



# November 2023

By Molina Healthcare New York

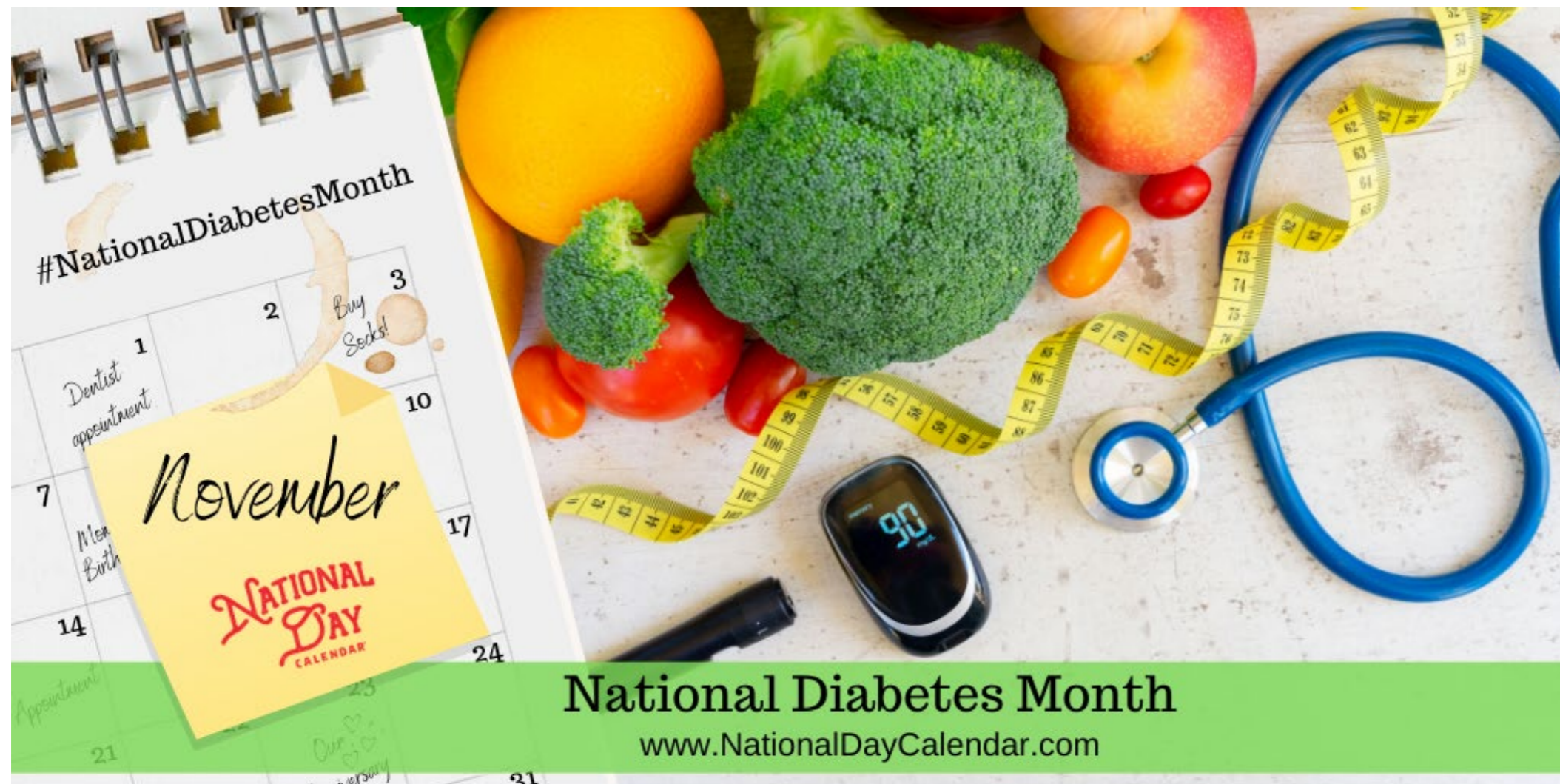
November 2023

The American Cancer Society sponsors the **Great American Smokeout** on the third Thursday of November (**November 16**), challenging smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever!



GREAT ★ AMERICAN  
SMOKEOUT

# American Diabetes Month



The campaign hopes to raise awareness of symptoms, **promote healthy living** and ensure people are aware of risk factors.

One in ten Americans have diabetes. Another 84 million are at risk of developing type 2 diabetes.

November 2023

# National COPD Awareness Month

Each November, the COPD Foundation and its community increase the focus on building awareness for chronic obstructive pulmonary disease (COPD).

For copy of flyer and more educational material - <https://www.copdfoundation.org/Take-Action/Get-Involved/COPD-Awareness-Month.aspx>



HEDIS Tip Sheet\_SPR\_Spirometry Testing COPD.pdf

## COPD AND YOU

### Early Diagnosis Can Slow Disease Progression

It is estimated that more than 384 million people worldwide live with chronic obstructive pulmonary disease (COPD).<sup>1</sup> More than 16 million Americans have COPD, and nearly 16 million more have COPD but don't know it.<sup>2,3</sup>

While many are not diagnosed with COPD until age 40 or later, early signs of COPD can be found in adults as young as 20 years old.<sup>1,4</sup> Here's the good news: If COPD is discovered and treated very early, the damage to your lungs may be reversible.<sup>4</sup>

Here's how you can look for, listen to, and act on any symptoms as quickly as possible to reduce long-term damage and improve your quality of life:



■ Look for early symptoms of COPD. Common symptoms of COPD and other lung conditions include:

- Coughing (with or without mucus)
- Wheezing or noisy breathing
- Chest tightness
- Shortness of breath
- Unusual tiredness



■ Listen to your body and your loved ones:

- Have you had any symptoms of COPD?
  - Have you noticed your loved ones experiencing COPD symptoms?
    - Caregivers may be the first to notice COPD symptoms.
    - It is easy to overlook mild COPD symptoms.
- Don't dismiss your symptoms. When in doubt, check it out.*



■ Act quickly if you notice symptoms of COPD:

- Contact your health care provider as soon as you feel symptoms.
- **Getting treatment early can help prevent or slow the progression of your COPD.**
- There are tests available to diagnose COPD.
  - Spirometry testing is one way to tell if you have COPD. Spirometry is a breathing test that's fast, painless, and can be performed in a physician's office or hospital.



#### References:

<sup>1</sup>Global Initiative for Chronic Obstructive Pulmonary Disease (2022) "Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease." <https://goldcopd.org/2022-gold-reports-2/>

<sup>2</sup>Ford E. et al. COPD Surveillance-United States, 1999-2011. CHEST 2013; 144(1):284-305.

<sup>3</sup>Ford, E. et al. Trends in the Prevalence of Obstructive and Restrictive Lung Function Among Adults in the United States. CHEST 2013; 143(5):1395-1406

<sup>4</sup>Stoltz, D. et al. Towards the elimination of chronic obstructive pulmonary disease: a Lancet Commission. The Lancet Commissions. 2022; 400(10356): 921-972. DOI: [https://doi.org/10.1016/S0140-6736\(22\)01273-9](https://doi.org/10.1016/S0140-6736(22)01273-9)

## Let's talk Gaps in Care

2024 is almost here.

Let's get these 2023 gaps closed.

**Annual Visits, Labs, and Preventive Screenings**

Is there a member on your gapped list but you know they completed that health measure?

Email your Quality Rep the member's chart @ [MHNYQuality@MolinaHealthcare.com](mailto:MHNYQuality@MolinaHealthcare.com)



*Thank you!*