

RESPIRATORY

DISEASE MANAGEMENT NEWS

FALL | 2024



MAKE HEALTHY LIFESTYLE CHANGES

Change can be difficult to navigate sometimes, even with the right motivators. Knowing what is needed and the desire to make a change is the first step. Here are some tips to help successfully achieve goals:

- Commit. Know the goal and commit to meeting that goal. Ensure there's a clearly defined goal in hand and progress can be measured.
- Understand the starting point to measure progress. Knowing where the starting point is can help see when change begins to happen.
- Understand barriers and the plan to move past them.
- Set realistic goals. Start with small goals to help achieve a larger goal at hand.
- Identify support sources. Find family members, friends or coworkers that can help in supporting achieve goals.
- Monitor progress. Reflect on what has helped in achieving (or not achieving) goals and continue working towards an end result.

Congratulations on taking the first steps! Change is difficult to navigate but with the right tools, and having a measurable plan in place, success is possible!

Nutrition and Respiratory Health



There are typical and well-known ways to care for respiratory health. However, what about using nutrition to help manage breathing conditions?

Eating more food puts stress on our lungs to expand during the breathing process. Eating smaller portions allow room for digestion as well as our lungs to expand during breathing. Also, it is a good idea to eat slowly, sit upright, and maybe even rest before eating. Some foods can increase complications with breathing while others can improve our respiratory function. Consuming more protein can help keep muscles strong to support good respiratory health.

Foods that can make it harder to breathe:

Dairy products (milk, cheese, yogurt, butter), mayonnaise, processed meats, citrus fruits and even spinach.

Foods that can make breathing easier:

Onions, cayenne pepper, ginger, pineapple and garlic.

Foods that cause bloating, making breathing more difficult:

Carbonated drinks, beer, artificial sweeteners, broccoli, kale, cauliflower and brussels sprouts.

Foods that don't cause bloating:

Cucumbers, chard, celery, asparagus, carrots and sweet potatoes.

Work with a provider to come up with a game plan on nutrition and respiratory health and ask if a Registered Dietician (RD) would help! The RD can prescribe a meal plan if needed.

Remember, nutrition is just one of the many ways to keep lungs in good shape!

An important note about TRICARE program information: At the time of publication, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended.



EAST REGION

Education, Encouragement and Accountability



Beneficiaries in the disease management program are often facing many symptoms of their condition at the time of enrollment. The following beneficiary (Carol) was smoking, had Gastroesophageal Reflux Disease (GERD), asthma symptoms and was in the process of bariatric evaluation.

Over the course of multiple calls, Carol's clinician, Anne, offered education to improve her diet and lifestyle changes to achieve her health goals. Anne encouraged Carol to speak to her doctor about using Chantix to help her stop smoking, how managing her GERD will help improve her asthma and how to manage her triggers.

Carol now had the resources and the motivation to change. Her doctor prescribed Chantix, and she quit smoking within three months of enrollment. Through dietary guidance, she was able to pin-point trigger foods that cause GERD. She removed gluten and dairy from her diet and lost over 45 pounds, improved her GERD, and improved her asthma. Most importantly, Carol no longer needed bariatric surgery!

The calls with Anne offering encouragement, education and accountability helped her achieve her health goals. Carol is grateful for Anne and the program for changing her health for the better.

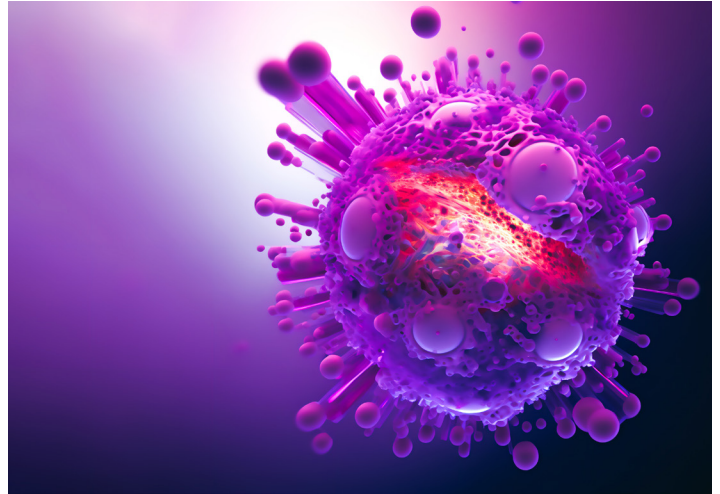


RSV Vaccines for Adults



RSV is a common respiratory virus that causes mild cold-like symptoms, usually lasting a week or two. The RSV season starts in November and runs through March. The virus can cause more severe illness for infants and adults over 60 with chronic heart or lung disease or who have weakened immune systems. The American Lung Association (ALA) estimates that up to 160,000 older adults are hospitalized and up to 10,000 deaths are due to RSV each year in the United States alone.

