

HEALTH INFORMATION CENTER
VIDEO SUBJECT LIST (updated September 09)

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

Skin
Sleep
Smoke
Substance Abuse
Suicide
Surgery
Teacher's Resource Video/Book
Teens
Tests
Tooth Care
Tourette Syndrome
Tracheostomy
Tuberculosis
Ulcers
Urinary
Vision
Wellness
Women's Health

Stress
Stroke

Computer/Software Training Videos

ABUSE

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

ADDICTION

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

ADVANCED DIRECTIVES

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|----------------------------------------|---------|
| ADVANCED DIRECTIVES (PATIENT VERSION) | ADV 102 |
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AGING

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|-------------------------------------------------------------------------|---------|
| 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) C. 1&2 | AGE 105 |

AIDS\HIV

ALLERGIES

ALZHEIMER'S

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|--------------------------------------------------|------------|
| 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

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|-----------------------------------------------|---------|
| CORONARY ANGIOPLASTY : A PATIENTS GUIDE c.1-2 | ANG 101 |
| PREPARING FOR ANGIOPLASTY c.1-2 | ANG 102 |
| PTCA: A PATIENT'S GUIDE | ANG 103 |
| PTCA AT MGH: A PATIENT'S GUIDE | ANG 104 |
| PREPARING FOR ANGIOPLASTY (SMOKING) | ANG 105 |

ARTHRITIS

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|------------------------------------------------------|----------|
| PACE PEOPLE WITH ARTHRITIS CAN EXERCISE | AR 102.1 |
| LIVING WITH ARTHRITIS C.1-2 | AR 104 |
| PACE- PEOPLE WITH ARTHRITIS CAN EXERCISE (LEVEL 1) | AR 105 |
| PACE-PEOPLE WITH ARTHRITIS CAN EXERCISE (LEVEL 2) | AR 106 |
| ARTHRITIS (MAYOCLINIC WELLNESS SOLUTIONS) | AR 107 |

ARTHROSCOPY

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|---------------------------|---------|
| UNDERSTANDING ARTHROSCOPY | ART 101 |
| SHOULDER ARTHROSCOPY | ART 102 |

ASTHMA

| | |
|----------------------------------|--------|
| LIVING WITH ASTHMA | AS 104 |
| SCHERING (INHALATION TECHNIQUES) | AS 106 |
| ASTHMA: WHAT YOU NEED TO KNOW | AS 108 |
| MANAGING 09 MYSELF | AS 110 |
| ASTHMA: CONTROLLING IT | AS 111 |

ATTENTION DEFICIT/HYPERACTIVITY DISORDER (ADHD)

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|-------------------------------------------------|----------|
| ADHD IN ADULTS | AD 100 |
| ADHD: WHAT CAN WE DO | AD 101 |
| ADHD IN THE CLASS ROOM | AD 101.1 |
| ALL ABOUT ATTENTION DEFICIT #1 | AD 101.2 |
| ALL ABOUT ATTENTION DEFICIT #2 | AD 101.3 |
| ADHD WHAT WE DO KNOW | AD 102 |
| JUMPING JOHNNY GET BACK TO WORK | AD 103 |
| ADHD IN CHILDREN AND ADULTS c.1-2 | AD 104 |
| ATTENTION DEFICIT DISORDER IN THE ADULT PATIENT | AD 105 |
| ATTENTION DEFICIT DISORDER SYNDROME | AD 106 |
| TEACHER TELL ME WHAT YOU SEE | AD 107 |
| WHY WON'T MY CHILD PAY ATTENTION | AD 108 |
| ADHD SYMPTOMS AND TREATMENTS | AD 109 |

BACK\SPINE\ETC.

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| LUMBAR DISC SURGERY | BA 100 |
| LUMBAR SPINE: CT SCAN | BA 101 |
| MRI | |
| HERNIATED DISK | |
| OVERCOMING LOW BACK PAIN | BA 101.1 |
| LOW BACK PAIN | BA 101.2 |
| AQUA EXERCISE TO REDUCE "BACK PAIN" | BA 104 |
| BACK PAIN (MAYOCLINIC WELLNESS SOLUTIONS) | BA105 |

BARIATRIC SURGERY

LIFE AFTER BARIATRIC SURGERY
WEIGHING THE RISKS: GASTRIC BYPASS SURGERY

BAR 100
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 REALITIES OF CHEMOTHERAPY CHE 100
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 (ABBAY) COPD 101
CHRONIC OBSTRUCTIVE PULMONARY DISEASE (MILN-FEN) 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
C202 OX COPD EXERCISE SEVERE,LOW WITH OXYGEN COPD 108
C205 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

