

**HEALTH INFORMATION CENTER VIDEO SERIES
(Updated - September 09)**

Big Changes Big Choices Series - with Michael Pritchard (DVDS)

- #1 The Three R's of Growing Up**
- #2 You and Your Values**
- #3 Enhancing Self-Esteem**
- #4 Setting & Achieving Goals**
- #5 Dealing With Pressures**
- #6 Handling Emotions**
- #7 Preventing Conflicts and Violence**
- #8 Saying "No" to Alcohol & Other Drugs**
- #9 Speaking of Sex**
- #10 Friendship**
- #11 Getting Along With Parents**
- #12 Respecting Others**

CARDIOVASCULAR CONDITIONS – American Heart Association

Atrial Fibrillation

CARDIOLOGY PROCEDURES –American Heart Association

Coronary Bypass Surgery

Exercise Testing

Radioisotope With Exercise Testing

Transesophageal Echocardiography

CARDIOVASCULAR WELLNESS – American Heart Association

Heart – Healthy Eating

Heart – Healthy Exercise

Heart – Healthy Shopping

Are you At Risk For Heart Attack ?

Smoke Signals : Cigarettes & Heart Disease (2 copies)

DISCOVERY HEALTH CHANNEL – NURSES - Health, Wellness and Fitness

Nurses – Battling for Babies

Nurses – Critical Care

Nurses – Nursing the Mind

Nurses – Pediatrics

Nurses – Touch of Mercy

EPILEPSY FOUNDATION OF AMERICA – Family Video Library

And Life Goes On: Severe Seizures of Early Childhood

Epilepsy & the Family

How Medicines Work

I Have Epilepsy, Too

Living With Epilepsy

The Rest of the Family

School Planning for Children With Seizure Disorders (2 copies)

Seizure First Aid

Planning For Today and Tomorrow

Understanding Complex Partial Seizures

Understanding Seizure Disorders

FOCUS ON WELL BEING

Understanding Depression

Treating Depression

Depression & Relationships

Managing Depression

HEART DECISIONS FOR LIFE

Compliance

Exercise

Lifestyle

Diet and Eating Habits

HUMAN RELATIONS MEDIA

Abusing Over-the-Counter Drugs - DVD

Binge Drinking: The Facts – VIDEO

Bullying: You Don't Have to Take It Anymore – DVD

Emotional Impact of HIV – DVD

Food, Health and Exercise – VIDEO

Food, Health and Exercise – Putting It all Together – DVD

From A to ZZZ's: What Teens Need to Know About Sleep - DVD

Getting Stupid : How Drugs Damage Your Brain – DVD

I Should Have Waited - DVD

Living a Lie: The Alcoholic Family- VIDEO

Keep Off the Grass: Hidden Dangers of Marijuana Use – VIDEO

New Dietary Guidelines – What I Need to Know – DVD

Overweight in America: Why Are We Getting So Fat ? – DVD (c1. & c2.)

Violence Against Women: Beyond the Statistics - VIDEO

What's Wrong With Beer ? – VIDEO

Understanding Anorexia and Bulimia – DVD

What's Wrong With Beer ? – VIDEO

When Someone Dies: Bereavement & Loss – DVD

HUMAN RELATIONS MEDIA -- In Search of Character (for Grades 6-12)

Program #1 – Trustworthiness – DVD

Program #3 – Responsibility – DVD

Program #5 – Caring – DVD

Program #7 – Honesty - DVD

ONCOLOGY SERIES

- 1. Chemotherapy**
- 2. Radiation Therapy**
- 3. Skin Cancer**
- 4. Lung Cancer**
- 5. Breast Cancer**
- 6. Prostate Cancer**
- 7. Hodgkin's Disease**

- 8. Acute Leukemia**
- 9. Ovarian Cancer**
- 10. Testicular Cancer**

PERSONAL ACTION FOR BETTER HEALTH

Alcohol and Drugs

Back Strength and Fitness

Cholesterol

Diet and Cancer Prevention

Fitness

High Blood Pressure

Smoking

Weight Management

Wellness

PICTURE OF HEALTH

Asthma and the Athlete

Beating winter Depression: Seasonal Affective

Bipolar Disorder: More Than Just Mood swings

Cystitis: Don't Ignore Your Painful Urination

Decompress Your stress

Emotional Aspects of Menopause

Grief : When a Marriage Dies

Looking For Dr. Right

Lyme Disease: Danger in the Woods (2 copies)

Post Traumatic Stress Disorder

Preventing Use Injuries

Sports Injury or Growing pains?

The Crisis in Antibiotic Resistance

You and Your Doctor: A Healthy Partnership

PRESCRIPTION FOR HEALTH

Mental Health Series – Adolescent Depression

Obstetrics and Gynecology – Tubal Ligation

Orthopedics Series – Hip Replacement

Surgery Series – Vasectomy (2 copies)

STROKE VIDEO SERIES – American Heart Association

Stroke: What Every Person Needs to Know

Coming Back: You're Not Alone

Coming Back: A Gift of Caring

Coming Back: Recovering After a Stroke

SUNBURST COMMUNICATIONS

Addiction: The Problems, The Solutions

Aids: One Teenager's Story

Alcohol: Facts, Myths and Decisions

All About Anger

Anger: You Can Handle It

Come See About Medicines

Dating Sex, and trouble

Dirty Business

Don't Pick On Me !

Families in Trouble: Learning to Cope

Feelings: Inside, Outside, Upside Down

First Aid: The Newest Techniques – Series A

I Live In a Alcoholic Family

If Your Parents Break up ...

Just Like Us: Aids Prevention

Kids and Divorce

Let's talk About Drugs

Nutrition and Exercise for the 90's

Real People: Children of Alcoholics

Real People: Coping With Eating disorders

Sexual Harassment: It's Hurting People

Sexual Harassment and How to Stop It

Sexually Transmitted Diseases: What You Should Know

Steroids: The Real Story

Teens and Alcohol: The Hidden Problem

Ten Things Instead of Hitting

Tobacco and You

The Truth About Alcohol

The Truth About Inhalants

The Truth About Marijuana

When Your Mad ! Mad ! Mad !

TIME LIFE MEDICAL – at Time of Diagnosis

Alcoholism

Anorexia & Bulimia

Cataracts

Insomnia

Osteoporosis (2copies)

Overweight & Obesity

Skin Cancer

Stress & Anxiety

Ulcers (Gastrointestinal)

UNITED LEARNING

Adolescence

Blended Families: (Yours, Mine and Ours)

Inhalants (2 copies)

Single Parenting: One- Parent Families

VASCULAR PATIENT EDUCATION SERIES

Aneurysms

Peripheral Vascular Occlusive Disease

Coronary Artery Bypass Operation

Carotid Endarterectomy

Heart Valve Operation

WOMEN'S HEALTH SERIES

Menstruation: Understanding Your Body

Contraception: Know Your Options

Sexually Transmitted Diseases: The Keys to Prevention

Infertility: The New Solutions

Pregnancy: Nine Special Months

After Pregnancy: A New Start

Menopause: Guidelines to a Healthy Life

Breast Cancer: Replacing Fears With Facts

The Health Information Center may be contacted by phone (906) 225-4950 or
1-800-562-9753 ext 4950

Revised 09-15-09