HEALTH INFORMATION CENTER
VIDEO SUBJECT LIST (updated September 2012)

Abuse
Attention Deficit Hyperactivity Disorder
Addiction
Advanced Directives
Aging
AIDS/HIV
Alzheimer’s Disease
Allergies
Angioplasty
Arthritis
Arthroscopy
Asthma
Attention Disorders
Attention Deficit/Hyperactivity Disorder
Back/Spine/Etc.
Bariatric Surgery
Brain Tumor
Breast Cancer
Cancer
Carpal Tunnel Syndrome
Cast Care
Catheterization
Chemotherapy
Chicken Pox
Cholesterol
Chronic Fatigue Syndrome
Chronic Obstructive Pulmonary Disease
Colonoscopy
Colostomy
Congestive Heart Failure
Coronary Artery Bypass Surgery
CPR
Crohn’s Disease
Cystic Fibrosis
Death & Dying
Depression
Diabetes
Dialysis
Diet/Nutrition/Exercise
Disease
Divorce
Drugs/Alcohol
Ear Infection
Eating Disorders
Emphysema
Endoscopy
Epilepsy/Seizure Disorders
Fetal Alcohol Syndrome
Fibromyalgia
First Aid
Flu
Frost Bite/Hypothermia
Gastroesophageal Reflux Disease
Grief
Head Injuries
Headaches
Healing
Hearing
Heart
Hepatitis
Hip Replacement
Human Body
Humor
Hygiene
Hypertension/High Blood Pressure
Ileostomy
Impotence
Infants/Children/Teens
Infertility
Irritable Bowel Syndrome
Knee
Learning Disabilities
Lupus
Lyme Disease
Marquette General Hospital
Medications
Men’s Health
Mental Health
Mind
Miscellaneous
Multiple Sclerosis
Native Americans
Nursing Homes
Nutrition/Weight Management
Obsessive Compulsive Disorder
Obesity
Oncology Nursing
Organ & Tissue Donation/Transplantation
Osteoarthritis
Osteoporosis
Ostomy Care
Pacemaker
Pain Management
Palliative Care
Pancreas
Parenting
Parkinson’s Disease
Patient
Peripheral Vascular Disease
Pneumonia
Poison
Polio
Pressure Ulcers
Prostate
Pump Therapy
Rape
Respiratory
Respite
Safety
Schizophrenia
Self Esteem
Sex Education/Contraception
Shoulder
Sinus
Skin
Sleep
Substance Abuse
Suicide
Surgery
Teacher’s Resource Video/Book
Teens
Tests
Time Management
Tooth Care
Tourette Syndrome
Tracheostomy
Tuberculosis
Ulcers
Urinary
Vision
Wellness
Women’s Health
Smoke
Stress
Stroke
ABUSE

SEXUAL HARASSMENT IN THE WORK PLACE  AB 101
THE VICTIMS OF ELDER ABUSE  AB 102
NON PHYSICAL ABUSE  AB 103

ADDICTION

MODELS OF ADDICTION  ADD 100
NICOTINE ADDICTION  ADD 101
LOOKING FOR LOVE IN ALL THE WRONG PLACES  ADD 102

ADVANCED DIRECTIVES

ADVANCED DIRECTIVES (PATIENT VERSION)  ADV 102

AGING

THE ANATOMY OF AGING: GASTROINTESTINAL CHANGES (PT.2)  AGE 102
THE ANATOMY OF AGING: CHANGES IN THE RESPIRATORY TRACT (PT.6)  AGE 103
AGING AND EXERCISE  AGE 104
EXERCISE: A VIDEO FROM THE NATL INST ON AGING (Book included)  AGE 105
C. 1&2

AIDS/HIV

ALLERGIES

ALZHEIMER’S

ALZHEIMER’S DISEASE: LONG NIGHTMARE  AL 100
CHALLENGES OF CARE GIVING  AL 101
CHOICES IN CARE GIVING  AL 101.1
UNDERSTANDING ALZHEIMER’S  AL 101.2
MY CHALLENGE WITH ALZHEIMER’S  AL 105
ALZHEIMER’S DISEASE: INSIDE LOOKING OUT  AL 108
A FAMILY’S JOURNAL AFTER A ALZHEIMER’S DIAGNOSIS  AL 109
LIVING WITH ALZHEIMER’S DISEASE  AL 110
FORGETTING – A PORTRAIT OF ALZHEIMER’S  AL 111 DVD

AMYOTROPHIC LATERAL SCLEROSIS (Lou Gehrig’s Disease)
# Angioplasty

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Angioplasty: A Patient's Guide</td>
<td>ANG 101</td>
</tr>
<tr>
<td>Preparing for Angioplasty</td>
<td>ANG 102</td>
</tr>
<tr>
<td>PTCA: A Patient’s Guide</td>
<td>ANG 103</td>
</tr>
<tr>
<td>PTCA at MGH: A Patient’s Guide</td>
<td>ANG 104</td>
</tr>
<tr>
<td>Preparing for Angioplasty (Smoking)</td>
<td>ANG 105</td>
</tr>
</tbody>
</table>

# Arthritis

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pace People with Arthritis Can Exercise</td>
<td>AR 102.1</td>
</tr>
<tr>
<td>Living with Arthritis C.1-2</td>
<td>AR 104</td>
</tr>
<tr>
<td>Pace- People with Arthritis Can Exercise (Level I)</td>
<td>AR 105</td>
</tr>
<tr>
<td>Pace-People with Arthritis Can Exercise (Level 2)</td>
<td>AR 106</td>
</tr>
<tr>
<td>Arthritis (MayoClinic Wellness Solutions)</td>
<td>AR 107</td>
</tr>
</tbody>
</table>

# Arthroscopy

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding Arthroscopy</td>
<td>ART 101</td>
</tr>
<tr>
<td>Shoulder Arthroscopy</td>
<td>ART 102</td>
</tr>
</tbody>
</table>

# Asthma

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living with Asthma</td>
<td>AS 104</td>
</tr>
<tr>
<td>Schering (Inhalation Techniques)</td>
<td>AS 106</td>
</tr>
<tr>
<td>Asthma: What You Need to Know</td>
<td>AS 108</td>
</tr>
<tr>
<td>Managing 09 Myself</td>
<td>AS 110</td>
</tr>
<tr>
<td>Asthma: Controlling It</td>
<td>AS 111</td>
</tr>
</tbody>
</table>

# Attention Deficit/Hyperactivity Disorder (ADHD)

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADHD in Adults</td>
<td>AD 100</td>
</tr>
<tr>
<td>ADHD: What Can We Do</td>
<td>AD 101</td>
</tr>
<tr>
<td>ADHD in the Class Room</td>
<td>AD 101.1</td>
</tr>
<tr>
<td>All About Attention Deficit #1</td>
<td>AD 101.2</td>
</tr>
<tr>
<td>All About Attention Deficit #2</td>
<td>AD 101.3</td>
</tr>
<tr>
<td>ADHD What We Do Know</td>
<td>AD 102</td>
</tr>
<tr>
<td>Jumping Johnny Get Back to Work</td>
<td>AD 103</td>
</tr>
<tr>
<td>ADHD in Children and Adults C.1-2</td>
<td>AD 104</td>
</tr>
<tr>
<td>Attention Deficit Disorder in the Adult Patient</td>
<td>AD 105</td>
</tr>
<tr>
<td>Attention Deficit Disorder Syndrome</td>
<td>AD 106</td>
</tr>
<tr>
<td>Why Won’t My Child Pay Attention</td>
<td>AD 108</td>
</tr>
<tr>
<td>ADHD Symptoms and Treatments</td>
<td>AD 109</td>
</tr>
</tbody>
</table>