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| 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 |
| CROHN'S DISEASE | |
| CROHN'S DISEASE | CRO 100 |
| CYSTIC FIBROSIS | |
| LIVING WITH CYSTIC FIBROSIS | 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 & KALEIDOSCOPIES 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 |

DIABETES

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| MAKING LIFESTYLE CHANGES | DI 100 |
| DIABETES & NUTRITION: EATING FOR HEALTH | DI 101 |
| DIABETES & NUTRITION: CHANGING EATING BEHAVIOR | DI 102 |
| EMOTIONAL ASPECTS OF DIABETES | DI 103 |
| DIABETES & DEPRESSION | DI 104 |
| DIABETES & HEART DISEASE | DI 105 |
| TREATING DIABETES EMERGENCIES | DI 106 |
| BASIC SKILLS FOR CONTROLLING DIABETES | DI 107 |
| DIABETES & EXERCISE: IN TRAINING | DI 108 |
| ORAL MEDICINES FOR DIABETES | DI 109 |
| PROLIFERATIVE DIABETES RETINOPATHY | DI 110 |
| DIABETES PREVENTION & CONTROL: A GUIDE FOR AFRICAN AMERICAN | DI 111 |
| LIVING WITH DIABETES: REAL INS AND OUTS | DI 115 |
| HEALTHY FOOD CHOICES: DEVELOPING A PLAN | DI 120 |
| HEALTHY FOOD CHOICES: DAILY DECISION MAKING | DI 121 |
| UNDERSTANDING INSULIN | DI 123 |
| INJECTING INSULIN | DI 124 |
| DIABETES FOOT AND SKIN CARE: IN STEP | DI 125 |
| YOU AND YOUR FEET... FOR THE PERSON WITH DIABETES c.1-2 | DI 130 |
| GESTATIONAL DIABETES | DI 132 |
| INTRODUCTION TO DIABETES: THE GAME PLAN | DI 134 |
| HEALTH LINE LIVING WITH DIABETES | DI 137 |
| DIABETES AND SEXUALITY | DI 139 |
| DIABETES: STAYING IN BALANCE; AN INTRODUCTION TO TYPE I DIABETES FOR KIDS AND THEIR PARENTS | DI 140 |
| IT'S TIME TO LEARN ABOUT DIABETES: A VIDEO ON DIABETES FOR CHILDREN | DI 141 |
| HEALTHY FOOD CHOICES | DI 142 |
| INTRODUCTION TO CARBOHYDRATE COUNTING | DI 143 |
| MONITORING YOUR BLOOD SUGAR: KEY CONCEPTS | DI 144 |
| SICK DAY MANAGEMENT: RECOGNIZING THE RED FLAGS | DI 145 |
| THE DIABETES HOME VIDEO GUIDE | DI 146 |
| WOMEN AND DIABETES c.1-2 | DI 147 |
| LIVING WITH THE LINK c.1-2 | DI 149 |
| WHAT IS DIABETES? (NON-INSULIN DEPENDENT) | DI 150 |
| DIABETES FOOT AND SKIN CARE: IN STEP | DI 151 |
| MY CHOICE : INSULIN PUMP THERAPY | DI 153 |
| BEYOND INJECTIONS II | DI 154 |
| KIDS, PUMPS & MINIMED | DI 155 |
| INSPIRATION FROM YOU, TECHNOLOGY FROM US | DI 156 |
| PUTTING CARBOHYDRATE COUNTING INTO PRACTICE | DI 157 |
| YOUR HEALTH IT'S ABOUT TIME | DI 158 C.1 &C.2 |
| CHILDREN AND TYPE II DIABETES | DI 159 |
| DIET AND NUTRITION | DI 160 |
| GESTATIONAL DIABETES – THE BEST FOR YOU AND YOUR BABY | DI 161 |
| WALKING DOWN YOUR BLOOD SUGAR | DI 162 |
| THE DEBILITATOR | DI 163 DVD |
| DIABETES HERO | DI 164 DVD |
| LIVING WITH JUVENILE DIABETES | DI 165 |

DIALYSIS

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| IF YOU CAN DREAM IT; YOU CAN DO IT | DIA 100 |
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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 127.1 |
| 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: SHOPPING FOR GOOD HEALTH | 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

