

DVDs Available in Spanish

✓	Item No.	Category and Title	Page	Run Time
HOSPITAL QUALITY of CARE				
NEW	GN-56	Pain Management: It's Your Right	9	15:22
NEW	GN-57	Patient Safety: Stay Safe while in the Hospital	9	15:58
NEW	GN-55	Advance Directive: Taking Control	9	16:15
NEW	GN-60	Anticoagulant Medication: Taking It Safely	9	15:40
HEALTH PROMOTION				
Healthy Lifestyle Changes Series				
	GN-36	How to Make Healthy Lifestyle Changes	10	13:49
	GN-37	Nutrition: Healthy Eating for Life	10	13:15
	GN-45	Nutrition: Restaurants, Fast Food and Parties	10	18:14
	GN-46	Nutrition: Shop Healthy, Cook Healthy	10	15:51
	GN-38	Exercise: Getting Active, Staying Active	10	12:59
	GN-39	Weight Control: Losing Weight and Keeping it Off	10	13:04
	GN-51	Smoking: Getting Ready to Quit [2nd ed.]	12	15:55
	GN-52	Smoking: Staying Quit	14	14:28
More Nutrition				
	GN-47	Overweight: Who's in Control? [2nd ed.]	11	15:12
	GN-41	Feeding Your Baby (Birth to Age 1)	11	20:39
	GN-42	Young Children Eating Right (Ages 1-6)	11	19:31
	GN-43	Healthy Habits for Kids (Ages 7-12)	11	12:17
Exercise				
NEW	DB-80	Type 2 Diabetes and Exercise	22	25:05
	GN-38	Exercise: Getting Active, Staying Active	12	12:59
NEW	HA-99	Heart Failure: Nutrition and Exercise	18	17:05
Smoking				
	GN-10	How to Beat Cigarettes	12	15:31
	GN-51	Smoking: Getting Ready to Quit [2nd ed.]	12	15:55
	GN-52	Smoking: Staying Quit	14	14:28
Stress and Relaxation				
	GN-48	Understanding Your Stress	13	11:32
	GN-49	Managing Your Stress	13	17:08
	GN-50	Living with Stress	13	13:46
Depression				
	GN-53	Recognizing Depression	12	15:12
	GN-54	Treating Depression	12	14:41
CARDIOLOGY				
Heart Disease and Prevention				
	HA-60	Introduction to Heart Disease Risk Factors [2nd ed.]	14	14:31
	HA-85	High Cholesterol: An Intro to Treatment [2nd ed.]	15	13:06
	HA-74	High Blood Pressure: An Intro to Treatment [3rd ed.]	15	15:43
	GN-51	Smoking: Getting Ready to Quit [2nd ed.]	14	15:55
	GN-52	Smoking: Staying Quit	14	14:28
	HA-83	Metabolic Syndrome	14	11:41
	HA-90	Signs and Symptoms of a Heart Attack [2nd ed.]	16	14:37
	HA-93	Secondary Prevention of Heart Disease	14	19:15
	HA-94	Women and Heart Disease [2nd ed.]	14	25:56
	HA-95	What is Coronary Artery Disease?	14	15:50
	HA-82	Women Managing Heart Disease	14	32:39
	HA-81	Men Managing Heart Disease	15	33:35
	HA-72	Atrial Fibrillation [2nd ed.]	15	10:16
	HA-73	Angina Pectoris [2nd ed.]	15	12:25
	DB-52	Diabetes and Heart Disease	15	18:47
	GN-60	Anticoagulant Medication: Taking It Safely	9	15:40
Angiography/Angioplasty				
	HA-86	Coronary Angiography and Angioplasty [2nd ed.]	16	15:51
	HA-87	Coronary Angiography [2nd ed.]	16	10:14
	HA-88	Coronary Angioplasty [2nd ed.]	16	11:59
	HA-89	Recovering from Angioplasty [2nd ed.]	16	17:16
	HV-32	After Your Angioplasty [2nd ed.] - home video	39	45:01