Talk to a doctor about the RSV vaccine and if it is right for you. Vaccinations are a preventive measure, not a treatment for a condition. TRICARE covers age-appropriate doses of vaccines, as recommended by the Centers for Disease Control (CDC). Find out more online at [cdc.gov/RSV](https://www.cdc.gov/RSV) and [Lung.org/RSV](https://www.lung.org/RSV).



FROM THE CLINICIAN



As a clinician in the disease management program, Anne takes pride in working with our TRICARE beneficiaries and their family members. The military population we serve give so much to our country, and ensuring they have great care and education is extremely important to Anne.

This means not only giving her best on each encounter, but also taking time to listen and address their concerns and any root causes of their conditions. This may mean reducing stress so they can correctly work on improving their health. For others, it may be clarifying a path forward to reach their goals.

Beneficiary Carol (name changed for privacy) wanted to quit smoking and lose weight to improve her health. Anne was able to provide support, guidance and encouragement. She also helped Carol pinpoint how her diet affected her weight and caused other symptoms. By discovering which foods she had sensitivity to and reducing or removing those from her diet, she lost 45 pounds. Playing a role to ensure TRICARE beneficiaries receive the best care possible keeps Anne motivated in working to achieve all their health goals.



THE DOCTOR'S PERSPECTIVE



It's time to enjoy more sunshine, longer days and getting outside to enjoy the fresh air. It may be difficult for anyone having seasonal allergies or being impacted by poor air quality. There are ways to protect yourself, including:

- Avoid allergens when possible
- Check air quality indexes and stay indoors if it is 100 or higher
- Keep windows closed
- Monitor and remove dust, pet dander and pollen in the home
- Discuss over the counter or prescription medications with a doctor

Follow medication schedules to avoid flare-ups of asthma or COPD year-round. Set up alarms or calendar reminders on a smartphone, or use a pillbox. Take meds/inhaler as part of a daily care routine such as when brushing teeth or eating. Talk to a provider about any trouble with taking medications consistently. These may include cost, side effects or even needing to take medications for other conditions.

Take advantage of seasonal fresh fruits and vegetables, whether it be from the grocery store or local farmer's markets. The nutritional value of produce is the same whether it is organic or non-organic, fresh, frozen or canned.

Try new varieties of fruits and vegetables on a regular basis to break away from regular routine to expand diet. Fruits and vegetables provide important nutrients and fiber to our bodies, so make it a goal to add some color and crunch to all meals this season.

*Connie Lorenzo MD,
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Medical Director*





TURKEY CLUB BURGER

Prep time: 20 minutes
Cook time: 20 minutes
Yield: 4 servings
Serving size: 1 burger with toppings

Lighten up your traditional hamburger with lean ground turkey—less saturated fat, without less flavor

Ingredients for turkey burger:

12 oz 99 percent fat-free ground turkey
 ½ C scallions (green onions), rinsed and sliced
 ¼ tsp ground black pepper
 1 large egg
 1 tbsp olive oil

for spread:

2 tbsp light mayonnaise
 1 tbsp dijon mustard

for toppings:

4 oz spinach or arugula, rinsed and dried
 4 oz portabella mushroom, rinsed, grilled or broiled, and sliced (optional)
 4 whole-wheat hamburger buns

Nutritional information (per serving):

Calories	299
Total fat	11 g
Protein	29 g
Cholesterol	89 mg
Potassium	424 mg
Carbohydrates	26 g
Saturated fat	2 g
Total fiber	5 g
Sodium	393 mg
<i>Percent daily values are based on a 2,000 calorie diet.</i>	



Directions:

1. Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
2. To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for about 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

Tip: Try it with a side of Grilled Romaine Lettuce With Caesar Dressing.

Hint: To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2–3 minutes on each side or until tender. Slice and set aside until burgers are ready.

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Care Management Program

- Toll-free phone number: **(800) 881-9227**
- Find more information at [HumanaMilitary.com/dm](https://www.humanamilitary.com/dm)



EAST REGION

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Humana Military is here to help!



Humana Military offers many free services and programs for many conditions. We have a team of nurses who reach out to various patients after a hospital stay. These nurses check in to make sure patients have everything they need after discharging home.

This program outreach involves discussing health information protected by law. Humana Military associates must read a privacy statement and confirm your identity. To verify, you will need:

- Your name
- Sponsor's ID (social security number) or Defense Benefits Number (DBN), found on your military ID card and,
- One other qualifier, i.e. your date of birth or address

This helps us protect you and your information in compliance with the Privacy Act.

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