# Back/Spine/Etc.

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lumbar Disc Surgery</td>
<td>BA 100</td>
</tr>
<tr>
<td>Lumbar Spine: CT Scan</td>
<td>BA 101</td>
</tr>
<tr>
<td>MRI</td>
<td></td>
</tr>
<tr>
<td>Herniated Disk</td>
<td></td>
</tr>
<tr>
<td>Overcoming Low Back Pain</td>
<td>BA 101.1</td>
</tr>
<tr>
<td>Low Back Pain</td>
<td>BA 101.2</td>
</tr>
<tr>
<td>Aqua Exercise to Reduce &quot;Back Pain&quot;</td>
<td>BA 104</td>
</tr>
<tr>
<td>Back Pain (MayoClinic Wellness Solutions)</td>
<td>BA 105</td>
</tr>
</tbody>
</table>

# Bariatric Surgery
LIFE AFTER BARIATRIC SURGERY  BAR 100
WEIGHING THE RISKS: GASTRIC BYPASS SURGERY  BAR101 DVD

BRAIN TUMOR

ALEX’S JOURNEY  BR 100 C.1 & C.2

BREAST CANCER

BREAST SELF EXAM AND BREAST HEALTH  c.1-2  BRE 101
BREAST DISEASE PT I: FINDING A LUMP IN YOUR BREAST  c.1-2  BRE 102
BREAST DISEASE PART II: WHAT IF IT IS BREAST CANCER?  BRE 103
FEELING GOOD AGAIN: COPING WITH BREAST CANCER  BRE 106
SURVIVING MASTECTOMY  BRE 107
DILEMMAS IN BREAST CANCER: BEATING THE ODDS  BRE 108
DILEMMAS IN BREAST CANCER: ROUTINE BREAST SCREENING  BRE 109
BREAST SELF EXAMINATION: A SPECIAL TOUCH  BRE 110
ON WITH LIFE: PRACTICAL INFORMATION ON LIVING WITH METASTATIC BREAST CANCER  BRE 111
BREAST SELF EXAM  BRE 113
GET UP AND GO AFTER BREAST SURGERY  BRE 115
IN-FOCUS: MAMMOGRAPHY UPDATE  BRE 117
BREAST CANCER EARLY DETECTION: KNOW THE FACTS; KNOW FOR SURE C.1-2  BRE 118
BREAST CANCER: FROM TRAGEDY TO TRIUMPH  BRE 119
TAKING CHARGE OF YOUR TREATMENT (BREAST CANCER)  BRE 120
INITIAL DISCOVERY AND DIAGNOSIS OF BREAST CANCER  BRE 121
MOVING BEYOND BREAST CANCER  BRE 122 DVD

CANCER

A CONSPIRACY OF SILENCE: HELP PATIENT AND FAMILY  CA 100
CANCER IT’S EFFECT ON SELF IMAGE  CA 101.1
DIAGNOSIS  CA 103
PATIENT 2 PATIENT CANCER CLINICAL TRIALS AND YOU  CA 109.1
RADIATION ONCOLOGY WAS AGAINST CANCER  CA 110
SAVING YOUR SKIN: SOS 4 PREVENTING CANCER  CA 111
SUNLIGHT AND SKIN CANCER  CA 112
CANCER: ITS EFFECT ON SELF IMAGE AND INTIMATE RELATIONSHIPS  CA 116
TESTING FOR PROSTATE CANCER  CA 117
PROTECTING YOUR PROSTATE  CA 118
LIVING WITH CANCER  CA 119
LOOK GOOD...FEEL BETTER: CARING FOR YOURSELF INSIDE AND OUT  CA 120
SCREENING FOR COLORECTAL CANCER  CA 121
SKIN CANCER: CAN YOU SPOT IT?  CA 122
OVARIAN CANCER  CA 123
FINDING STRENGTH: A PROGRAM FOR MANAGING CANCER-RELATED FATIGUE & ANEMIA FOR PATIENTS AND THEIR FAMILIES  CA 124
DISEASE PREVENTION: COLORECTAL CANCER SCREENING  CA 125
DIAGNOSIS & TREATMENT OF COLON CANCER  CA 126
THE CANCER EXPERIENCE: WHO ARE YOU NOW?  CA 128
NUTRITION AND CANCER  CA 129
TAKING CONTROL OF YOUR CHEMOTHERAPY  CA 130
SPOUSE TO SPOUSE - WHAT IT’S LIKE WHEN YOUR SPOUSE HAS CANCER  CA 132
EVERYDAY COURAGE  CA 133
IMPROVING THE CHEMOTHERAPY EXPERIENCE  CA 134
CHILDREN AND CANCER  CA 135
UNDERSTANDING COLORECTAL CANCER  CA 136 2 disc CD-ROM
EASING CANCER PAIN  CA 137 CD-ROM
Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (AAOS)  CAR 101
Carpal Tunnel Syndrome (Health Line)  CAR 102

Cast Care

Catheterization

A Video Guide to Intermittent Self-Catheterization for Adults  CAT 100

Chemotherapy

Chemotherapy: An Introduction to Treatment  CHE 100
Realities of Chemotherapy  CHE 101

Chicken Pox

Itching’ to Talk Chickenpox  CHI 101
Varicella Vaccine  CHI 102

Cholesterol

Lower Your Cholesterol Now!  CHO 105
From the Heart: People Talk About Lowering Cholesterol C.1-2  CHO 106
Health Line: Controlling Cholesterol  CHO 107

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome  CFS 100

Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (AbbeY)  COPD 101
Chronic Obstructive Pulmonary Disease (Milner-FenWick)  COPD 102
C-101 COPD Education #1  COPD 103
C-102 COPD Education #2  COPD 104
C-103 COPD Education #3  COPD 105
C-201A Motivation #1  COPD 106
C-201B Motivation #2  COPD 107
C-202 Ox COPD Exercise Severe, Low with Oxygen  COPD 108
C-205 COPD Exercise Moderate Without Oxygen  COPD 109

Colostomy

Living with a Colostomy  COL 101

Colonoscopy

Colonoscopy (Milner-FenWick)  COLN 101

Congestive Heart Failure

Congestive Heart Failure (Milner-FenWick) C.1-2  CHF 101
LIVING WITH HEART FAILURE PART I: GETTING STARTED  CHF 102
LIVING WITH CONGESTIVE HEART FAILURE (SANOFI WINTHROP) C.1-2  CHF 103

CORONARY ARTERY BYPASS

THE OPERATION: CORONARY BYPASS SURGERY  CAB 101
CORONARY ARTERY BYPASS SURGERY C.1-2  CAB 102
CORONARY ARTERY BYPASS OPERATION  CAB 103

CPR

INFANT CPR ANYTIME  CPR100 DVD

CROHN’S DISEASE

CROHN’S DISEASE  CRO 100

CYSTIC FIBROSIS

LIVING WITH CYSTIC FIBROSI S  CYF 100

CYSTITIS (BLADDER INFECTION)

DEATH & DYING

WHEN ALL IS SAID AND DONE: AN INTRODUCTION TO THE FAMILY MEETING  DD 101
SURVIVING THE LOSS OF A LOVED ONE C.1-2  DD 102
LIVING WITH GRIEF  DD 103
WHOSE DEATH IS IT, ANYWAY?  DD 105
UNDERSTANDING THE GRIEVING PROCESS  DD 106
WHEN SOMEONE DIES  DD 107

DEPRESSION

WHY ISN’T MY CHILD HAPPY? A VIDEO GUIDE ABOUT CHILDHOOD DEPRESSION  DEP 103
UNDERSTANDING PANIC DISORDER  DEP 104
UNDERSTANDING DEPRESSION C.1-3  DEP 106
CLINICAL DEPRESSION AND WOMEN: STORIES OF HOPE C.1-2  DEP 107
TREATING YOUR DEPRESSION: THINGS YOU SHOULD KNOW ABOUT TAKING YOUR ANTIDEPRESSANT MEDICATION  DEP 108
DEPRESSION: THE ROAD TO RECOVERY  DEP 109
CLINICAL DEPRESSION IN OLDER ADULTS  DEP 111
FIGHTING DEPRESSION: YOU’RE NOT ALONE  DEP 112
SURVIVING DEPRESSION: THERE IS HOPE  DEP 113
WELCOME TO RHYTHMS  DEP 114
CHRONIC DEPRESSION VOL 1-4 (SERIES)  DEP 115-118
DARK GLASSES & KALEIDOSCOPES C.1-4  DEP 119
ACHIEVING A BALANCE (BIPOLAR MANIA)  DEP 120
FOCUS ON WELLBEING SERIES: DEPRESSION (1-4)  DEP 121
RECOGNIZING SEXUAL DYSFUNCTION IN DEPRESSION  DEP 122
ANTIDEPRESSANTS AND EFFICACY : IS THERE A REAL DIFFERENCE?  DEP 123
BIPOLAR DISORDERS UPDATE  DEP124
DEPRESSION: FAMILY MATTER (ELDERLY)  DEP125
OUT OF DARKNESS: WOMAN & DEPRESSION  DEP126
DEALING WITH DEPRESSION  DEP127 DVD
DEPRESSION OUT OF THE SHADOWS  DEP128 DVD
DIALYSIS

