

*Krames offers over 3,100 printable, electronic patient education HealthSheets™ – each in English and Spanish – available in 38 categories, covering general information, diagnostics, treatments, procedures, and self care/lifestyle topics.*

*See the following listing for current titles available in each category.*

## **Anatomy & Physiology**

Anatomy of a Normal Spine  
Anatomy of the Abdomen and Groin  
Anatomy of the Brain  
Anatomy of the Digestive System  
Anatomy of the Ear  
Anatomy of the Female Urinary Tract  
Anatomy of the Inner Ear  
Anatomy of the Male Urinary Tract  
Back Basics: A Healthy Spine  
Breast Anatomy  
Female Reproductive Anatomy  
Healthy Kidneys  
How Birth Control Works  
How Food Moves Through Your Body  
How the Colon Works  
How the Eye Works  
How the Liver Works  
How Your Back Works  
How Your Heart Works  
How Your Hip Works  
How Your Kidneys Work  
How Your Knee Works  
How Your Lungs Work  
Kidney Problems  
Know Your Neck: The Cervical Spine  
Lung Anatomy  
Male Reproductive Anatomy  
Parts of a Foot  
Parts of a Hand  
Parts of a Shoulder  
Parts of the Mouth  
Parts of the Throat and Neck  
Pregnancy: Your First Trimester Changes  
Pregnancy: Your Second Trimester Changes  
Pregnancy: Your Third Trimester Changes

Role of the Thyroid  
Stages of an Erection  
The Brain  
The Inner Ear: Understanding the Balance System  
The Kneecap (Patella) and Knee Joint  
The Kneecap (Patella) in Action  
The Middle Ear  
The Shoulder Joint  
Understanding Circulation  
Understanding Conception  
Understanding Heart Valves  
Understanding Nasal Anatomy: Inside View  
Understanding Nasal Anatomy: Outside View  
Understanding Osgood-Schlatter Disease: Anatomy  
Understanding Veins  
What the Brain Does  
Your Heart's Electrical System  
Your Neck Muscles

## **Cardiology**

Aerobic Exercise for a Healthy Heart  
After Catheter Ablation  
After Coronary Artery Bypass Surgery  
After Heart Valve Surgery  
After Minimally Invasive Heart Surgery: At Home  
After Minimally Invasive Heart Surgery: In the Hospital  
Before Minimally Invasive Heart Surgery  
Cardiac Catheterization  
Cardiac Nuclear Imaging (Nuclear Stress Test)  
Cardiac Rehabilitation  
Cardiac Rehabilitation: Emotional Issues  
Cardiac Rehabilitation: Following an Exercise Program

Cardioversion  
Causes of Syncope  
Common Heart Medications  
Controlling High Blood Pressure  
Controlling Stress (Cardiovascular)  
Controlling Your Cholesterol  
Coping with Heart Failure  
Coronary Angiography  
Coronary Angioplasty  
Coronary Artery Bypass Surgery  
Coronary Atherectomy  
Coronary Stents  
Diabetes and Heart Disease  
Diagnosing Heart Valve Problems  
Diagnosing Syncope  
Dobutamine Stress Echocardiography (Echo)  
Eating Heart-Healthy Food: Using the DASH Diet  
Echocardiography (Echo)  
Electrocardiogram (ECG)  
Electrophysiology Study (EPS)  
Exercise for a Healthier Heart  
Exercise Stress Test  
Facts About Dietary Fat  
Fast-Acting Nitroglycerin  
Glossary of Terms (Cardiovascular)  
Having Catheter Ablation  
Heart Failure: Being Active  
Heart Failure: Evaluating Your Heart  
Heart Failure: Making Changes to Your Diet  
Heart Failure: Medications to Help Your Heart  
Heart Failure: Procedures That May Help  
Heart Failure: Tracking Your Weight  
Heart Failure: Warning Signs of a Flare-Up  
Heart Valve Problems  
Heart Valve Problems: Aortic Insufficiency