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|--------------------------------------------------|---------|
| HELPING CHILDREN AND ADOLESCENTS SURVIVE DIVORCE | DIV 101 |
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DRUGS/ALCOHOL

| | |
|---------------------------------------|----------|
| UNITED LEARNING | DU 100 |
| ALCOHOL AND CO-DEPENDENCY | DU 101 |
| ALCOHOL AND THE FAMILY | DU 102 |
| PERSPECTIVE ON METHCATHINONE "CAT" | DU 103 |
| DRUGS ALCOHOL AND PREGNANCY | DU 104 |
| FAMILIES TALK ABOUT DRINKING | DU 105 |
| FETAL ALCOHOL SYNDROME AND EFFECTS | DU 106 |
| INHALANT ABUSE | DU 106.1 |
| INHALANTS : THE ADULT PRIMER | DU 106.3 |
| INHALANTS : THE SILENT EPIDEMIC | DU 106.4 |
| UNDERSTANDING ADDICTION | DU 107 |
| MARIJUANA: THE ESCAPE TO NOWHERE | DU 108 |
| ALCOHOL AND HUMAN PHYSIOLOGY | DU 109 |
| THE POWER OF CHOICE DRUGS AND ALCOHOL | DU 110 |

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| RECOGNIZING ADDICTION | DU 11 |
| IMPACT: DRIVING DRUNK, DRIVING HIGH | DU 112 |
| HOOKED-ILLEGAL DRUGS AND HOW THEY GOT THAT WAY VOL.1 | DU 113 |
| HOOKED-ILLEGAL DRUGS AND HOW THEY GOT THAT WAY VOL.2 | DU 114 |
| SOFT IS THE HEART OF A CHILD | DU 115 |
| MARIJUANA AT YOUR OWN RISK PART I | DU 116 |
| MARIJUANA AT YOUR OWN RISK PART II | DU 117 |
| EAR INFECTION | |
| SOUND ADVICE ABOUT YOUR CHILD'S EAR INFECTION c.1-3 | EA 101 |
| EATING DISORDERS | |
| BULIMIA | ED 106 |
| EMPHYSEMA | |
| EMPHYSEMA | EMP 101 |
| ENDOSCOPY | |
| PREPARING FOR A LOWER GI ENDOSCOPY...A PATIENT'S PERSPECTIVE (GLAXO) | END 101 |
| PREPARING FOR LOWER GI X-RAY SERIES | END 102 |
| PREPARING FOR AN UPPER GI ENDOSCOPY...A PATIENT'S PERSPECTIVE (GLAXO) | END 103 |
| PREPARING FOR UPPER GI X-RAY SERIES | END 104 |
| UPPER GI ENDOSCOPY (MILNER-FENWICK) | END 105 |
| EPILEPSY/SEIZURE DISORDERS | |
| TAKING CHARGE: LIVING WITH EPILEPSY c.1-2 | EP 110 |
| DIAGNOSIS OF A SEIZURE | EP 111 |
| VAGUS NERVE STIMULATION THERAPY-- STIMULATING LIFE | EP 112 |
| EXERCISE/FITNESS | |
| ARMCHAIR FITNESS: AEROBICS ~ SAFE & ENJOYABLE WORKOUTS FOR ALL AGES | EX 101 |
| PHYSICAL FITNESS WITH PRISCILLA PATRICK: STRETCHING FOR ATHLETES | EX 102 |
| PHYSICAL FITNESS WITH PRISCILLA PATRICK: STRETCH AND DE-STRESS | EX 103 |
| CHAIROBICS: THE TOTAL FITNESS PROGRAM FOR BREATHING IMPAIRED & PHYSICALLY LIMITED INDIVIDUALS | EX 104 |
| PHYSICAL ACTIVITY | EX 105 |
| SIT AND BE FIT: TONE AND STRETCH II IN RAGTIME | EX 106 |
| ORTHOBOICIZE! AN AEROBIC/EXERCISE VIDEO SPECIFICALLY FOR PEOPLE WITH BACK AND NECK PROBLEMS | EX 108 |
| SEAT-A-ROBICS: ENDURANCE & BODY SCULPTING PROGRAMS | EX 109 |
| W.E.T. WORKOUT VIDEO: WATER EXERCISE TECHNIQUES | EX 111 |
| WALK AEROBICS: 40+ WORKOUT | EX 112 |
| THERA-BAND: THERA-FIT WHILE YOU SIT | EX 113 |
| STRETCHING: THE VIDEO | EX 114 |
| JUST MOVE | EX 115 |
| STARTING AN EXERCISE PROGRAM (MILNER-FENWICK) | EX 116 |
| PREGNANCY EXERCISE PROGRAM | EX 118 |