IF YOU CAN DREAM IT; YOU CAN DO IT  DIA 100

DIET\NUTRITION\EXERCISE

A MATTER OF NUTRITION  DT 100
BACK CARE AND BODY MECHANICS  DT 101
DIET AND BEHAVIOR MODIFICATION TECHNIQUES  DT 106

EATING RIGHT  DT 110
EXERCISE  DT 111
EXERCISE AND FITNESS  DT 112
SEAT AEROBICS  DT 113
GENERAL NUTRITION  DT 114
FITNESS AS A LIFESTYLE  DT 115
5 A DAY ADVENTURES  DT 115.1
STROKE SURVIVOR’S WORKOUT  DT 116
IN CONTROL WEIGHT LOSS AND MAINTENANCE PROGRAM  DT 117
HOW TO LIVE LONGER... BETTER  DT 118
INTRO TO A HEALTHY LIFESTYLE  DT 120
MODERN MOVES FOR PREGNANCY FITNESS  DT 120.1
MEDICATION AND YOUR NUTRITIONAL HEALTH  DT 120.4
NUTRITION  DT 121
NUTRITION AND EXERCISE FOR THE ELDERLY  DT 122
NUTRITION AS A LIFESTYLE  DT 122.1
NUTRITION AS A LIFESTYLE PART 5  DT 122.2
PREGNANCY AND NUTRITION  DT 125
SPORTS MEDICINE  DT 127
VITAMINS AND DIET AND HEALTHY AGING  DT 129.1
WEIGHT MANAGEMENT  DT 130
AQUA EXERCISE FOR"MULTIPLE SCLEROSIS" SERIES 1  DT 135
NUTRITION FACTS: THE NEW FOOD LABEL  DT 136
A LIFETIME OF GOOD EATING  DT 137
SUPERMARKET NUTRITION: S O P P I N G F O R G O O D H E A L T H  DT 139
NUTRITION SKILLS SERIES: HEALTHY EATING ON THE RUN  DT 140
SEPARATING NUTRITION FACT FROM FICTION (LITERATURE)  DT 141
HEALTHY FAST FOODS - IS IT POSSIBLE  DT 142
LOW FAT AND FAST  DT 143
NUTRITION BASICS: THE ABC’S OF EATING RIGHT  DT 144
DIETARY STRATEGIES FOR A HEALTHY HEART  DT 145
HEALTHY EATING TO MANAGE HEART DISEASE AND DIABETES  DT 146
PHYTOCHEMICALS  DT 147

DIVORCE

HELPING CHILDREN AND ADOLESCENTS SURVIVE DIVORCE  DIV 101

DRUGS/ALCOHOL

UNITED LEARNING  DU 100
ALCOHOL AND CO-DEPENDENCY  DU 101
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALCOHOL AND THE FAMILY</td>
<td>DU 102</td>
</tr>
<tr>
<td>PERSPECTIVE ON METHCATHINONE &quot;CAT&quot;</td>
<td>DU 103</td>
</tr>
<tr>
<td>DRUGS ALCOHOL AND PREGNANCY</td>
<td>DU 104</td>
</tr>
<tr>
<td>FAMILIES TALK ABOUT DRINKING</td>
<td>DU 105</td>
</tr>
<tr>
<td>FETAL ALCOHOL SYNDROME AND EFFECTS</td>
<td>DU 106</td>
</tr>
<tr>
<td>INHALANT ABUSE</td>
<td>DU 106.1</td>
</tr>
<tr>
<td>INHALANTS: THE ADULT PRIMER</td>
<td>DU 106.3</td>
</tr>
<tr>
<td>INHALANTS: THE SILENT EPIDEMIC</td>
<td>DU 106.4</td>
</tr>
<tr>
<td>UNDERSTANDING ADDICTION</td>
<td>DU 107</td>
</tr>
<tr>
<td>MARIJUANA: THE SILENT EPIDEMIC</td>
<td>DU 108</td>
</tr>
<tr>
<td>ALCOHOL AND HUMAN PHYSIOLOGY</td>
<td>DU 109</td>
</tr>
<tr>
<td>THE POWER OF CHOICE DRUGS AND ALCOHOL</td>
<td>DU 110</td>
</tr>
<tr>
<td>RECOGNIZING ADDICTION</td>
<td>DU 11</td>
</tr>
<tr>
<td>IMPACT: DRIVING DRUNK, DRIVING HIGH</td>
<td>DU 112</td>
</tr>
<tr>
<td>HOOKED-ILLEGAL DRUGS AND HOW THEY GOT THAT WAY VOL.1</td>
<td>DU 113</td>
</tr>
<tr>
<td>HOOKED-ILLEGAL DRUGS AND HOW THEY GOT THAT WAY VOL.2</td>
<td>DU 114</td>
</tr>
<tr>
<td>SOFT IS THE HEART OF A CHILD</td>
<td>DU 115</td>
</tr>
<tr>
<td>MARIJUANA AT YOUR OWN RISK PART I</td>
<td>DU 116</td>
</tr>
<tr>
<td>MARIJUANA AT YOUR OWN RISK PART II</td>
<td>DU 117</td>
</tr>
<tr>
<td>DUI (DRIVING UNDER THE INFLUENCE - DEAD IN 5 SECONDS</td>
<td>DU 118 &amp; DVD</td>
</tr>
<tr>
<td>STAYING SOBER AND STAYING FREE</td>
<td>DU 119</td>
</tr>
<tr>
<td>LEARNING HOW TO LIVE</td>
<td>DU 120</td>
</tr>
<tr>
<td>EAR INFECTION</td>
<td></td>
</tr>
<tr>
<td>SOUND ADVICE ABOUT YOUR CHILD’S EAR INFECTION c.1-3</td>
<td>EA 101</td>
</tr>
<tr>
<td>EATING DISORDERS</td>
<td></td>
</tr>
<tr>
<td>BULIMIA</td>
<td>ED 106</td>
</tr>
<tr>
<td>EMPHYSEMA</td>
<td>EMP 101</td>
</tr>
<tr>
<td>ENDOSCOPY</td>
<td></td>
</tr>
<tr>
<td>PREPARING FOR A LOWER GI ENDOSCOPY...A PATIENT’S PERSPECTIVE (GLAXO)</td>
<td>END 101</td>
</tr>
<tr>
<td>PREPARING FOR LOWER GI X-RAY SERIES</td>
<td>END 102</td>
</tr>
<tr>
<td>PREPARING FOR AN UPPER GI ENDOSCOPY...A PATIENT’S PERSPECTIVE (GLAXO)</td>
<td>END 103</td>
</tr>
<tr>
<td>PREPARING FOR UPPER GI X-RAY SERIES</td>
<td>END 104</td>
</tr>
<tr>
<td>UPPER GI ENDOSCOPY (MILNER-FENWICK)</td>
<td>END 105</td>
</tr>
<tr>
<td>EPILEPSY/SEIZURE DISORDERS</td>
<td></td>
</tr>
<tr>
<td>TAKING CHARGE: LIVING WITH EPILEPSY c.1-2</td>
<td>EP 110</td>
</tr>
<tr>
<td>DIAGNOSIS OF A SEIZURE</td>
<td>EP 111</td>
</tr>
<tr>
<td>VAGUS NERVE STIMULATION THERAPY -- STIMULATING LIFE</td>
<td>EP 112</td>
</tr>
<tr>
<td>EXERCISE/FITNESS</td>
<td></td>
</tr>
<tr>
<td>ARMCHAIR FITNESS: AEROBICS ~ SAFE &amp; ENJOYABLE WORKOUTS FOR ALL AGES</td>
<td>EX 101</td>
</tr>
<tr>
<td>PHYSICAL FITNESS WITH PRISCILLA PATRICK: STRETCHING FOR ATHLETES</td>
<td>EX 102</td>
</tr>
<tr>
<td>PHYSICAL FITNESS WITH PRISCILLA PATRICK: STRETCH AND</td>
<td></td>
</tr>
<tr>
<td>Topic</td>
<td>Code</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>DE-STRESS</td>
<td>EX 103</td>
</tr>
<tr>
<td>CHAIROBICS: THE TOTAL FITNESS PROGRAM FOR BREATHING IMPAIRED &amp; PHYSICALLY LIMITED INDIVIDUALS</td>
<td>EX 104</td>
</tr>
<tr>
<td>PHYSICAL ACTIVITY</td>
<td>EX 105</td>
</tr>
<tr>
<td>SIT AND BE FIT: TONE AND STRETCH II IN RAGTIME</td>
<td>EX 106</td>
</tr>
<tr>
<td>ORTHOBICIZE! AN AEROBIC/EXERCISE VIDEO SPECIFICALLY FOR PEOPLE WITH BACK AND NECK PROBLEMS</td>
<td>EX 108</td>
</tr>
<tr>
<td>SEAT-A-ROBICS: ENDURANCE &amp; BODY SCULPTING PROGRAMS</td>
<td>EX 109</td>
</tr>
<tr>
<td>W.E.T. WORKOUT VIDEO: WATER EXERCISE TECHNIQUES</td>
<td>EX 111</td>
</tr>
<tr>
<td>WALK AEROBICS: 40+ WORKOUT</td>
<td>EX 112</td>
</tr>
<tr>
<td>THERA-BAND: THERA-FIT WHILE YOU SIT</td>
<td>EX 113</td>
</tr>
<tr>
<td>STRETCHING: THE VIDEO</td>
<td>EX 114</td>
</tr>
<tr>
<td>JUST MOVE</td>
<td>EX 115</td>
</tr>
<tr>
<td>STARTING AN EXERCISE PROGRAM (MILNER-FENWICK)</td>
<td>EX 116</td>
</tr>
<tr>
<td>PREGNANCY EXERCISE PROGRAM</td>
<td>EX 118</td>
</tr>
<tr>
<td>POSTNATAL EXERCISE PROGRAM</td>
<td>EX 119</td>
</tr>
</tbody>
</table>