Heart Valve Problems: Aortic Stenosis  
Heart Valve Problems: Mitral Insufficiency  
Heart Valve Problems: Mitral Stenosis  
Heart Valve Problems: Mitral Valve Prolapse  
Heart Valve Surgery  
High Blood Pressure and Peripheral Arterial Disease (PAD)  
High Cholesterol and Peripheral Arterial Disease (PAD)  
High Cholesterol: Assessing Your Risks  
How to Judge the Size of Servings  
How to Take Your Pulse  
How Your Heart Works  
Hypertrophic Cardiomyopathy  
Implantable Cardioverter Defibrillator (ICD)  
Intimacy and Heart Disease: Communication Tips  
Intimacy and Heart Disease: Resuming Sexual Intimacy  
Intimacy and Heart Disease: Talking with Your Partner  
Intimacy and Heart Disease: Your Emotions  
Lifestyle Changes to Control Cholesterol  
Living with a Pacemaker  
Living with an ICD  
Living with Cardiomyopathy  
Long-Acting Nitroglycerin  
Losing Weight (Cardiovascular)  
Low-Fat Cooking Tips  
Low-Salt Choices  
Medication for Cholesterol Control  
Medications for Cardiomyopathy  
Medications for Heart Valve Problems  
Minimally Invasive Bypass Surgery  
Minimally Invasive Valve Surgery  
Nutrition After Surgery  
Pacemakers  
Progressive Relaxation  
Reading Food Labels  
Recognizing a Heart Attack or Angina  
Recovery from Heart Surgery: The First Few Weeks  
Resources for Heart Health  
Risk Factors for Heart Disease  
Risks and Complications of Angiography  
Stress Echocardiography (Echo)  
Symptoms of a Heart Attack  
Taking a Beta-Blocker  
Taking a Diuretic  
Taking ACE Inhibitors  
Taking an Oral Corticosteroid  
Taking Coumadin

Taking Digoxin  
Taking Medication to Control Heart Failure  
Taking Medications for Your Heart  
Taking Norvasc®  
Taking Potassium  
Taking Your Blood Pressure  
Tilt Table Testing  
Tips for Quitting Smoking (Cardiovascular)  
Tips for Using Less Salt  
Transesophageal Echocardiography (TEE)  
Treating Syncope: Helping Your Heart  
Treating Syncope: Prevention  
Understanding Circulation  
Understanding Coronary Artery Disease (CAD)  
Understanding Dietary Fat  
Understanding Fat and Cholesterol  
Understanding Food and Cholesterol  
Understanding Heart Valves  
Understanding Your Cholesterol Numbers  
What Is Angina?  
What is Dilated Cardiomyopathy?  
What Is Event Monitoring?  
What Is Heart Failure?  
What Is High Blood Pressure? (JNC-7)  
What Is Holter Monitoring?  
What Is Hypertrophic Cardiomyopathy?  
What Is Syncope?  
Women and Heart Disease: Tips for Making Small Changes  
Women and Heart Disease: Understanding the Risks  
Women and Heart Disease: What Women Need to Know  
Your Heart's Electrical System  
Your High Blood Pressure Risk Factors

## Dental Health

After a Tooth Extraction: Caring for Your Mouth  
Caring for Your Bridge  
Caring for Your Child's Teeth  
Dental Trauma  
Diabetes and Periodontal Disease: An Increased Risk  
How to Brush Your Teeth  
How to Floss Your Teeth  
Oral Thrush  
Partial Dentures  
Stages of Periodontal Disease  
Treating Sensitive Teeth

Understanding Bruxism (Teeth Grinding)  
What Are Oral Lesions? (Precancerous and Cancerous)  
What Are Sensitive Teeth?  
What Is Scaling and Root Planing?  
Your Child's Teeth  
Your Fixed Bridge

## Dermatology

Adult Acne  
Animal Bites and Scratches  
Avoiding Poison Ivy, Poison Oak, and Poison Sumac  
Burn Emergencies  
Controlling Adult Acne  
Controlling Teen Acne  
Contusions (Bruises)  
Human Bites  
Insect Bites and Stings  
Managing a Poison Ivy, Poison Oak, or Poison Sumac Reaction  
Managing Atopic Dermatitis  
Managing Psoriasis  
Marine Bites and Stings  
Monitoring Moles  
Monthly Mole Check Chart  
Preventing Pressure Ulcers  
Preventing Skin Cancer  
Recognizing and Treating Wound Infection  
Recognizing Skin Cancer  
Self-Care for Skin Rashes  
Snake Bites  
Subungual Hematoma  
Sunburn (Sun Poisoning)  
Tick Bites  
Treating Corns and Calluses  
Treating Rosacea  
Treating Warts  
Types of Skin Cancer  
What Are Corns and Calluses?  
What Are Pressure Ulcers?  
What Are Warts?  
What Is Atopic Dermatitis?  
What Is Psoriasis?  
What is Rosacea?  
What Is Teen Acne?