FETAL ALCOHOL SYNDROME

FETAL ALCOHOL SYNDROME

FAS 100

FIBROMYALGIA

FIBROMYALGIA AND YOU

FBM 101

FIBROMYALGIA

FBM 102

LET'S GET F.I.T. (FIBROMYALGIA AQUATIC EXERCISE)

FBM 103

FIBROMYALGIA(MAYOCLINIC WELLNESS SOLUTIONS)

FBM104 DVD

FIRST AID

CPR FOR RESCUERS

FI 100

FIRST AID PART 2: BURNS

FI 101

SUMMER EMERGENCIES : PART 3

FI 102

RANDOM CUTS

FI 103

SAFE...NOT SORRY: CPR & BASIC LIFE SUPPORT FOR INFANTS &
PRESCHOOLERS

FI 104

FIRST AID: WHEN SECONDS COUNT

FI 105

HOW TO SAVE YOUR CHILD OR BABY c.1-3

FI 106

INFANT AND TODDLER EMERGENCY FIRST AID VOL I ACCIDENTS

FI 107

INFANT AND TODDLER EMERGENCY FIRST AID VOL II ILLNESSES

FI 108

FLU

FIGHT THE FLU

FL 100

COLD AND FLU

FL 101

FROST BITE/HYPOTHERMIA

FROSTBITE AND HYPOTHERMIA

FH 100

WINTER DANGERS

FH 101

GASTROESOPHAGEAL REFLUX DISEASE

GERD: THE INSIDE STORY

GERD 101

HEAD INJURIES

BROKEN RHYMES C.1-2

HI 101

JOURNEY FROM FLANDERS

HI 102

MENDING OF THE MIND C.1-2

HI 103

STORMS IN THE MIND

HI 104

HEAD INJURIES: A GUIDE TO SELF-HEALTH

HI 105

CLOSED HEAD INJURIES (ASK THE DOCTOR'S)

HI 106

HEADACHES

NO MORE HEADACHES

HA 101

MANAGEMENT OF HEADACHES

HA 103

HEALING

THE ART OF HEALING WOUNDED HEALERS

HL 100

THE MYSTERY OF CHI: MIND BODY CONNECTIONS HEALING

HL 101

HEALING FROM WITHIN

HL 101.1

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| A HEALING JOURNEY | HL 103 |
| AFFIRMATIONS FOR GETTING WELL AGAIN | HL 104 |
| HEARING | |
| WHEN HEARING AIDES ARE NOT ENOUGH | H 100 |
| HEART | |
| CARDIAC CATHETERIZATION | HE 101 |
| COUMADIN: THERAPY AND YOU c.1-3 | HE 106 |
| HEART DIAGNOSTIC TEST: | HE 107 |
| HEART DIAGNOSTIC TEST: ELECTROCARDIOGRAM & HOLTER | HE 108 |
| HEART DIAGNOSTIC TEST: ECHOCARDIOGRAM & CAROTID SCAN | HE 109 |
| IMPLANTED: DEFIBRILLATION | HE 110 |
| LEARNING ABOUT HEART ATTACK: CAUSES AND RISK | HE 111 |
| LEARNING ABOUT HEART ATTACK: DRUGS AND SURGERY | HE 112 |
| OPEN HEART SURGERY | HE 113 |
| OPEN HEART SURGERY: HOME RECOVERY C.1-2 | HE 114 |
| OPEN HEART SURGERY: WHAT TO EXPECT IN ICU | HE 115 |
| A STEP BY STEP GUIDE TO OPEN HEART SURGERY | HE 116 |
| PREPARING FOR HEART SURGERY | HE 117 |
| NITRO-DUR | HE 119 |
| THALLIUM SCAN CARDIAC BLOOD POOL IMAGING | HE 122 |
| UNDERSTANDING PACEMAKERS | HE 123 |
| USING COUMADIN SAFELY AND EFFECTIVELY | HE 123.1 |
| YOUR HEART AND CIRCULATION: MIRACLE PUMP | HE 124 |
| NEW INFORMATION ON CARDIOVASCULAR DISEASE | HE 129 |
| EMOTIONAL ASPECTS OF HEART DISEASE | HE 130 |
| AORTIC VALVE REPLACEMENT | HE 131 |
| HEART DIAGNOSTIC TESTS: CORONARY ANGIOGRAPHY | HE 132 |
| BE KIND TO YOUR HEART | HE 133 |
| Q&A ABOUT YOUR PACEMAKER | HE 134 |
| GUIDE TO YOUR HEALTH HEART | HE 135 |
| PACEMAKER | HE 136 |
| CORONARY ANGIOPLASTY | HE 137 |
| CORONARY ARTERY BYPASS | HE 138 |
| LEARNING ABOUT HEART FAILURE | HE 139 |
| LIVING WITH HEART FAILURE “ ON THE UPBEAT “ | HE 140 |
| GUIDE TO EP AND ABLATION PROCEDURE | HE 141 |
| HEPATITIS | |
| HEPATITIS B: REDUCING THE RISK | HEP 101 |
| HEPATITIS B: THE ENEMY WITHIN | HEP 102 |
| CARING FOR A PERSON WITH HEPATITIS | HEP 103 |
| HIP REPLACEMENT | |
| UNDERSTANDING HIP REPLACEMENT | HIP 101 |
| A STEP TOWARD INDEPENDENCE: A PATIENT’S GUIDE TO TOTAL HIP REPLACEMENT & REHABILITATION | HIP 102 |
| FACILITATING YOUR STEPS TO RECOVERY...A COMPREHENSIVE GUIDE FOR REHABILITATION FOLLOWING TOTAL HIP REPLACEMENT | HIP 103 |
| HUMAN BODY | |