**FETAL ALCOHOL SYNDROME**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>FETAL ALCOHOL SYNDROME</td>
<td>FAS 100</td>
</tr>
</tbody>
</table>

**FIBROMYALGIA**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIBROMYALGIA AND YOU</td>
<td>FBM 101</td>
</tr>
<tr>
<td>FIBROMYALGIA</td>
<td>FBM 102</td>
</tr>
<tr>
<td>LET’S GET F.I.T. (FIBROMYALGIA AQUATIC EXERCISE)</td>
<td>FBM 103</td>
</tr>
<tr>
<td>FIBROMYALGIA(MAYOCLINIC WELLNESS SOLUTIONS)</td>
<td>FBM104 DVD</td>
</tr>
</tbody>
</table>

**FIRST AID**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPR FOR RESCUERS</td>
<td>FI 100</td>
</tr>
<tr>
<td>FIRST AID PART 2: BURNS</td>
<td>FI 101</td>
</tr>
<tr>
<td>SUMMER EMERGENCIES : PART 3</td>
<td>FI 102</td>
</tr>
<tr>
<td>RANDOM CUTS</td>
<td>FI 103</td>
</tr>
<tr>
<td>INFANT AND TODDLER EMERGENCY FIRST AID VOL I ACCIDENTS</td>
<td>FI 107</td>
</tr>
<tr>
<td>INFANT AND TODDLER EMERGENCY FIRST AID VOL II ILLNESSES</td>
<td>FI 108</td>
</tr>
</tbody>
</table>

**FLU**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIGHT THE FLU</td>
<td>FL 100</td>
</tr>
<tr>
<td>COLD AND FLU</td>
<td>FL 101</td>
</tr>
</tbody>
</table>

**FROST BITE/HYPOTERMIA**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>FROSTBITE AND HYPOTHERMIA</td>
<td>FH 100</td>
</tr>
<tr>
<td>WINTER DANGERS</td>
<td>FH 101</td>
</tr>
</tbody>
</table>

**GASTROESOPHAGEAL REFLUX DISEASE**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERD: THE INSIDE STORY</td>
<td>GERD 101</td>
</tr>
</tbody>
</table>

**GRIEF**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEAR SOUP</td>
<td>GRI 100 DVD 1&amp; 2</td>
</tr>
</tbody>
</table>

**HEAD INJURIES**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROKEN RHYMES C.1-2</td>
<td>HI 101</td>
</tr>
<tr>
<td>JOURNEY FROM FLANDERS</td>
<td>HI 102</td>
</tr>
</tbody>
</table>
MENDING OF THE MIND C.1-2
STORMS IN THE MIND
HEAD INJURIES: A GUIDE TO SELF-HEALTH
CLOSED HEAD INJURIES (ASK THE DOCTOR’S)

HEADACHES

NO MORE HEADACHES
MANAGEMENT OF HEADACHES

HEALING

THE ART OF HEALING WOUNDED HEALERS
THE MYSTERY OF CHI: MIND BODY CONNECTIONS HEALING
HEALING FROM WITHIN
A HEALING JOURNEY
AFFIRMATIONS FOR GETTING WELL AGAIN

HEARING

WHEN HEARING AIDES ARE NOT ENOUGH

HEART

CARDIAC CATHETERIZATION
COUMADIN: THERAPY AND YOU c.1-3
HEART DIAGNOSTIC TEST:
HEART DIAGNOSTIC TEST: ELECTROCARDIOGRAM & HOLTER
HEART DIAGNOSTIC TEST: ECHOCARDIOGRAM & CAROTID SCAN
IMPLANTED: DEFIBRILLATION
LEARNING ABOUT HEART ATTACK: CAUSES AND RISK
LEARNING ABOUT HEART ATTACK: DRUGS AND SURGERY
OPEN HEART SURGERY
OPEN HEART SURGERY: HOME RECOVERY C.1-2
OPEN HEART SURGERY: WHAT TO EXPECT IN ICU
A STEP BY STEP GUIDE TO OPEN HEART SURGERY
PREPARING FOR HEART SURGERY
NITRO-DUR
THALLIUM SCAN CARDIAC BLOOD POOL IMAGING
UNDERSTANDING PACEMAKERS
USING COUMADIN SAFELY AND EFFECTIVELY
YOUR HEART AND CIRCULATION: MIRACLE PUMP
NEW INFORMATION ON CARDIOVASCULAR DISEASE
EMOTIONAL ASPECTS OF HEART DISEASE
AORTIC VALVE REPLACEMENT
HEART DIAGNOSTIC TESTS: CORONARY ANGIOGRAPHY
BE KIND TO YOUR HEART
Q&A ABOUT YOUR PACEMAKER
GUIDE TO YOUR HEART
PACEMAKER
CORONARY ANGIOPLASTY
CORONARY ARTERY BYPASS
LEARNING ABOUT HEART FAILURE
LIVING WITH HEART FAILURE “ON THE UPBEAT”
GUIDE TO EP AND ABLATION PROCEDURE