## Diabetes

After Leg Amputation: Keeping Your Other Leg Healthy  
Before You Start Your Diabetes Exercise Plan  
Checking for Ketones  
Diabetes and Heart Disease  
Diabetes and Kidney Disease  
Diabetes and Periodontal Disease: An Increased Risk  
Diabetes and Your Child: Checking Blood Sugar

Diabetes and Your Child:  
Considering an Insulin Pump  
Diabetes and Your Child: Giving  
Insulin Injections  
Diabetes and Your Child: High  
Blood Sugar  
Diabetes and Your Child: Low  
Blood Sugar  
Diabetes and Your Child:  
Preventing Diabetic  
Ketoacidosis (DKA)  
Diabetes and Your Child: Safe  
Exercise  
Diabetes and Your Child: Sick-Day  
Plan  
Diabetes and Your Child: Tests  
and Vaccinations  
Diabetes and Your Child: The A1c  
Test  
Diabetes and Your Child:  
Understanding Prediabetes  
Diabetes and Your Child:  
Understanding Type 1 Diabetes  
Diabetes and Your Child:  
Understanding Type 2 Diabetes  
Diabetes Glossary  
Diabetes: Activity Tips  
Diabetes: Caring for Your Body  
Diabetes: Driving Issues  
Diabetes: Exams and Tests  
Diabetes: Food Pyramid  
Diabetes: Getting Started with  
Exercise  
Diabetes: Inspecting Your Feet  
Diabetes: Keeping Feet Healthy  
Diabetes: Learning About Serving  
and Portion Sizes  
Diabetes: Living Your Life  
Diabetes: Meal Planning  
Diabetes: Shopping for and  
Preparing Meals  
Diabetes: Sick-Day Plan  
Diabetes: The Benefits of Exercise  
Diabetes: Tracking Your Fitness  
Progress  
Diabetes: Treating Minor Foot  
Infections  
Diabetes: Treating Severe Foot  
Infections  
Diabetes: Understanding  
Carbohydrates  
Diabetes: Understanding  
Carbohydrates, Fats, and  
Protein  
Diabetes: Ways to Take  
Medication  
Discharge Instructions: Giving a  
Subcutaneous (Sub-Q) Injection  
Do You Have Diabetes?  
Eating a High-Fiber Diet  
Eating Out When You Have  
Diabetes  
Exercise to Manage Your Blood  
Sugar  
Finding Your Ideal Weight

For Kids Ages 12 to 17: Dealing  
with Diabetes  
For Kids Ages 9 to 11: Dealing  
with Diabetes  
For Kids: Food Facts When You  
Have Type 1 Diabetes  
For Kids: Taking Your Insulin  
For Kids: What to Do About High  
Blood Sugar  
For Kids: What to Do About Low  
Blood Sugar  
For Parents: Diabetes Care  
Issues in Children Ages 11 to  
17  
For Parents: Diabetes Care  
Issues in Children Ages 3 to 5  
For Parents: Diabetes Care  
Issues in Children Ages 6 to  
10  
For Parents: Diabetes Care  
Issues in Children Newborn to  
Age 2  
Gestational Diabetes: After  
Pregnancy  
Gestational Diabetes: Getting  
Exercise  
Getting Support When You Have  
Diabetes  
Healthy Meals for Diabetes  
How to Check Your Blood Sugar  
Hyperglycemia (High Blood  
Sugar)  
Hypoglycemia (Low Blood  
Sugar)  
Long-Term Complications of  
Diabetes  
Managing Diabetes: HbA1c  
Testing  
Managing Pain After Amputation  
Surgery  
Managing Stress When You  
Have Diabetes  
Managing Your Glucose Level  
for Diabetes and Kidney  
Disease  
Oral Therapy for Type 2  
Diabetes  
Planning for Travel When You  
Have Diabetes  
Recognizing a Heart Attack or  
Angina  
Resources for People with  
Diabetes  
Taking Medication for Diabetes  
Type 1 Diabetes and Your Child:  
Meals and Snacks  
Type 1 Diabetes and Your Child:  
Using Insulin  
Type 1 Diabetes: Getting Active  
Types of Insulin  
Understanding Leg Amputation:  
Surgery for a Medical  
Condition  
Understanding Type 1 Diabetes  
Understanding Type 2 Diabetes