✓	Item No.	Category and Title	Page	Run Time
Other Heart Procedures				
	HA-70	ICDs	16	16:56
	HA-69	Pacemakers	16	15:39
Heart Attack Recovery and Rehabilitation				
	HA-92	Cardiac Rehabilitation: Training Your Heart for Life	16	19:06
	HA-90	Signs and Symptoms of a Heart Attack [2nd ed.]	16	14:37
	HA-91	Preparing to Leave the Hospital after a Heart Attack	16	18:51
	HV-33	After a Heart Attack: Recovering at Home - home video	39	1:25:03
Heart Surgery				
	HA-66	Heart Surgery: Preparing for Your Surgery	17	14:52
	HA-67	Heart Surgery: First Days of Your Recovery	17	12:15
	HA-68	Heart Surgery: Preparing for Discharge	17	15:12
Heart Failure				
NEW	HA-96	What is Heart Failure?	18	18:25
NEW	HA-98	Heart Failure: Managing Day to Day	18	17:13
NEW	HA-99	Heart Failure: Nutrition and Exercise	18	17:05
NEW	HA-100	Heart Failure: Medications	18	14:36
NEW	HA-101	Heart Failure: Leaving the Hospital	18	9:36
NEUROLOGY				
NEW	NR-05	Stroke: Reducing Your Risk	19	14:15
NEW	NR-06	After a Stroke: Your Recovery	19	17:20
DIABETES				
Healthy Eating				
	DB-57	Diabetes and Nutrition: Eating for Health	20	19:19
	DB-58	Diabetes and Nutrition: Dining Out	20	23:17
	DB-59	Diabetes and Nutrition: Shopping and Cooking	20	19:57
	DB-60	Diabetes and Nutrition: Changing Eating Behavior	20	21:05
	DB-35	Diabetes and Weight Control	20	12:42
Reducing Risks				
NEW	DB-84	Pre-Diabetes: It's Time To Make Changes	21	19:31
	DB-68	Diabetes Skin and Foot Care: In Step [4th ed.]	21	12:53
	DB-73	What is Diabetes? (Type 2) [4th ed.]	21	15:26
	DB-74	Preventing Long Term Complications [4th ed.]	21	17:26
	DB-61	Diabetes: Making Lifestyle Changes	21	19:49
	DB-52	Diabetes and Heart Disease [2nd ed.]	21	18:47
Medications				
	DB-72	Taking Insulin [2nd ed.]	22	16:45
	DB-70	Understanding Insulin	22	16:11
	DB-71	Understanding Insulin and Amylin	22	19:28
	DB-64	Non-Insulin Medications for Type 2 Diabetes	22	20:56
Monitoring				
	DB-77	Monitoring Your Blood Glucose: Key Concepts [3rd ed.]	22	21:39
Being Active				
NEW	DB-80	Type 2 Diabetes and Exercise	22	25:05
Solving Problems				
	DB-75	Introduction to Diabetes: The Game Plan	23	12:49
	DB-76	Basic Skills for Controlling Diabetes [2nd ed.]	23	14:52
NEW	DB-79	Being Prepared for Sick Days and Emergencies	23	14:13
	DB-41	Introduction to Pattern Management	23	17:40
	DB-69	Gestational Diabetes (extended version)	23	45:48
	DB-78	Gestational Diabetes (standard version)	23	21:38
Healthy Coping				
	DB-43	Diabetes and Depression	22	17:52
	DB-34	Emotional Aspects of Diabetes	22	13:49
Teens and Children				
	DB-53	Moving Forward: Type 2 Diabetes in Young People	23	11:57
	DB-54	Managing Type 2 Diabetes in Young People	23	20:16
	DB-55	A Family Perspective: Type 2 Diabetes in Young People	23	19:14