| | |
|-----------------------------------------------------------------------------|------------|
| BRAIN AND NERVOUS SYSTEM | HB 100 |
| THE INCREDIBLE HUMAN BODY (National Geographic) | HB 101 DVD |
| INSIDE THE LIVING BODY | HB102 DVD |
| HUMOR | |
| HEALTHY HUMOR | HUM 101 |
| LAUGH YOUR WAY TO HEALTH | HUM 102 |
| ARE YOU DEAD SERIOUS? | HUM 103 |
| HYGIENE | |
| HAND HYGIENE PROCEDURE (MGH 2006) | HY 100 |
| HYPERLIPIDEMIA | |
| HYPERLIPIDEMIA IN THE ELDERLY | CYS 101 |
| HYPERTENSION/HIGH BLOOD PRESSURE | |
| FEELIN' FINE: LIVING WITH HIGH BLOOD PRESSURE AS WE GROW OLDER | HYP 102 |
| TAKING CARE OF BUSINESS: DIZZY GILLESPIE TALKS ABOUT HIGH BLOOD PRESSURE | HYP 103 |
| KEEPING YOUR BP IN CHECK AS YOU AGE | HYP 107 |
| ILEOSTOMY | |
| LIVING WITH AN ILEOSTOMY | ILE 100 |
| IMPOTENCE | |
| THE NEW FACTS OF LIFE (VIAGRA) c. 1-2 | IM 101 |
| INFANTS\CHILDREN\TEENS | |
| ALL DAY AND ALL NIGHT | IN 100 |
| A GIFT FOR THE UNBORN CHILDREN | IN 101 |
| BABIES ARE PEOPLE TOO | IN 102 |
| FEEDING YOUR BABY | IN 104 |
| INTRO TO THE SPECIAL CARE NURSERY | IN 109 |
| PARENTAL TOPICS | IN 116 |
| JUST OUR KIDS: UNDERSTANDING HOSPITAL STAYS | IN 120 |
| YOUR SPECIAL PICTURES | IN 124 |
| HEALTHIER BABY BY BREAST FEEDING | IN 126 |
| UNDERSTANDING YOUR CHILD'S OPERATION | IN 127 |
| HEALTHY PARENTING | IN 128 |
| BUILDING ASSETS IN YOUTH | IN 132 |
| SUDDEN INFANT DEATH SYNDROME | IN 133 |
| BUILDING SELF ESTEEM IN YOUR CHILD c.1-2 | IN 134 |
| YOU AND YOUR BABY | IN 135 |
| HOW TO SAVE YOUR CHILD OR BABY: CHOKING, CPR | IN 136 |
| QUALITY CHILD CARE | IN 138 |
| YOUR BABY CAN SLEEP | IN 140 |
| A CHANCE TO GROW INSIDE A NEONATAL INTENSIVE CARE UNIT | IN 142 |
| INFANT AND CHILD CPR - KIDS SAFETY OF AMERICA | IN 143 |
| INFERTILITY | |
| COPING WITH INFERTILITY | INF 101 |