Using Injected Insulin  
What Is Gestational Diabetes?  
What Is Type 1 Diabetes?  
What Is Type 2 Diabetes?  
When Your Child Has Type 1  
Diabetes  
When Your Child Has Type 2  
Diabetes  
Your Amputation Surgery  
Your Amputation Team  
Your Diabetes Foot Care Program  
Your Diabetes Toolkit

## Discharge Instructions

After Catheter Ablation  
After Incontinence Surgery: At the  
Hospital  
Discharge Instructions for  
Abdominal Aortic Aneurysm:  
Endovascular Repair  
Discharge Instructions for  
Abdominal Hysterectomy  
Discharge Instructions for Acute  
Kidney Failure  
Discharge Instructions for Acute  
Pancreatitis  
Discharge Instructions for  
Addison's Disease and  
Addisonian Crisis  
Discharge Instructions for  
Addison's Disease and  
Addisonian Crisis (Pediatric)  
Discharge Instructions for  
Amniocentesis  
Discharge Instructions for  
Anaphylactic Shock  
Discharge Instructions for  
Anaphylactic Shock (Pediatric)  
Discharge Instructions for Angina  
Pectoris  
Discharge Instructions for Ankle  
Arthroscopy  
Discharge Instructions for Aortic  
Valve Stenosis  
Discharge Instructions for Asthma  
Discharge Instructions for Atrial  
Fibrillation  
Discharge Instructions for  
Bacterial Endocarditis  
Discharge Instructions for  
Bacterial Endocarditis  
(Pediatric)  
Discharge Instructions for Bariatric  
(Obesity) Surgery  
Discharge Instructions for Bone  
Marrow Transplant  
Discharge Instructions for  
Brachytherapy  
Discharge Instructions for Breast  
Augmentation  
Discharge Instructions for Breast  
Brachytherapy

Discharge Instructions for Breast Reduction  
Discharge Instructions for Bronchiectasis  
Discharge Instructions for Bronchiolitis  
Discharge Instructions for Cancer of the Brain  
Discharge Instructions for Cancer of the Cervix  
Discharge Instructions for Cancer of the Colon and Rectum  
Discharge Instructions for Cancer of the Endometrium  
Discharge Instructions for Cancer of the Esophagus  
Discharge Instructions for Cancer of the Gallbladder  
Discharge Instructions for Cancer of the Kidney  
Discharge Instructions for Cancer of the Liver  
Discharge Instructions for Cancer of the Lung  
Discharge Instructions for Cancer of the Ovary  
Discharge Instructions for Cancer of the Pancreas  
Discharge Instructions for Cancer of the Testicles  
Discharge Instructions for Cancer of the Thyroid  
Discharge Instructions for Cancer of the Uterus  
Discharge Instructions for Cardiac Ablation  
Discharge Instructions for Cardiomyopathy  
Discharge Instructions for Cardioversion  
Discharge Instructions for Carotid Artery Stenting  
Discharge Instructions for Carotid Endarterectomy  
Discharge Instructions for Carpal Tunnel Repair  
Discharge Instructions for Cellulitis  
Discharge Instructions for Cellulitis (Pediatric)  
Discharge Instructions for Cervical Disk Surgery  
Discharge Instructions for Cervical Fusion  
Discharge Instructions for Cesarean Section (C-Section)  
Discharge Instructions for Chemotherapy  
Discharge Instructions for Chronic Bronchitis  
Discharge Instructions for Chronic Kidney Failure  
Discharge Instructions for Chronic Obstructive Pulmonary Disease (COPD)

