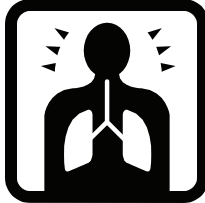


Understanding Asthma



Approximately 20 million Americans suffer from asthma, a chronic condition which affects the airways that carry air in and out of the lungs. People with asthma have abnormal inflammation or swelling in the walls of the airways, making them more sensitive to things to which they are allergic or that are irritating. When a person with asthma breathes in one of these irritants, they can have an asthma attack, causing increased narrowing of the airways and increased mucus production, making it very difficult to breathe. Symptoms of asthma include: wheezing, coughing, chest tightness, shortness of breath and a faster breathing rate or noisy breathing.

The definite cause of asthma is unknown. Researchers have found that if other people in your family have asthma, you are more likely to develop this condition. Those who are exposed to tobacco smoke, infections and some allergens early in life appear to be at risk for asthma as well.

When your doctor makes a diagnosis of asthma, he or she determines which of four severity levels best describes your symptoms:

Mild intermittent – symptoms come and go, occur twice a week or less, and nighttime symptoms occur twice monthly or less. Lung function is normal between episodes.

Mild persistent – symptoms occur more than twice weekly, and nighttime symptoms occur more than twice monthly. Attacks may affect your activities.

Moderate persistent – symptoms occur daily, and symptoms occur at night more than once

weekly. Attacks may affect your activities.

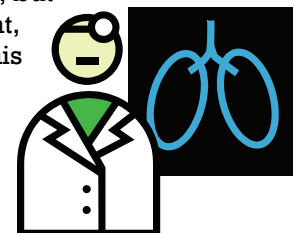
Severe persistent – symptoms occur throughout the day most days, and nighttime symptoms occur often. Physical activity is likely to be limited.

If you have asthma, it is important to see your doctor regularly, and work with him/her to develop an action plan to manage your condition. Your doctor may prescribe a fast-acting medication to open the airways, as well as one or more preventative medications to take each day to decrease the frequency and severity of attacks, depending on your asthma severity level. He or she may also prescribe a device called a peak flow meter, that helps determine how well your lungs are working. Changes in the reading on your peak flow meter can let you know if your asthma is worsening.

Make it a point to discuss the following with your doctor:

- ✓ What triggers, such as pollen, mold or cigarette smoke make your asthma worse, and how to avoid them
- ✓ Early signs to watch for that may indicate your asthma is getting worse
- ✓ How and when to use your peak flow meter
- ✓ How to use your medications correctly
- ✓ When to call your doctor
- ✓ When to seek emergency treatment

Asthma cannot be cured, but with proper management, most people can keep this condition under control and live normal, active lives.



Is Your Asthma Under Control?

Take the Asthma Control Test™! If you are 12 years of age or older, answer the five following questions by recording the number of your answer in the box on the right. Add up your final score and enter it into the "Total" box.

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, school or home?

1	2	3	4	5	My Score
All of the time	Most of the time	Some of the time	A little of the time	None of the time	

2. During the past 4 weeks, how often have you had shortness of breath?

1	2	3	4	5	My Score
More than	Once a day	3 to 6 times a	Once or twice	Not at all	

3. During the past 4 weeks, how often did asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

1	2	3	4	5	My Score
4 or more nights a week	2 or 3 nights a week	Once a week	Once or twice	Not at all	

4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

1	2	3	4	5	My Score
3 or more times a day	1 or 2 times a day	2 or 3 times a week	Once a week or less	Not at all	

5. How would you rate your asthma control during the past 4 weeks?

1	2	3	4	5	My Score
Not controlled at all	Poorly controlled	Somewhat controlled	Well controlled	Completely controlled	

My total score:

Be sure to discuss these results with your doctor. If you scored 19 or less, your asthma may not be under control. If you scored 20 or more, your asthma seems to be well controlled. Aim for a score of 20 or more!

It's Allergy Season!



If you are an allergy sufferer, you are familiar with the symptoms:

- ✓ runny nose
- ✓ itchy, watery eyes
- ✓ itchy nose and roof of the mouth
- ✓ sneezing
- ✓ stuffy nose
- ✓ fullness and popping of the ears
- ✓ dark circles under the eyes
- ✓ hives

These symptoms occur when your body overreacts to an allergen (e.g., pollen from trees, grass and weeds, mold, animal dander, or dust). Other irritants, such as smoke, cold temperatures, or aerosol sprays may make allergy symptoms worse.

One of the most important treatments for allergies is to avoid allergens:

- ✓ Shower or bathe before bed to remove pollen and other allergens from skin and hair
- ✓ Reduce the amount of mold in your home by removing houseplants and cleaning damp areas frequently
- ✓ If you have a pet, the use of allergen-resistant bedding, bathing your pet frequently, and using an air filter may help reduce pet dander in your home.
- ✓ To reduce dust mites, replace carpets with wood or linoleum and clean the floors often, use a vacuum with a high-efficiency particulate or electronic filter, and cover mattresses and pillows with plastic covers.

Medications, both prescription and over-the-counter, are available to help control allergy symptoms and include:

- ✓ **Antihistamines** – relieve itchy-ness, sneezing and runny nose
- ✓ **Decongestants** – relieve stuffy nose
- ✓ **Cromolyn or steroid nasal sprays** – decrease the reaction of nasal tissues to allergens
- ✓ **Eye drops** – control eye symptoms
- ✓ **Leukotriene modifiers** – decrease the body's reaction to allergens
- ✓ **Allergy shots** – small amounts of allergens, given on a regular schedule, to help your body get used to the allergens

If you have allergy symptoms, talk to your doctor about a treatment plan today!

RECIPE CORNER

SUMMER VEGETABLE SPAGHETTI

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

2 C	small yellow onions, cut in eighths	<ol style="list-style-type: none"> 1. Combine first 10 ingredients in large saucepan; cook for 10 minutes. Stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender. 2. Cook spaghetti in unsalted water according to package directions. 3. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese over top.
2 C	chopped, peeled, fresh, ripe tomatoes (about 1 lb)	
2 C	thinly sliced yellow and green squash (about 1 lb)	
1 1/2 C	cut fresh green beans (about 1/2 lb)	<p>Yield: 9 servings--Serving Size: 1 cup spaghetti and 3/4 cup sauce with vegetables.</p> <p>Each serving provides: Calories: 279 Total fat: 3 g Saturated fat: 1 g Cholesterol: 4 mg Sodium: 173 mg</p>
2/3 C	water	
2 Tbsp	minced fresh parsley	
1 clove	garlic, minced	
1/2 tsp	chili powder	
1/4 tsp	salt	
To taste	black pepper	
1 can	(6 oz) tomato paste	
1 lb	uncooked spaghetti	
1/2 C	grated parmesan cheese	



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ABOUT RITE AID HEALTH SOLUTIONS

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- ✓ Quarterly wellness updates
- ✓ Education about your medical conditions
- ✓ Targeted medication profile reviews to ensure you are taking the right drug for the right length of time, based on current medical treatment guidelines

? Questions about your pharmacy

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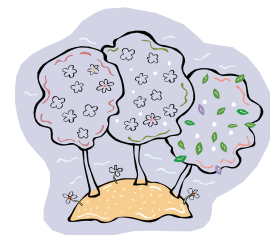
1-866-828-5966

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