

Video programs available in Spanish

Health Promotion		Pulmonary Rehabilitation Series	
GN-52	Smoking: Staying Quit	PD-09	Breathing Retraining and Pulmonary Disease*
GN-51	Smoking: Getting Ready to Quit (2nd Edition)	PD-10	Pulmonary Medications and Hygiene*
GN-50	Living with Stress (2nd Edition)	PD-11	Stress and Relaxation Techniques*
GN-45	Nutrition: Restaurants, Fast Food and Parties	PD-12	Exercise for Pulmonary Patients*
GN-46	Nutrition: Shop Healthy, Cook Healthy	PD-13	Living with Pulmonary Disease*
GN-47	Overweight: Who's in Control?	Diabetes	
GN-36	How to Make Healthy Lifestyle Changes	<i>Produced with the AADE</i>	
GN-37	Nutrition: Healthy Eating for Life	DB-70	Understanding Insulin
GN-38	Exercise: Getting Active, Staying Active	DB-71	Understanding Insulin and Amylin
GN-39	Weight Control: Losing Weight and Keeping it Off	DB-72	Taking Insulin (2nd Edition)
GN-40	The Food Pyramid	DB-73	What is Diabetes? (Type 2) (4th Edition)
GN-09	Medical Effects of Alcohol Use**	DB-74	Preventing Long Term Complications of Diabetes (4th Edition)
GN-10	How to Beat Cigarettes	DB-68	Diabetes Foot and Skin Care: In Step(4th Edition)
GN-12	Facts About AIDS**	DB-61	Diabetes: Making Lifestyle Changes
GN-13	Starting an Exercise Program	DB-60	Diabetes and Nutrition: Changing Eating Behavior
GN-17	Stopping the Spread of HIV and AIDS	DB-59	Diabetes and Nutrition: Shopping and Cooking
GN-22	AIDS: What Everyone Needs to Know	DB-58	Diabetes and Nutrition: Dining Out
Childhood Nutrition		DB-57	Diabetes and Nutrition: Eating for Health
GN-41	Feeding Your Baby (Birth to 1)	DB-56	Pre-Diabetes: Preventing Type 2 Diabetes
GN-42	Young Children Eating Right (Ages 1 to 6)	DB-53	Moving Forward: Type 2 Diabetes in Young People
GN-43	Healthy Habits for Kids (Ages 7 to 12)	DB-54	Managing Type 2 Diabetes in Young People
Cardiology		DB-55	A Family Perspective: Type 2 Diabetes in Young People
HA-91	Preparing to Leave the Hospital after a Heart Attack	DB-52	Diabetes and Heart Disease (2nd Edition)
HA-90	Signs and Symptoms of a Heart Attack (2nd Edition)	DB-51	Monitoring Your Blood Glucose: Key Concepts
HA-86	Coronary Angiography and Angioplasty (2nd Edition)	DB-48	Oral Medication for Diabetes (5th Edition)*
HA-87	Coronary Angiography (2nd Edition)	DB-47	Gestational Diabetes
HA-88	Coronary Angioplasty (2nd Edition)	DB-43	Diabetes and Depression
HA-89	Recovering from Angioplasty (2nd Edition)	DB-42	Putting Carbohydrate Counting into Practice
HA-81	Men Managing Heart Disease	DB-41	Introduction to Pattern Management
HA-82	Women Managing Heart Disease	DB-40	Diabetes and Exercise
HA-83	Metabolic Syndrome	DB-37	Introduction to Carbohydrate Counting
HA-85	High Cholesterol: An Intro. to Treatment (2nd Edition)	DB-36	Sick Day Management: Recognizing the Red Flags
HA-69	Pacemakers	DB-35	Diabetes and Weight Control: Change for a Lifetime
HA-70	ICDs (Implantable Cardioverter Defibrillators)	DB-34	Emotional Aspects of Diabetes
HA-72	Atrial Fibrillation (2nd Edition)	DB-29	Basic Skills for Controlling Diabetes
HA-73	Angina Pectoris (2nd Edition)	DB-21	Introduction to Diabetes
HA-74	High Blood Pressure: An Introduction to Treatment (3rd Edition)	Obstetrics	
HA-66	Heart Surgery: Preparing for Your Surgery	Prenatal Topics	
HA-67	Heart Surgery: First Days of Recovery	OB-01	Birth
HA-68	Heart Surgery: Preparing for Discharge	OB-08	The Rh-Negative Mother**
HA-60	Introduction to Heart Disease Risk Factors	DB-47	Gestational Diabetes
HA-64	Congestive Heart Failure (2nd Ed.)	OB-74	Reducing the Risks of Preeclampsia**
HA-20	Cardiac Rehabilitation**	OB-80	Fetal Development: A 9 Month Journey*
HA-22	Risk Factors of Heart Disease**	OB-97	Coping with Discomforts of Pregnancy
HA-27	Stroke: Reducing the Risk	OB-108	Prenatal Care
HA-33	Recovering from a Heart Attack*	OB-109	Drugs, Smoking & Alcohol During Pregnancy
DB-52	Diabetes and Heart Disease (2nd Edition)	OB-128	Pregnancy and Nutrition
HA-42	Beginning a Cardiac Rehabilitation Program	OB-140	Have a Healthy Baby: Pregnancy**
"Living With Heart Failure" Series		OB-161	Just a Beginning: Prenatal Care for Teens
HA-75	Heart Failure: Getting Started with Treatment	Labor & Delivery	
HA-76	Heart Failure: Understanding Your Medications	OB-113	Preterm Labor
HA-77	Heart Failure: Eating to Feel Better	OB-116	Epidural Anesthesia in Childbirth*
HA-78	Heart Failure: Staying Active	OB-117	Anesthesia and Analgesia in Childbirth*
HA-79	Heart Failure: Learning to Cope	OB-118	Cesarean Birth
HA-80	Heart Failure: Getting Ready to Leave the Hospital	OB-146	Labor and Delivery for Teens**
Healthy Heart Series		OB-158	The Third Trimester: Preparing for a Healthy Delivery
MV-01	Guide to Your Healthy Heart**	OB-159	Labor: What to Expect
MV-02	Guide to High Blood Pressure Control**	OB-163	Easing the Discomforts of Labor
MV-03	Guide to Controlling Your Cholesterol**	OB-164	Introduction to Labor Medications
MV-04	Guide to Stop Smoking**	OB-165	Onset of Labor [2nd Edition]
Pulmonary		Postpartum Care	
PD-07	Pulmonary Rehabilitation	OB-129	Breastfeeding: A Special Relationship
PD-08	Roxy to the Rescue (Childhood Asthma)	OB-156	Postpartum: Caring for Yourself After Delivery [2nd Edition]*
PD-16	Living with Asthma (2nd Ed.)	OB-166	Newborn Care [2nd Edition]*
PD-17	Managing Your Chronic Obstructive Pulmonary Disease (2nd Ed.)	OB-181	14 Steps to Better Breastfeeding

*a newer edition of this video is available in English only at this time.

**no longer listed in the catalog.