HEPATITIS

HEPATITIS B: REDUCING THE RISK
HEPATITIS B: THE ENEMY WITHIN
### CARING FOR A PERSON WITH HEPATITIS
- **HEP 103**

### HIP REPLACEMENT
- **HIP 101**
- **HIP 102**
- **HIP 103**
- **HIP 104 DVD**

### HUMAN BODY
- **HB 100**
- **HB 101 DVD**
- **HB102 DVD**

### HUMOR
- **HUM 101**
- **HUM 102**
- **HUM 103**

### HYGIENE
- **HY 100**

### HYPERLIPIDEMIA
- **CYS 101**

### HYPERTENSION/HIGH BLOOD PRESSURE
- **HYP 102**
- **HYP 103**
- **HYP 107**

### ILEOSTOMY
- **ILE 100**

### IMPOTENCE
- **IM 101**

### INFANTS/CHILDREN/TEENS
- **IN 100**
- **IN 101**
- **IN 102**
- **IN 104**
- **IN 109**
- **IN 116**
- **IN 120**
- **IN 124**
- **IN 126**
<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNDERSTANDING YOUR CHILD’S OPERATION</td>
<td>IN 127</td>
</tr>
<tr>
<td>HEALTHY PARENTING</td>
<td>IN 128</td>
</tr>
<tr>
<td>BUILDING ASSETS IN YOUTH</td>
<td>IN 132</td>
</tr>
<tr>
<td>SUDDEN INFANT DEATH SYNDROME</td>
<td>IN 133</td>
</tr>
<tr>
<td>BUILDING SELF ESTEEM IN YOUR CHILD c.1-2</td>
<td>IN 134</td>
</tr>
<tr>
<td>YOU AND YOUR BABY</td>
<td>IN 135</td>
</tr>
<tr>
<td>HOW TO SAVE YOUR CHILD OR BABY: CHOKING, CPR</td>
<td>IN 136</td>
</tr>
<tr>
<td>QUALITY CHILD CARE</td>
<td>IN 138</td>
</tr>
<tr>
<td>YOUR BABY CAN SLEEP</td>
<td>IN 140</td>
</tr>
<tr>
<td>A CHANCE TO GROW INSIDE A NEONATAL INTENSIVE CARE UNIT</td>
<td>IN 142</td>
</tr>
<tr>
<td>INFANT AND CHILD CPR - KIDS SAFETY OF AMERICA</td>
<td>IN 143</td>
</tr>
<tr>
<td>A PARENT’S GUIDE TO NEWBORN SCREENING</td>
<td>IN 144</td>
</tr>
<tr>
<td>IS MY BABY OK?</td>
<td>IN 145</td>
</tr>
<tr>
<td>A PARENT’S GUIDE TO NEWBORN SCREENING</td>
<td>IN 144</td>
</tr>
<tr>
<td>IS MY BABY OK?</td>
<td>IN 145 DVD</td>
</tr>
</tbody>
</table>

**INFERTILITY**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>COPING WITH INFERTILITY</td>
<td>INF 101</td>
</tr>
<tr>
<td>INFERTILITY: THE NEW SOLUTIONS</td>
<td>INF 102</td>
</tr>
</tbody>
</table>

**IRRITABLE BOWEL SYNDROME**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>IRRITABLE BOWEL SYNDROME</td>
<td>IBS 101</td>
</tr>
<tr>
<td>MANAGING IRRITABLE BOWEL SYNDROME</td>
<td>IBS 102</td>
</tr>
</tbody>
</table>

**KIDNEY FAILURE**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTIONS FOR LIVING WITH KIDNEY FAILURE</td>
<td>KID 101</td>
</tr>
<tr>
<td>GROWING UP WITH KIDNEY DISEASE</td>
<td>KID 102</td>
</tr>
</tbody>
</table>

**KNEE**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNDERSTANDING TOTAL KNEE REPLACEMENT</td>
<td>KN 101</td>
</tr>
<tr>
<td>KNEE LIGAMENT INJURIES</td>
<td>KN 102</td>
</tr>
<tr>
<td>A STEP TOWARD INDEPENDENCE: A PATIENT’S GUIDE TO TOTAL</td>
<td>KN 103</td>
</tr>
<tr>
<td>KNEE REPLACEMENT AND REHABILITATION</td>
<td>KN 104</td>
</tr>
<tr>
<td>TOTAL REPLACEMENT</td>
<td>KN 105 DVD</td>
</tr>
</tbody>
</table>

**LEARNING DISABILITIES**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOW DIFFICULT CAN THIS BE?</td>
<td>LD 101</td>
</tr>
<tr>
<td>CHILDREN WITH LEARNING DISABILITIES, PART 1</td>
<td>LD 102</td>
</tr>
<tr>
<td>CHILDREN WITH LEARNING DISABILITIES, PART 2</td>
<td>LD 103</td>
</tr>
<tr>
<td>DYSLEXIA</td>
<td>LD 104</td>
</tr>
</tbody>
</table>

**LUPUS**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>LUPUS</td>
<td>LUP 101</td>
</tr>
</tbody>
</table>

**LYME DISEASE**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>LYME DISEASE: THE CASE OF THE GREAT IMITATOR</td>
<td>LYD 101</td>
</tr>
<tr>
<td>TICK TALK</td>
<td>LYD 102</td>
</tr>
<tr>
<td>LYME DISEASE: FACTS FOR KIDS</td>
<td>LYD 103</td>
</tr>
<tr>
<td>HITCHHIKERS IN THE WOODS</td>
<td>LYD 104</td>
</tr>
</tbody>
</table>
MEDICATIONS

THE BENEFITS AND DANGERS OF OTC MEDICATIONS c.1-2 MED 101
MEDICINE FOR THE ELDERLY MED 102

MEN'S HEALTH

NO SCALPEL VASECTOMY MH 100
THE NEW FACTS OF LIFE (VIAGRA) c.1-2 MH 101
MEN’S HEALTH, PART II: HEREDITY AND HEART DISEASE MH 102
TESTICULAR SELF EXAM MH 103

MENTAL HEALTH

ANGER MTH 100
ELECTROCONVULSIVE THERAPY (ECT) MTH 103
SOOTHING THE SAVAGE BEAST (VENTING RAGE) MTH 104
UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO IS EXPERIENCING MANIA MTH 105
UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO HAS DELUSIONS MTH 106
UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO IS HALLUCINATING MTH 107
MANAGING ANGER CONSTRUCTIVELY MTH 108

MGH

MEDICINE IN MARQUETTE THEN & NOW c.1-2 MGH 101
MARQUETTE GENERAL HOSPITAL: 20TH ANNIVERSARY MGH 103
MGH REHABILITATION CENTER: MEETING THE CHALLENGE MGH 104

MIND

VOLUME 1&2: MIND DEVELOPMENT MI 101
VOLUME 3&4: AGEING & ADDICTION MI 102
VOLUME 5&6: MI 103
VOLUME 7&8: LANGUAGE & THINKING MI 104
VOLUME 9 MI 105