Discharge Instructions for Chronic Pancreatitis  
Discharge Instructions for Circumcision  
Discharge Instructions for Cirrhosis of the Liver  
Discharge Instructions for Colostomy  
Discharge Instructions for Concussion  
Discharge Instructions for Congestive Heart Failure  
Discharge Instructions for Coronary Angioplasty  
Discharge Instructions for Coronary Arteriography  
Discharge Instructions for Coronary Artery Bypass Graft Surgery  
Discharge Instructions for Craniosynostosis  
Discharge Instructions for Craniotomy  
Discharge Instructions for Crohn's Disease  
Discharge Instructions for Croup  
Discharge Instructions for Cystic Fibrosis  
Discharge Instructions for Decubitus (Pressure) Ulcer  
Discharge Instructions for Deep Vein Thrombosis  
Discharge Instructions for Dilatation and Curettage (D & C)  
Discharge Instructions for Diverticulitis  
Discharge Instructions for Ectopic Pregnancy  
Discharge Instructions for Elbow Arthroscopy  
Discharge Instructions for Emphysema  
Discharge Instructions for Endometriosis (Laparoscopic Diagnosis and Treatment)  
Discharge Instructions for Endoscopic Retrograde Cholangiopancreatography (ERCP)  
Discharge Instructions for Epididymitis  
Discharge Instructions for Epilepsy  
Discharge Instructions for Epilepsy (Pediatric)  
Discharge Instructions for Episiotomy  
Discharge Instructions for Esophagectomy  
Discharge Instructions for Female Sterilization (Laparoscopic Fallopian Tube Ligation)

Discharge Instructions for Foot and Ankle Surgery  
Discharge Instructions for Gallstones  
Discharge Instructions for Gastrectomy  
Discharge Instructions for Gastroesophageal Reflux Disease (GERD)  
Discharge Instructions for Gastroesophageal Reflux Disease (Pediatric)  
Discharge Instructions for Grave's Disease  
Discharge Instructions for Grave's Disease (Pediatric)  
Discharge Instructions for Guillain-Barré Syndrome  
Discharge Instructions for Gynecologic Surgery  
Discharge Instructions for Heart Attack  
Discharge Instructions for Heart Valve Surgery: Repair and Replacement  
Discharge Instructions for Heart Valve Surgery: Repair and Replacement (Pediatric)  
Discharge Instructions for Hemochromatosis  
Discharge Instructions for Hemorrhoid Surgery  
Discharge Instructions for Hepatic Angiography  
Discharge Instructions for Hepatitis C  
Discharge Instructions for High Blood Pressure (Hypertension)  
Discharge Instructions for Hip Fracture Surgery  
Discharge Instructions for Hip Replacement Surgery  
Discharge Instructions for HIV Infection and AIDS  
Discharge Instructions for Hodgkin's Disease  
Discharge Instructions for Hydatidiform Mole  
Discharge Instructions for Hydrocephalus (Pediatric)  
Discharge Instructions for Hypercalcemia  
Discharge Instructions for Hypercalcemia (Pediatric)  
Discharge Instructions for Hyperkalemia  
Discharge Instructions for Hyperkalemia (Pediatric)  
Discharge Instructions for Hypermagnesemia  
Discharge Instructions for Hypermagnesemia (Pediatric)  
Discharge Instructions for Hyponatremia