| | |
|-----------------------------------------------------------------------------------------------|---------|
| INFERTILITY: THE NEW SOLUTIONS | INF 102 |
| IRRITABLE BOWEL SYNDROME | |
| IRRITABLE BOWEL SYNDROME | IBS 101 |
| MANAGING IRRITABLE BOWEL SYNDROME | IBS 102 |
| KIDNEY FAILURE | |
| OPTIONS FOR LIVING WITH KIDNEY FAILURE | KID 101 |
| GROWING UP WITH KIDNEY DISEASE | KID 102 |
| KNEE | |
| UNDERSTANDING TOTAL KNEE REPLACEMENT | KN 101 |
| KNEE LIGAMENT INJURIES | KN 102 |
| A STEP TOWARD INDEPENDENCE: A PATIENT'S GUIDE TO TOTAL KNEE REPLACEMENT AND REHABILITATION | KN 103 |
| TOTAL KNEE REPLACEMENT: A PATIENT'S GUIDE | KN 104 |
| LEARNING DISABILITIES | |
| HOW DIFFICULT CAN THIS BE? | LD 101 |
| CHILDREN WITH LEARNING DISABILITIES, PART 1 | LD 102 |
| CHILDREN WITH LEARNING DISABILITIES, PART 2 | LD 103 |
| DYSLEXIA | LD 104 |
| LUPUS | |
| LUPUS | LUP 101 |
| LYME DISEASE | |
| LYME DISEASE: THE CASE OF THE GREAT IMITATOR | LYD 101 |
| TICK TALK | LYD 102 |
| LYME DISEASE: FACTS FOR KIDS | LYD 103 |
| HITCHHIKERS IN THE WOODS | LYD 104 |
| 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 |
| TOUGH CHOICE FOR THE END OF LIFE | MS 135 |
| YOUR SPECIAL PICTURES: X-RAYS | MS 137 |
| YOU AND YOUR DOCTOR: A HEALTHY PARTNERSHIP | MS 139 |
| COPING WITH THE HOLIDAY BLUES | MS 140 |
| CRITICAL FACTS ABOUT CRITICAL CARE | MS 141 |
| FAMILY CARE GIVER: | |
| TAKING CARE OF YOURSELF | MS 142 |
| FINDING RESOURCES AND ASKING FOR HELP | MS 143 |
| REDUCING ON THE JOB BURNOUT | MS 146 |
| HOW TO LEAD A BETTER LIFE | MS 147 |
| MEDI-JECTOR / NEEDLE FREE SYRINGE | MS 149 |
| BY THE NUMBERS 0-1-2-4 | MS 150 |
| WHEN BAD THINGS HAPPEN TO GOOD PEOPLE | MS 155 |
| JOINT REPLACEMENT | MS 159 |
| WHAT YOU NEED TO TELL YOUR DOCTOR | MS 160 |
| PSYCHOGEOMETRICS | MS 161 |
| SONOGRAPHY - A SOUND PROFESSION | MS 162 |
| MULTIPLE SCLEROSIS | |
| MULTIPLE SCLEROSIS: THE FACTS & MANAGING MULTIPLE C.1-2 | MSC 101 |

| | |
|-------------------------------------|---------|
| MULTIPLE SCLEROSIS | MSC 102 |
| SIT & BE FIT FOR MULTIPLE SCLEROSIS | MSC 103 |
| MS TODAY - MAKING A DIFFERENCE | MSC 104 |

NATIVE AMERICANS

| | |
|-----------------------------------------------------------------------------|--------|
| NATIVE NUTRITION CIRCLES PROJECT; CENTER FOR AMERICAN INDIAN RESEARCH&EDUC. | NA 100 |
| THE BIRTHDAY GIFT:A WOMAN'S PATH TO HEALTH | NA 101 |
| INDIAN WOMEN: TAKING CARE OF YOUR FAMILY IS TAKING CARE OF YOURSELF | NA 102 |
| CIRCLE OF LIFE | NA 103 |
| CANCER AMONG NATIVE AMERICANS | NA 104 |
| INDIAN HEALTH SERVICE CANCER PREVENTION AND CONTROL PROGRAM | NA 105 |
| NATIVE AMERICAN MALE CANCER SURVIVORS | NA 106 |
| AN AMERICAN WOMAN'S BREAST CANCER | NA 107 |
| BREAST CANCER :IT CAN BE HEALED | NA 108 |
| NATIVE AMERICAN BREAST CANCER SURVIVORS # 1 | NA 109 |
| NATIVE AMERICAN BREAST CANCER SURVIVORS #2 | NA 110 |
| PAP TEST & CERVICAL CANCER | NA 111 |
| CONTINUING THE PATH: FOLLOW-UP TO A PAP TEST | NA 112 |
| CERVICAL CANCER PROJECT | NA 113 |

