent the annoying fishy reflux.

<http://blog.arthritis.org/news/arthritis-awareness-month/>  
\*\*\*\*\*

### Mental Health Month

This year for May we can't just focus on heart health, or liver health, or brain health, and not whole health. One has to see the whole person, and make use of the tools and resources that benefit minds and bodies together. That's why this year, MHA's *Mental Health Month* theme is *Fitness #4Mind4Body*, focusing on what we as individuals can do to be fit for our own futures – no matter where we happen to be on our own personal journeys to health and wellness – and, most especially, before Stage 4. Mental Health Association is asking everyone to take the #4Mind4Body Challenge and join Mental Health America as we challenge ourselves each day to make small changes – both physically and mentally – to create huge gains for our overall health and wellbeing. Prepare yourself to make changes for a healthier lifestyle. (Helpful worksheets attached)

### Inside this issue:

National Asthma & Allergy Awareness Month	2
Outreach Events 	2
Q's Quote Corner	2



### Need Help to Enroll in Medicaid?

Contact  
Veronica or Harry  
215) 227-0300  
ext. 7326 or 7309

**It takes less time to do things right than to explain why you did it wrong.**

~Henry Wadsworth Longfellow

PicsMeme.com

"More people would learn from their mistakes if they weren't so busy denying them"

# National Asthma & Allergy Awareness Month

**E**ach year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases.

There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects more than 24.5 million Americans. More than 6 million children under the age of 18 suffer from asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing.

## **Asthma Action Plan**

One of the smartest things you can do if you or your child has asthma is to develop an Asthma Action Plan with your physician. An asthma action plan contains information about what medicines your doctor has prescribed and when and how you should take them. It also describes what to do if you have an asthma emergency.

Like a traffic light, the Asthma Action Plan has three colored zones: green,

yellow and red. These zones help guide patients and caregivers by providing instructions for medication use and dosage at the onset of particular symptoms. The green section means symptoms are well controlled, the yellow section means your symptoms are getting worse and you may need to increase medication, and the red section signifies symptoms that require urgent medical attention.

## **Asthma at home**

Your home should be the place where you feel most comfortable. If you find your asthma to be a problem around the house, check out the following tips or watch our "Asthma in the Home" video for ways to "asthma-proof" your home to help reduce or eliminate triggers:

**Eliminate common asthma triggers** – Look through your house for common triggers like dust mites, mold, pet dander, cockroaches and pollen and eliminate what you can. Also, if you have asthma, you should eliminate exposure to second-hand smoke since it can trigger asthma symptoms.

**Kill mold and mildew** – Though it's probably not your favorite task, eliminating mold and mildew from your bathroom can help prevent asthma flare-ups. Be sure to wash all bathmats and towels on a regular basis to avoid particle build-up. Also, keep your bathroom well ventilated so that mold and mil-

dew is reduced.

**Outsmart the dust mites** – Dust mites are tiny bugs that feed on flakes of human skin and are found in mattresses, pillows, carpet, upholstered furniture and stuffed animals. Wash your sheets in hot water (at least 130° F) and vacuum your floors weekly to minimize dust mites. Look for products with an **asthma & allergy friendly™** seal from the Asthma and Allergy Foundation of America Certification Program.

**Clear the air** – Many people seal their windows and doors to manage their heating and cooling costs, and doing so can also help you manage your asthma by keeping outdoor allergens, like pollen, from entering your house. It's also a good idea to invest in a good central heating, ventilation and air conditioning (HVAC) system to minimize air pollution. Be sure to clean or change the filters every three to six months. Keeping HVAC air filters clean can help minimize many common indoor asthma triggers.

## **Asthma at Work**

Aside from your home, the workplace is where you spend most of your time – so creating an "asthma-friendly" environment is important. While you may not have complete control over your exposure to certain triggers, it's possible to manage your symptoms around the office:

## **Avoid asthma triggers**

You can find asthma triggers at work as well as at home. Eliminate dust by cleaning your desk and keyboard with a damp

cloth on a regular basis. Be aware that if your office has new furniture, paint, or carpeting, the chemicals in these products can also be asthma triggers.

**Be open about your asthma** – Having asthma is nothing to be embarrassed about. Be sure your co-workers know who to contact in case you have an asthma attack in the office and that your emergency contact's information is on file.

Partner in your health. Your Doctor is your best ally.

***If your not sure of your symptoms, Please call (215) 227 0300 to make an appointment.***

<http://www.getsmartaboutasthma.com/asthma-tips/asthma-management-tips.aspx>

+++++

## **Outreach Events**

No events  
Scheduled this  
month



## **Q's Quote Corner**

**"If you think compliance is expensive – try non-compliance."**

Former U.S. Deputy Attorney General Paul McNulty