Discharge Instructions for Hyponatremia (Pediatric)  
Discharge Instructions for Hyperphosphatemia  
Discharge Instructions for Hyperphosphatemia (Pediatric)  
Discharge Instructions for Hyperthyroidism  
Discharge Instructions for Hyperthyroidism (Pediatric)  
Discharge Instructions for Hypocalcemia  
Discharge Instructions for Hypocalcemia (Pediatric)  
Discharge Instructions for Hypokalemia  
Discharge Instructions for Hypokalemia (Pediatric)  
Discharge Instructions for Hypomagnesemia  
Discharge Instructions for Hypomagnesemia (Pediatric)  
Discharge Instructions for Hyponatremia  
Discharge Instructions for Hyponatremia (Pediatric)  
Discharge Instructions for Hypophosphatemia  
Discharge Instructions for Hypophosphatemia (Pediatric)  
Discharge Instructions for Hypothyroidism and Myxedema  
Discharge Instructions for Hypothyroidism and Myxedema (Pediatric)  
Discharge Instructions for Ileostomy  
Discharge Instructions for Immune Thrombocytopenia Purpura (ITP)  
Discharge Instructions for Immune Thrombocytopenia Purpura (ITP) (Pediatric)  
Discharge Instructions for Immunocompromised Patients  
Discharge Instructions for Implantable Cardioverter-Defibrillator  
Discharge Instructions for Incontinence Surgery  
Discharge Instructions for Inferior Vena Cava Filter Placement  
Discharge Instructions for Inguinal Hernia Repair (Pediatric)  
Discharge Instructions for Internal Fixation of a Fractured Femur  
Discharge Instructions for Intussusception (Pediatric)  
Discharge Instructions for Kidney Biopsy  
Discharge Instructions for Kidney Donors  
Discharge Instructions for Kidney Transplant Biopsy

Discharge Instructions for Knee Arthroscopy  
Discharge Instructions for Kyphoplasty  
Discharge Instructions for Laminectomy  
Discharge Instructions for Laparoscopic Appendectomy (Appendix Removal)  
Discharge Instructions for Laparoscopic Cholecystectomy  
Discharge Instructions for Laparoscopic Hernia Repair  
Discharge Instructions for Laparoscopic Hysterectomy  
Discharge Instructions for Laparoscopic Splenectomy  
Discharge Instructions for Laparoscopic Splenectomy (Pediatric)  
Discharge Instructions for Laryngectomy  
Discharge Instructions for Laser Prostatectomy  
Discharge Instructions for Ligation and Stripping of Varicose Veins  
Discharge Instructions for Liver Biopsy  
Discharge Instructions for Lobectomy of the Lung  
Discharge Instructions for Low Blood Pressure (Hypotension)  
Discharge Instructions for Lumbar Fusion  
Discharge Instructions for Lung Biopsy  
Discharge Instructions for Malignant Hypertension  
Discharge Instructions for Mastectomy or Breast Lumpectomy  
Discharge Instructions for Masteoidectomy  
Discharge Instructions for Masteoidectomy (Pediatric)  
Discharge Instructions for Minimally Invasive Coronary Bypass Surgery  
Discharge Instructions for Miscarriage  
Discharge Instructions for Mitral Valve Stenosis  
Discharge Instructions for Multiple Sclerosis  
Discharge Instructions for Muscle Biopsy  
Discharge Instructions for Myasthenia Gravis  
Discharge Instructions for Nephrectomy  
Discharge Instructions for Nephrectomy (Pediatric)

Discharge Instructions for Nerve Biopsy  
Discharge Instructions for Newborn Jaundice (Pediatric)  
Discharge Instructions for Non-Hodgkin's Lymphoma  
Discharge Instructions for Oophorectomy  
Discharge Instructions for Open Appendectomy (Appendix Removal)  
Discharge Instructions for Open Cholecystectomy  
Discharge Instructions for Open Hernia Repair  
Discharge Instructions for Open Rotator Cuff Repair  
Discharge Instructions for Open Splenectomy  
Discharge Instructions for Open Splenectomy (Pediatric)  
Discharge Instructions for Orchiectomy  
Discharge Instructions for Osteomyelitis  
Discharge Instructions for Ostomy Care: Changing Your Pouch  
Discharge Instructions for Pacemaker Insertion  
Discharge Instructions for Parkinson's Disease  
Discharge Instructions for Pelvic Laparoscopy  
Discharge Instructions for Percutaneous Nephrostomy  
Discharge Instructions for Peripheral Angioplasty  
Discharge Instructions for Peripheral Artery Bypass Surgery  
Discharge Instructions for Peripheral Vascular Disease  
Discharge Instructions for Pneumonectomy  
Discharge Instructions for Pneumonia  
Discharge Instructions for Preventive Mastectomy  
Discharge Instructions for Prostate Brachytherapy  
Discharge Instructions for Pulmonary Embolism  
Discharge Instructions for Pyelonephritis  
Discharge Instructions for Pyelonephritis (Pediatric)  
Discharge Instructions for Pyloric Stenosis  
Discharge Instructions for Radiation Therapy  
Discharge Instructions for Radical Prostatectomy  
Discharge Instructions for Renal Angiography