MISCELLANEOUS

AN INTRO TO OPTIHALER MS 102
CODE OF SILENCE MS 103
CONCEIVING THE FUTURE MS 104
CRIMES AGAINST THE FUTURE MS 105
HOW MEDICINE WORKS MS 108
HYPERLIPIDEMIA IN THE ELDERLY MS 109
LIFE SUPPORT MS 111
LOVE MEDICINE AND MIRACLES MS 112
MAGIC BULLET MS 113
MEETING THE CHALLENGE MS 116
PANDEMIC & DISORDERED STATES MS 120
ON TARGET FOR LIFE MS 121
SHARING THE DECISION MS 125
TEMPLE OF SILENCE MS 127
THE GREATEST HUMAN NEED MS 128
THE JOINT CARE PROGRAM MS 129
IT WORKS FOR ME? MS 132
YOUR MAGNETIC RESONANCE EXAM MS 134
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOUGH CHOICE FOR THE END OF LIFE</td>
<td>MS 135</td>
</tr>
<tr>
<td>YOUR SPECIAL PICTURES: X-RAYS</td>
<td>MS 137</td>
</tr>
<tr>
<td>YOU AND YOUR DOCTOR: A HEALTHY PARTNERSHIP</td>
<td>MS 139</td>
</tr>
<tr>
<td>COPING WITH THE HOLIDAY BLUES</td>
<td>MS 140</td>
</tr>
<tr>
<td>CRITICAL FACTS ABOUT CRITICAL CARE</td>
<td>MS 141</td>
</tr>
<tr>
<td>FAMILY CARE GIVER: TAKING CARE OF YOURSELF</td>
<td>MS 142</td>
</tr>
<tr>
<td>FINDING RESOURCES AND ASKING FOR HELP</td>
<td>MS 143</td>
</tr>
<tr>
<td>REDUCING ON THE JOB BURNOUT</td>
<td>MS 146</td>
</tr>
<tr>
<td>HOW TO LEAD A BETTER LIFE</td>
<td>MS 147</td>
</tr>
<tr>
<td>MEDI-JECTOR / NEEDLE FREE SYRINGE</td>
<td>MS 149</td>
</tr>
<tr>
<td>BY THE NUMBERS 0-1-2-4</td>
<td>MS 150</td>
</tr>
<tr>
<td>WHEN BAD THINGS HAPPEN TO GOOD PEOPLE</td>
<td>MS 155</td>
</tr>
<tr>
<td>JOINT REPLACEMENT</td>
<td>MS 159</td>
</tr>
<tr>
<td>WHAT YOU NEED TO TELL YOUR DOCTOR</td>
<td>MS 160</td>
</tr>
<tr>
<td>PSYCHOGEOMETRICS</td>
<td>MS 161</td>
</tr>
<tr>
<td>SONOGRAPHY - A SOUND PROFESSION</td>
<td>MS 162</td>
</tr>
<tr>
<td>MULTIPLE SCLEROSAN</td>
<td></td>
</tr>
<tr>
<td>MULTIPLE SCLEROSAN: THE FACTS &amp; MANAGING MULTIPLE C.1-2</td>
<td>MSC 101</td>
</tr>
<tr>
<td>MULTIPLE SCLEROSAN</td>
<td>MSC 102</td>
</tr>
<tr>
<td>SIT &amp; BE FIT FOR MULTIPLE SCLEROS</td>
<td>MSC 103</td>
</tr>
<tr>
<td>MS TODAY - MAKING A DIFFERENCE</td>
<td>MSC 104</td>
</tr>
<tr>
<td>NATIVE AMERICANS</td>
<td></td>
</tr>
<tr>
<td>NATIVE NUTRITION CIRCLES PROJECT; CENTER FOR AMERICAN INDIAN RESEARCH&amp;EDUC.</td>
<td>NA 100</td>
</tr>
<tr>
<td>THE BIRTHDAY GIFT: A WOMAN’S PATH TO HEALTH</td>
<td>NA 101</td>
</tr>
<tr>
<td>INDIAN WOMEN: TAKING CARE OF YOUR FAMILY IS TAKING CARE OF YOURSELF</td>
<td>NA 102</td>
</tr>
<tr>
<td>CIRCLE OF LIFE</td>
<td>NA 103</td>
</tr>
<tr>
<td>CANCER AMONG NATIVE AMERICANS</td>
<td>NA 104</td>
</tr>
<tr>
<td>INDIAN HEALTH SERVICE CANCER PREVENTION AND CONTROL PROGRAM</td>
<td>NA 105</td>
</tr>
<tr>
<td>NATIVE AMERICAN MALE CANCER SURVIVORS</td>
<td>NA 106</td>
</tr>
<tr>
<td>AN AMERICAN WOMAN’S BREAST CANCER</td>
<td>NA 107</td>
</tr>
<tr>
<td>BREAST CANCER : IT CAN BE HEALED</td>
<td>NA 108</td>
</tr>
<tr>
<td>NATIVE AMERICAN BREAST CANCER SURVIVORS</td>
<td>NA 109</td>
</tr>
<tr>
<td>NATIVE AMERICAN BREAST CANCER SURVIVORS #2</td>
<td>NA 110</td>
</tr>
<tr>
<td>PAP TEST &amp; CERVICAL CANCER</td>
<td>NA 111</td>
</tr>
<tr>
<td>CONTINUING THE PATH: FOLLOW-UP TO A PAP TEST</td>
<td>NA 112</td>
</tr>
<tr>
<td>CERVICAL CANCER PROJECT</td>
<td>NA 113</td>
</tr>
<tr>
<td>NURSING HOMES</td>
<td></td>
</tr>
<tr>
<td>NO EASY ANSWER MOVING BEYOND THE GUILT</td>
<td>NH 100</td>
</tr>
<tr>
<td>HOUSING ALTERNATIVES FOR THE ELDERLY</td>
<td>NH 101</td>
</tr>
<tr>
<td>NUTRITION/WEIGHT MANAGEMENT</td>
<td></td>
</tr>
<tr>
<td>EATING HEALTHY FOR HEART HEALTH</td>
<td>NU 101</td>
</tr>
<tr>
<td>EATING HEALTHY FOR KIDS</td>
<td>NU 102</td>
</tr>
<tr>
<td>EATING HEALTHY FOR LIFE</td>
<td>NU 103</td>
</tr>
<tr>
<td>EATING HEALTHY FOR WEIGHT CONTROL C.1-3</td>
<td>NU 104</td>
</tr>
<tr>
<td>EATING HEALTHY WHEN DINING OUT</td>
<td>NU 105</td>
</tr>
<tr>
<td>THE ABC’S OF CHILDREN’S NUTRITION</td>
<td>NU 106</td>
</tr>
<tr>
<td>EATING HEALTHY FOR SPORTS</td>
<td>NU 107</td>
</tr>
</tbody>
</table>
EATING HEALTHY FOR THE BEST YEARS NU 108
EATING HEALTHY ON A BUDGET NU 109
EAT AND BE HEALTHY NU 115
NUTRITION NU 116
DIETARY SUPPLEMENTS – DR. LOWDOG NU 117 DVD
NUTRITION PRESCRIPTION – DR. LOWDOG NU 118 DVD
WOMEN’S HEALTH: A GUIDE TO WELLNESS – DR. LOWDOG NU 119 DVD

OBESITY

OBESITY OBE 100
OBESITY: AN INCREASING HEALTH CONCERN IN THE US OBE 101
OVERWEIGHT CHILDREN AND THEIR HEALTHCARE CHALLENGE OBE 102

OBSESSIVE-COMPULSIVE DISORDER

OBSESSIVE-COMPULSIVE DISORDER OCD 101
UNDERSTANDING OBSESSIVE-COMPULSIVE DISORDER OCD 102
BEHAVIORAL THERAPY: HELP FOR OCD OCD 103
UNLOCKING THE CAPTIVE MIND: DISCUSSIONS WITH OCD PATIENTS OCD 104
UNDERSTANDING OBSESSIVE COMPULSIVE DISORDER C.1-3 OCD 105
A PARENTAL GUIDE FOR MANAGING OBSESSIVE COMPULSIVE DISORDER: SHARING THE HOPE OCD 106

ONCOLOGY NURSING

THE ART AND SCIENCE OF CARING: OUR COMMITMENT TO OUR PATIENTS PART I ONC 100
MENTORSHIP: OUR COMMITMENT TO OUR FUTURE PART II

ORGAN & TISSUE DONATION/TRANSPLANTATION

“LEGACY” THE GIFT OF LIFE C.1-2 OTDT 101
GIFT OF LIFE: WAITING FOR A DONOR OTDT 102
YOU CAN CLIMB AGAIN...THE CHALLENGE OF ORGAN TRANSPLANTATION OTDT 103
LEGACY OF LIFE OTDT 104
SECOND CHANCE OTDT 106

OSTEARTHRITIS

UNDER NEW MANAGEMENT: MANAGEMENT OF OSTEOARTHRITIS OA 102

OSTEOPOROSIS

OSTEOPOROSIS OSP 101
OSTEOPOROSIS: TOO RISKY NOT OSP 103

OSTOMY CARE

OSTOMY: SELF CARE OST 101
OSTOMY CARE AT HOME OST 102
OSTOMY CARE “ YOU ARE NOT ALONE “ OST 103

PACEMAKER
PACEMAKER

PAIN MANAGEMENT

BEATING CHRONIC PAIN: WHEN THE HURTING WON’T STOP PAIN 100
GOING HOME WITH DURAGESIC PAIN 101
PAIN MANAGEMENT PAIN 103
MANAGING YOUR PAIN PAIN 104
PAIN MANAGEMENT: THE 3 R’s PAIN 105
ACUTE PAIN/ CHRONIC PAIN/ MEDICATION PAIN 106
PAIN MANAGEMENT – THE FIFTH SIGN PAIN 107