NURSING HOMES

| | |
|----------------------------------------|--------|
| NO EASY ANSWER MOVING BEYOND THE GUILT | NH 100 |
| HOUSING ALTERNATIVES FOR THE ELDERLY | NH 101 |

NUTRITION/WEIGHT MANAGEMENT

| | |
|-----------------------------------------|--------|
| EATING HEALTHY FOR HEART HEALTH | NU 101 |
| EATING HEALTHY FOR KIDS | NU 102 |
| EATING HEALTHY FOR LIFE | NU 103 |
| EATING HEALTHY FOR WEIGHT CONTROL C.1-3 | NU 104 |
| EATING HEALTHY WHEN DINING OUT | NU 105 |
| THE ABC'S OF CHILDREN'S NUTRITION | NU 106 |
| EATING HEALTHY FOR SPORTS | NU 107 |
| EATING HEALTHY FOR THE BEST YEARS | NU 108 |
| EATING HEALTHY ON A BUDGET | NU 109 |
| EAT AND BE HEALTHY | NU 115 |
| NUTRITION | NU 116 |

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 |
| OSTEOARTHRITIS | |
| 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 | PAC 100 |
| 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 |
| | |
| 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 PARKINSON'S | PAR 104 VHS |
| MANAGING PARKINSON'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 |
| POISON CONTROL | POI 103 |
| THE POISON ROUNDUP | POI 104 |
| | |
| POLIO | |
| POLIO VACCINE VIDEO | POL 100 |
| | |
| POST-TRAUMATIC STRESS DISORDER | |
| AFTER TRAUMA | PTS 100 |
| POST-TRAUMATIC STRESS DISORDER: WHEN MEMORIES WON'T GO AWAY | PTS 101 |
| REAL LIFE EXPERIENCES IN TREATING POST-TRAUMATIC STRESS DISORDER | PTS 102 |
| POST TRAUMATIC STRESS DISORDER | PTS 103 |
| UNDERSTANDING POST TRAUMATIC STRESS DISORDER | PTS 104 |
| | |
| PREGNANCY\LABOR | |
| COMFORT MEASURES FOR LABOR | PRE 100 |
| THE MIRACLE OF LIFE | PRE 101 |
| THROUGH A FATHER'S EYES: A BIRTH FILM FOR BOTH PARENTS | PRE 102 |
| COMFORT MEASURES FOR CHILDBIRTH | PRE 103 |
| FOODS DURING PREGNANCY AND AFTER | PRE 104 |
| THE POSTPARTUM PERIOD | PRE 105 |

| | |
|------------------------------------------------------------------------------|-------------|
| ADOLESCENT PREGNANCY AND PARENT | PRE 106 |
| PREGNANCY AND SMOKING (Literature) | PRE 109 |
| POST PARTUM RECOVERY: SELFCARE TECHNIQUES & EXERCISES | PRE 110 |
| LAMAZE – YOU AND YOUR BABY | PRE 111 |
| COMFORT MEASURES FOR CHILDBIRTH | PRE 112 |
| LABOR PREPARATION EXERCISES | PRE 113 |
| LABOR OF LOVE | PRE 114 DVD |
| | c.1-5 |
| PRESSURE ULCERS | |
| PREVENTING PRESSURE ULCERS | PU 102 |
| PROSTATE | |
| LIVING WITH PROSTATE CANCER: A PATIENT’S PERSPECTIVE | PRO 102 |
| WOMEN SPEAK OUT ABOUT A MAN’S DISEASE | PRO 103 |
| WHEN SOMEONE YOU LOVE HAS PROSTATE CANCER | PRO 104 |
| WHEN SOMEONE YOU LOVE IS AT RISK FOR PROSTATE DISEASE | PRO 105 |
| QUESTIONS ABOUT CANCER: TESTING FOR PROSTATE CANCER | PRO 108 |
| TREATMENT CHOICES: PROSTATE CANCER | PRO 110 |
| SEXUALITY AND THE PROSTATE PATIENT | PRO 111 |
| MAKING THE CHOICE – DECIDING WHAT TO DO ABOUT EARLY STAGE PROSTATE CANCER | PRO 112 |
| PUMP THERAPY | |
| ITB THERAPY FOR THE MANAGEMENT OF SEVERE SPASTICITY | PUM 100 |
| RAPE | |
| VIOLENCE AGAINST WOMEN | RA 101 |
| DOMESTIC VIOLENCE | RA 102 |
| 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 |