Discharge Instructions for Rhinoplasty  
Discharge Instructions for Scoliosis Surgery  
Discharge Instructions for Scoliosis Surgery (Pediatric)  
Discharge Instructions for Shoulder Arthroscopy  
Discharge Instructions for Sickle Cell Anemia and Sickle Cell Crisis  
Discharge Instructions for Sickle Cell Anemia and Sickle Cell Crisis (Pediatric)  
Discharge Instructions for Spinal Fusion  
Discharge Instructions for Stroke  
Discharge Instructions for Surgical Repair of Abdominal Aortic Aneurysm  
Discharge Instructions for Thyroidectomy  
Discharge Instructions for Total Abdominal Colectomy  
Discharge Instructions for Total Elbow Replacement  
Discharge Instructions for Total Knee Replacement  
Discharge Instructions for Transient Ischemic Attack (TIA)  
Discharge Instructions for Transplant Patients (Overview)  
Discharge Instructions for Transurethral Bladder Tumor Resection  
Discharge Instructions for Tuberculosis (TB)  
Discharge Instructions for Tympanoplasty  
Discharge Instructions for Tympanoplasty (Pediatric)  
Discharge Instructions for Ulcerative Colitis  
Discharge Instructions for Umbilical Hernia Repair (Pediatric)  
Discharge Instructions for Uterine Fibroid Embolization  
Discharge Instructions for Uterine Prolapse (Abdominal Surgery)  
Discharge Instructions for Uterine Prolapse (Laparoscopic Surgery)  
Discharge Instructions for Ventricular Assist Device  
Discharge Instructions for Vertebroplasty  
Discharge Instructions for Wrist Arthroscopy  
Discharge Instructions for: Taking Medicine Safely  
Discharge Instructions: Acticoat Dressings  
Discharge Instructions: Administering IV Antibiotics

Discharge Instructions: Ascites Shunt  
Discharge Instructions: Biliary Catheter  
Discharge Instructions: Biobrane Dressings  
Discharge Instructions: Bladder Training with a Suprapubic Catheter  
Discharge Instructions: Caring for Your Gastrostomy Tube (G-Tube)  
Discharge Instructions: Caring for Your Hemovac Drainage Tube  
Discharge Instructions: Caring for Your Indwelling Urinary Catheter  
Discharge Instructions: Caring for Your Jackson Pratt Drainage Tube  
Discharge Instructions: Caring for Your Jejunostomy Tube (J-Tube)  
Discharge Instructions: Caring for Your Leg Bag  
Discharge Instructions: Caring for Your Naso-Gastic Tube (NG Tube)  
Discharge Instructions: Caring for Your Suprapubic Catheter  
Discharge Instructions: Caring for Your T-Tube  
Discharge Instructions: Central Venous Catheter -- Flushing your Catheter  
Discharge Instructions: Central Venous Catheter (Overview)  
Discharge Instructions: Check Placement of Feeding Tube  
Discharge Instructions: Checking for Ketones  
Discharge Instructions: Continuous Positive Airway Pressure (CPAP)  
Discharge Instructions: Controlled Breathing  
Discharge Instructions: Controlled Coughing  
Discharge Instructions: Cranial Incision Care (Pediatric)  
Discharge Instructions: Diabetic Foot Care  
Discharge Instructions: Dressing Change for Central Venous Catheter  
Discharge Instructions: Dressing Change for Peripherally Inserted Central Catheter (PICC)  
Discharge Instructions: Eating a Bland Diet  
Discharge Instructions: Eating a Clear Liquid Diet