PALLIATIVE CARE

PALLIATIVE CARE - COMPLETING A LIFE PAL 100

PANCREAS

ACUTE PANCREATITIS PAN 100

PARENTING

NEW SKILLS FOR FRAZZLED PARENTS: THE VIDEO PA 101
1-2-3 MAGIC: EFFECTIVE DISCIPLINE FOR CHILDREN 2-12 PA 103
PARENTING TODAY: THE MIDDLE CHILDHOOD YEARS: 6 THROUGH 10 PA 104
THE EXPECTANT FATHER PA 105
MANAGING THE DEFIANT CHILD: A GUIDE TO PARENT TRAINING PA 109
UNDERSTANDING THE DEFIANT CHILD PA 110
FAMILIES IN TROUBLE: LEARNING TO COPE PA 111
STRANGER DANGER PA 112
NEVER SHAKE A BABY! PA 113
PORTRAIT OF PROMISE: PREVENTING SHAKEN BABY SYNDROME PA 114
PARENTING A DIABETIC CHILD PA 115
SURVIVING YOUR ADOLESCENTS PA 116

PARKINSON’S DISEASE

COMING TO TERMS WITH PARKINSON’S DISEASE C.1-2 PAR 100
SIT AND BE FIT FOR PARKINSON’S PAR 101
LIVING WITH PARKINSON’S DISEASE C.1-3 PAR 102
IN THEIR OWN WORDS PAR 103
MANAGING PARKISON’S PAR 104 VHS
MANAGING PARKISON’S PAR 105 DVD
PATIENT PERSPECTIVES PAR 106

PERIPHERAL VASCULAR DISEASE

MY ACHING LEGS’ PERIPHERAL VASCULAR DISEASE PER 100
UNDERSTANDING PV DISEASE AND ABDOMINAL AORTIC ANEURYSM PER 101

PNEUMONIA

PNEUMONIA: ALL YOU NEED TO KNOW PNE 101

POISON

TOXINS, HAZARDOUS MATERIALS AND YOU C.1-2 POI 101
POISONOUS PLANTS POI 102
POLIO

POISON CONTROL
THE POISON ROUNDUP

POST-TRAUMATIC STRESS DISORDER

AFTER TRAUMA
POST-TRAUMATIC STRESS DISORDER: WHEN MEMORIES WON’T GO AWAY
REAL LIFE EXPERIENCES IN TREATING POST-TRAUMATIC STRESS DISORDER
POST-TRAUMATIC STRESS DISORDER: WHEN MEMORIES WON’T GO AWAY
REAL LIFE EXPERIENCES IN TREATING POST-TRAUMATIC STRESS DISORDER

PREGNANCY LABOR

COMFORT MEASURES FOR LABOR
THE MIRACLE OF LIFE
THROUGH A FATHER’S EYES: A BIRTH FILM FOR BOTH PARENTS
COMFORT MEASURES FOR CHILDBIRTH
FOODS DURING PREGNANCY AND AFTER
THE POSTPARTUM PERIOD
ADOLESCENT PREGNANCY AND PARENT
PREGNANCY AND SMOKING (Literature)
POST PARTUM RECOVERY: SELF-CARE TECHNIQUES & EXERCISES
LAMAZE – YOU AND YOUR BABY
COMFORT MEASURES FOR CHILDBIRTH
LABOR PREPARATION EXERCISES
LABOR OF LOVE

PRESSURE ULCERS

PREVENTING PRESSURE ULCERS

PROSTATE

LIVING WITH PROSTATE CANCER: A PATIENT’S PERSPECTIVE
WOMEN SPEAK OUT ABOUT A MAN’S DISEASE
WHEN SOMEONE YOU LOVE HAS PROSTATE CANCER
WHEN SOMEONE YOU LOVE IS AT RISK FOR PROSTATE DISEASE
QUESTIONS ABOUT CANCER: TESTING FOR PROSTATE CANCER
TREATMENT CHOICES: PROSTATE CANCER
SEXUALITY AND THE PROSTATE PATIENT
MAKING THE CHOICE – DECIDING WHAT TO DO ABOUT EARLY STAGE PROSTATE CANCER

PUMP THERAPY

ITB THERAPY FOR THE MANAGEMENT OF SEVERE SPASTICITY

RAPE

VIOLENCE AGAINST WOMEN
DOMESTIC VIOLENCE
### RESPIRATORY

- THE ANATOMY OF AGING, PART 6: CHANGES IN THE RESPIRATORY TRACT
- **AGE 103**

### RESpite

- FAVORITE THINGS
- **RES 101**
- REMEMBERING WHEN . . .
- **RES 102**

### SAFETY

- CHILD SAFETY AT HOME
- **SA 101**
- CHILD SAFETY OUTDOORS
- **SA 102**
- AUTOMOTIVE SAFETY FOR CHILDREN
- **SA 103**
- DON’T RISK YOUR CHILD’S LIFE
- **SA 104**
- FIRE SAFETY TRAINING
- **SA 105**

### SCHIZOPHRENIA

- SCHIZOPHRENIA: OUT OF MIND
- **SCH 101**
- I’M STILL HERE: THE TRUTH ABOUT SCHIZOPHRENIA C.1-2
- **SCH 102**
- LIVING WITH CLOZARIL
- **SCH 103**
- UNDERSTANDING RELAPSE: MANAGING THE SYMPTOMS OF SCHIZOPHRENIA
- **SCH 104**
- CRITICAL CONNECTIONS (A SCHIZOPHRENIA AWARENESS)
- **SCH 105**
- UNLISTED – STORY OF SCHIZOPHRENIA
- **SCH 106**

### SELF ESTEEM

- DEVELOPING HEALTHY SELF ESTEEM
- **SE 102**
- EMPOWERING OTHERS
- **SE 103**
- GROWING UP MALE IN AMERICA
- **SE 104**
- HELPING YOUR ADOLESCENT Survive DIVORCE
- **SE 105.1**
- HEROES AND STRANGERS
- **SE 106**
- HOW TO RAISE HAPPY CONFIDENT KIDS
- **SE 107**
- INTRO TO DEVELOPING CAPABLE PEOPLE
- **SE 108**
- TEACHERS WHO MAKE A DIFFERENCE
- **SE 109**
- TEACHERS WHO MAKE A DIFFERENCE
- **SE 109**
- BELIEVING IN YOURSELF
- **SE 110**

### SEX\EDUCATION\CONTRACEPTIVES

- CHOOSING A BIRTH CONTROL METHOD
- **SX 100**
- CONTRACEPTIVE CHOICES
- **SX 101**
- WHAT KIDS NEED TO KNOW ABOUT SEX AND GROWING UP
- **SX 107**