✓	Item No.	Category and Title	Page	Run Time
Diabetes PowerPoint® Units				
NEW	DB-509	An Overview of Diabetes and Its Management- 120 slides (4th ed.)	52	
NEW	DB-511	Healthy Eating for People with Diabetes- 114 slides (2nd ed.)	52	
PULMONARY				
	PD-08	Roxy to the Rescue	24	19:58
NEW	PD-33	Living with Asthma (3rd ed.)	24	16:43
NEW	PD-31	COPD: Take Control	25	14:07
	PD-07	Pulmonary Rehabilitation	25	13:53
GASTROENTEROLOGY				
	GI-23	Colonoscopy	26	10:10
	GI-24	Upper GI Endoscopy	26	9:29
	GI-25	Screening for Colorectal Cancer	26	12:06
	GI-26	Screening for Colorectal Cancer with Colonoscopy	26	12:06
	GI-21	Gastroesophageal Reflux Disease (GERD)	26	10:15
OB/GYN				
Prenatal Care				
	OB-158	Third Trimester: Preparing for a Healthy Delivery	27	15:22
	OB-108	Prenatal Care	27	11:27
	OB-128	Pregnancy and Nutrition	27	12:14
	DB-69	Gestational Diabetes (extended version)	27	45:48
	DB-78	Gestational Diabetes (standard version)	27	21:38
	OB-97	Coping with the Discomforts of Pregnancy	27	11:17
	OB-01	Birth	27	7:40
Labor and Deliver				
	OB-159	Labor: What to Expect	28	24:09
	OB-165	Onset of Labor	28	11:10
	OB-164	Introduction to Labor Medications	28	10:42
	OB-163	Easing the Discomforts of Labor	28	11:22
	OB-118	Cesarean Birth	28	12:21
Postpartum/New Baby Care				
	GN-41	Feeding Your Baby (Birth to Age 1)	11	20:39
	OB-129	Breastfeeding: A Special Relationship	29	26:49
	OB-181	14 Steps to Better Breastfeeding	29	17:38
	OB-184	Establishing Your Breastfeeding Relationship	29	19:39
	OB-183	Newborn Care [3rd ed.]	29	29:43
	OB-182	Postpartum Care [3rd. ed.]	29	15:39
	OB-185	Postpartum Care (w/o mention of contraception) [3rd ed.]	29	15:08
	CC-11	Immunization: Your Child's Protection	29	11:51
WOMEN'S HEALTH				
	OB-132	Osteoporosis (2nd ed)	30	17:56
	HA-94	Women and Heart Disease	30	25:56
	OB-115	Hysterectomy	31	12:52
	OB-121	LAVH	31	13:54
	OB-76	Sterilization by Laparoscopy	31	9:43
	OB-76IC	Sterilization by Laparoscopy I.C. (informed consent)	31	10:22
	OB-84	Diagnostic Laparoscopy	31	9:09
	OB-120	LEEP of the Cervix	31	7:15
	OB-136	Colposcopy: Abnormal Pap Smear	31	9:53
CONTRACEPTIVES				
	OB-167	Contraceptive Choices [3rd ed.]	31	17:17
	OB-176	Birth Control Myths and Methods	31	27:09
STDs				
	OB-157	STDs	31	13:11
	GN-17	Stopping the Spread of HIV and AIDS	31	15:40
	GN-19	Stopping the Spread of HIV and AIDS (short version)	31	10:12
	GN-22	AIDS: What Everyone Needs to Know	31	22:00
	OB-105	Human Papilloma Virus	31	9:07

✓	Item No.	Category and Title	Page	Run Time
BREAST HEALTH and CANCER				
	OB-107	Breast Self Exam and Breast Health [2nd ed.]	32	14:02
	OB-174	Breast Cancer Early Detection. Know the Facts.	32	13:30
IN-HOME DVDS				
	HV-33	After a Heart Attack: Recovering at Home	39	1:25:03
	HV-32	After Your Angioplasty [2nd ed.]	39	45:01
	HV-34	Type 2 Diabetes Home Video Guide [3rd ed.]	35	2:24:08
	HV-26	Your Home Guide to Heart Surgery	37	49:52
	HV-27	Your Home Guide to Coronary Artery Bypass Surgery	37	48:49
	HV-28	Your Home Guide to Recovering from Heart Surgery	37	33:50
	HV-35	First Days Home: Keeping Your Baby Healthy and Happy	36	1:02:57
Home Rehab Exercise Programs (In-Home)				
	RV-01	Low Back Pain	43	30:51
	RV-02	Low Back and Leg Pain	43	31:04
	RV-03	Hip Replacement: Before Surgery	43	37:49
	RV-04	Hip Replacement: After Surgery	43	25:21
	RV-05	Knee Replacement: Before Surgery	43	27:32
	RV-06	Knee Replacement: After Surgery	43	31:06