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 |
| HEROS 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 |
| YOUR SKIN | SK 101 |
| SKIN CARE AND SUN EXPOSURE | SK 102 |
| MALIGNANT MELANOMA | SK 103 |

SLEEP

| | |
|-------------------------------------------|-------------|
| GOODNIGHT'S SLEEP | SLE 101 |
| COMMON SLEEP PROBLEMS OF THE ELDERLY | SLE 102 |
| SLEEP | SLE 103 |
| SLEEP DEPRIVATION: GET THE SLEEP YOU NEED | SLE 104 DVD |

SMOKING/TOBACCO

| | |
|---------------------------------------------------|--------|
| HOW TO BEAT CIGARETTES | SM 100 |
| IN CONTROL | SM 101 |
| "HEY DO I NEED A CIGARETTE" | SM 104 |
| A WITCH'S BREW SECOND HAND SMOKE IN THE WORKPLACE | SM 106 |
| SMOKING - TRUTH OR DARE | SM 108 |
| KICKIN' BUTTS | SM 109 |
| SMOKE AND MIRRORS: HISTORY OF DENIAL | SM 110 |
| SMOKING IN TEEN AMERICA | SM 111 |
| SMOKING | SM 112 |

STRESS

| | |
|--------------------|--------|
| COPING WITH STRESS | ST 101 |
|--------------------|--------|

| | |
|---------------------------------------|--------|
| LEARNING TO RELAX | ST 102 |
| SICK OF STRESS c.1-2 | ST 103 |
| PSYCHOBIOLOGY OF STRESS | ST 104 |
| SHORT CIRCUIT STRESS | ST 105 |
| STRESS | ST 106 |
| STRESS AND ITS IMPACT ON HEALTH | ST 107 |
| STRESS: COPING & CONQUERING | ST 108 |
| SAVING FOR STRESS | ST 109 |
| LAUGHING AT STRESS | ST 110 |
| UNDERSTANDING AND PREVENTING BURN OUT | ST 111 |
| LIVING WITH STRESS | ST 112 |
| RELAX | ST 113 |
| ACHIEVING BALANCE | ST 114 |
| LIVES IN BALANCE | ST 115 |
| ALL STRESSED OUT | ST 116 |

STROKE

| | |
|------------------------------------------|-----------|
| SIT AND BE FIT | STR 105.5 |
| A STROKE SURVIVOR'S WORKOUT | STR 109 |
| STROKE OVERVIEW | STR 110 |
| STROKE : STORY OF TREATMENT AND RECOVERY | STR 111 |
| CAREGIVER | STR 112 |
| PHYSICAL ACTIVITY | STR 113 |

SUBSTANCE ABUSE

| | |
|-------------------------------------------|---------|
| INHALANTS--THE SILENT EPIDEMIC | SAB 100 |
| INHALANTS--THE ADULT PRIMER | SAB 101 |
| EDUCATE-CREATING ABUSE AWARENESS TOGETHER | SAB 102 |

SUICIDE

| | |
|-------------------------------------------------|---------|
| 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 | TEE 103 DVD |
| GROWING UP ON LINE | TEE 104 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 |

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 |

COMPUTER/SOFTWARE TRAINING VIDEOS

| | |
|------------------------------|------------|
| INTERMEDIATE WORDPERFECT 6.1 | WP 6.1 100 |
| ADVANCED WORDPERFECT 6.1 | WP 6.1 101 |
| BEGINNING WORDPERFECT 6.1 | WP 6.1 102 |
| BEGINNING WORDPERFECT 7 | WP 7 100 |
| INTERMEDIATE WORDPERFECT 7 | WP 7 101 |
| ADVANCED WORDPERFECT 7 | WP 7 102 |
| BEGINNING WORDPERFECT 8 | WP 8 100 |
| INTERMEDIATE WORDPERFECT 8 | WP 8 101 |
| ADVANCED WORDPERFECT 8 | WP 8 102 |