### SHOULDER

- ROTATOR CUFF INJURIES
- **SHO 100**

### SINUS

- SINUSITIS AND SINUS SURGERY
- **SIN 101**

### SKIN

- COMMON SKIN AND NAIL DISORDERS
- **SK 000**
- SAVING YOUR SKIN UNDOING THE SUNS DAMAGE
- **SK 100**
<table>
<thead>
<tr>
<th>Subject</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUR SKIN</td>
<td>SK 101</td>
</tr>
<tr>
<td>SKIN CARE AND SUN EXPOSURE</td>
<td>SK 102</td>
</tr>
<tr>
<td>MALIGNANT MELANOMA</td>
<td>SK 103</td>
</tr>
<tr>
<td>SLEEP</td>
<td>SLE 101</td>
</tr>
<tr>
<td>GOODNIGHT’S SLEEP</td>
<td>SLE 102</td>
</tr>
<tr>
<td>COMMON SLEEP PROBLEMS OF THE ELDERLY</td>
<td>SLE 103</td>
</tr>
<tr>
<td>SLEEP DEPRIVATION: GET THE SLEEP YOU NEED</td>
<td>SLE 104 DVD</td>
</tr>
<tr>
<td>SLEEP</td>
<td>SLE 103</td>
</tr>
<tr>
<td>SLEEP DEPRIVATION: GET THE SLEEP YOU NEED</td>
<td>SLE 104 DVD</td>
</tr>
<tr>
<td>SMOKING/TOBACCO</td>
<td>SM 100</td>
</tr>
<tr>
<td>HOW TO BEAT CIGARETTES</td>
<td>SM 100</td>
</tr>
<tr>
<td>IN CONTROL</td>
<td>SM 101</td>
</tr>
<tr>
<td>“HEY DO I NEED A CIGARETTE”</td>
<td>SM 104</td>
</tr>
<tr>
<td>A WITCH’S BREW SECOND HAND SMOKE IN THE WORKPLACE</td>
<td>SM 106</td>
</tr>
<tr>
<td>SMOKING - TRUTH OR DARE</td>
<td>SM 108</td>
</tr>
<tr>
<td>KICKIN' BUTTS</td>
<td>SM 109</td>
</tr>
<tr>
<td>SMOKE AND MIRRORS: HISTORY OF DENIAL</td>
<td>SM 110</td>
</tr>
<tr>
<td>SMOKING IN TEEN AMERICA</td>
<td>SM 111</td>
</tr>
<tr>
<td>SMOKING</td>
<td>SM 112</td>
</tr>
<tr>
<td>STRESS</td>
<td>ST 101</td>
</tr>
<tr>
<td>COPING WITH STRESS</td>
<td>ST 101</td>
</tr>
<tr>
<td>LEARNING TO RELAX</td>
<td>ST 102</td>
</tr>
<tr>
<td>SICK OF STRESS c.1-2</td>
<td>ST 103</td>
</tr>
<tr>
<td>PSYCHOBIOLOGY OF STRESS</td>
<td>ST 104</td>
</tr>
<tr>
<td>SHORT CIRCUIT STRESS</td>
<td>ST 105</td>
</tr>
<tr>
<td>STRESS</td>
<td>ST 106</td>
</tr>
<tr>
<td>STRESS AND ITS IMPACT ON HEALTH</td>
<td>ST 107</td>
</tr>
<tr>
<td>STRESS: COPE &amp; CONQUERING</td>
<td>ST 108</td>
</tr>
<tr>
<td>SAVING FOR STRESS</td>
<td>ST 109</td>
</tr>
<tr>
<td>LAUGHING AT STRESS</td>
<td>ST 110</td>
</tr>
<tr>
<td>UNDERSTANDING AND PREVENTING BURN OUT</td>
<td>ST 111</td>
</tr>
<tr>
<td>LIVING WITH STRESS</td>
<td>ST 112</td>
</tr>
<tr>
<td>RELAX</td>
<td>ST 113</td>
</tr>
<tr>
<td>ACHIEVING BALANCE</td>
<td>ST 114</td>
</tr>
<tr>
<td>LIVES IN BALANCE</td>
<td>ST 115</td>
</tr>
<tr>
<td>ALL STRESSED OUT</td>
<td>ST 116</td>
</tr>
<tr>
<td>STROKE</td>
<td>STR 105.5</td>
</tr>
<tr>
<td>SIT AND BE FIT</td>
<td>STR 109</td>
</tr>
<tr>
<td>A STROKE SURVIVOR’S WORKOUT</td>
<td>STR 110</td>
</tr>
<tr>
<td>STROKE OVERVIEW</td>
<td>STR 111</td>
</tr>
<tr>
<td>STROKE : STORY OF TREATMENT AND RECOVERY</td>
<td>STR 112</td>
</tr>
<tr>
<td>CAREGIVER</td>
<td>STR 113</td>
</tr>
<tr>
<td>PHYSICAL ACTIVITY</td>
<td>STR 113</td>
</tr>
<tr>
<td>SUBSTANCE ABUSE</td>
<td>SAB 100</td>
</tr>
<tr>
<td>INHALANTS--THE SILENT EPIDEMIC</td>
<td>SAB 101</td>
</tr>
<tr>
<td>INHALANTS--THE ADULT PRIMER</td>
<td>SAB 101</td>
</tr>
<tr>
<td>EDUCATE-CREATING ABUSE AWARENESS TOGETHER</td>
<td>SAB 102</td>
</tr>
<tr>
<td>SUICIDE</td>
<td>SAB 102</td>
</tr>
</tbody>
</table>

21
ASSESSING SUICIDE RISKS SUI 101
SUICIDE INTERVENTION SUI 102
DYING IS NOT AN OPTION – THINKING ABOUT SUICIDE SUI 105

SURGERY

YOUR CHILD’S ANESTHESIA SUR 100
OPEN HEART SURGERY-HOME RECOVERY SUR 102
OPEN HEART SURGERY- A NEW BEGINNING SUR 103

TEACHER’S RESOURCE VIDEO/BOOK

VIOLENCE AGAINST WOMEN: BEYOND STATISTICS HRM 100
LIVING A LIE: THE ALCOHOLIC FAMILY HRM 101
BINGE DRINKING: THE FACTS HRM 102

TEENS

TEENAGE NUTRITION: PREVENTION OF OBESITY – NOW AND FOR LIFETIME TEE 100
TEENS HAVING BABIES TEE 101
TEEN PREGNANCY: CHILDREN HAVING CHILDREN TEE 102
TEENS, BODY IMAGE AND SELF ESTEEM GROWING UP ON LINE TEE 103 DVD

TESTS

BILIARY ENDOSCOPY: A CLINICAL REVIEW TE 101
UPDATE: POLYPS AND COLORECTAL CANCER TE 102
YOUR SPECIAL PICTURES CT\MRI c.1-2 TE 103
BONE DENSITY STUDIES TE 104

TIME MANAGEMENT

EFFICIENT TIME MANAGEMENT TI 100 DVD
TIME MANAGEMENT FROM THE INSIDE OUT TI 101 DVD

TOOTH CARE

GEENA’S TREMENDOUS TOOTH ADVENTURE TC 101

TOURETTE SYNDROME

TALKING ABOUT TOURETTE SYNDROME TS 101
“A REGULAR KID THAT’S ME” TS 102
“I’M A PERSON TOO” TS 103
“STOP IT I CAN’T” TS 104

TRACHEOSTOMY

THE PASSY-MUIR TRACHEOSTOMY & VENTILATOR SPEAKING VALVES TRA 101
SHILEY TRACHEOSTOMY TUBE ADULT HOME CARE VIDEO TRA 102
PEDIATRIC TRACHEOSTOMY HOME CARE VIDEO TRA 103

TUBERCULOSIS

TUBERCULOSIS: AN ONGOING BATTLE WITH AN OLD DISEASE TB 101
A PATIENT GUIDE TO TB c.1-2 TB 102
ULCERS

THE ULCER PATIENT’S EDUCATION PROGRAM ULC 101

URINARY

URINARY INCONTINENCE: WHAT YOU NEED TO KNOW UR 100

VISION

VISION LOSS: FOCUS ON FEELINGS VI 101
MACULAR DEGENERATION VI 102
SMALL SURPRISES: PROTECT YOUR SIGHT! KEEP IT SAFE FROM GLAUCOMA! VI 103
HOPE WHEN VISION FAILS VI 104
NATURAL AGE CHANGE: VISION VI 105

WELLNESS

GERMS AND DISEASE WE 100
POLIO VACCINE VIDEO WE 101
ADULT IMMUNIZATIONS: PROTECTING YOURSELF AND OTHERS WE 102

WOMEN’S HEALTH

HYSTERECTOMY WH 103
MENOPAUSE WOMAN TO WOMAN WH 104.1
POST-MENOPAUSE WH 107.1
TELLING OUR STORIES, SAVING OUR LIVES WH 110
HELPING WOMEN TAKE CONTROL WH 111
HORMONE REPLACEMENT THERAPY WH 112
WOMEN AND HEART DISEASE c.1-2 WH 113
HEART DISEASE IN WOMEN WH 114
STRONG WOMEN STAY YOUNG WH 115
MIDLIFE AND MENOPAUSE WH 116
WHAT YOU SHOULD KNOW ABOUT MENOPAUSE WH 117