Discharge Instructions: Eating a Full Liquid Diet  
Discharge Instructions: Eating a High Fiber Diet  
Discharge Instructions: Eating a High Potassium Diet  
Discharge Instructions: Eating a Low Copper Diet  
Discharge Instructions: Eating a Low Potassium Diet  
Discharge Instructions: Eating a Low-Salt Diet  
Discharge Instructions: EpiPen Auto Injector  
Discharge Instructions: Flushing your Feeding Tube  
Discharge Instructions: Giving a Subcutaneous (Sub-Q) Injection  
Discharge Instructions: Giving Medicine through a Feeding Tube  
Discharge Instructions: Halo Ring and Vest Brace  
Discharge Instructions: Holter Monitor  
Discharge Instructions: Incision Care  
Discharge Instructions: Incision Care - Abdomen  
Discharge Instructions: Incision Care - Chest  
Discharge Instructions: Injection Pens  
Discharge Instructions: Intramuscular (IM) Injection -- Selecting Arm Site for Injection  
Discharge Instructions: Intramuscular (IM) Injection -- Selecting Buttock Site for Injection  
Discharge Instructions: Intramuscular (IM) Injection -- Selecting Hip Site for Injection  
Discharge Instructions: Intramuscular (IM) Injection -- Selecting Leg Site for Injection  
Discharge Instructions: Intramuscular (IM) Injection (Overview)  
Discharge Instructions: Irrigating Your Colostomy  
Discharge Instructions: Jewett Brace  
Discharge Instructions: Limiting Fluids  
Discharge Instructions: Low Bacteria Diet  
Discharge Instructions: Miami J Collar (Cervical Neck Brace)  
Discharge Instructions: Pendulum Exercise for Use with Shoulder Repair Surgeries  
Discharge Instructions: Peripherally Inserted Central Catheter (PICC) (Overview)

Discharge Instructions: Philadelphia Collar (Neck Collar)  
Discharge Instructions: Pin Care  
Discharge Instructions: Plaster Cast Care  
Discharge Instructions: Plaster Cast Care (Pediatric)  
Discharge Instructions: Postsurgical Coughing  
Discharge Instructions: Postsurgical Deep Breathing  
Discharge Instructions: Postural Drainage  
Discharge Instructions: Pursed-Lip Breathing  
Discharge Instructions: Removable Cast Care  
Discharge Instructions: Removable Cast Care (Pediatric)  
Discharge Instructions: Self Catheterization for Men  
Discharge Instructions: Self Catheterization for Women  
Discharge Instructions: Splint Care  
Discharge Instructions: Splint Care (Pediatric)  
Discharge Instructions: Sterile Glove Technique  
Discharge Instructions: Stump Wrapping, Below Knee  
Discharge Instructions: Taking a Rectal Temperature (Pediatric)  
Discharge Instructions: Taking ACE Inhibitors  
Discharge Instructions: Taking Alpha Blockers  
Discharge Instructions: Taking an Axillary Temperature (Pediatric)  
Discharge Instructions: Taking Antacids  
Discharge Instructions: Taking Antibiotics  
Discharge Instructions: Taking Antibiotics—Cephalosporins  
Discharge Instructions: Taking Antibiotics—Fluoroquinolones  
Discharge Instructions: Taking Antibiotics—Macrolides  
Discharge Instructions: Taking Antibiotics—Tetracyclines  
Discharge Instructions: Taking Anticoagulants  
Discharge Instructions: Taking Antidepressants  
Discharge Instructions: Taking Benzodiazepines  
Discharge Instructions: Taking Beta Blockers  
Discharge Instructions: Taking Blood Pressure Medications  
Discharge Instructions: Taking Bronchodilators  
Discharge Instructions: Taking Calcium Channel Blockers

Discharge Instructions: Taking Cardiac Glycosides  
Discharge Instructions: Taking Coumadin (Warfarin)  
Discharge Instructions: Taking Digoxin  
Discharge Instructions: Taking Diuretics  
Discharge Instructions: Taking Fast-Acting Nitroglycerin  
Discharge Instructions: Taking Lithium  
Discharge Instructions: Taking Long-Acting Nitroglycerin  
Discharge Instructions: Taking Monoamine Oxidase (MAO) Inhibitors  
Discharge Instructions: Taking Narcotic (Opioid) Analgesics  
Discharge Instructions: Taking Nitrates  
Discharge Instructions: Taking Selective Serotonin Reuptake Inhibitors (SSRIs)  
Discharge Instructions: Taking Statins  
Discharge Instructions: Taking Tricyclic Antidepressants  
Discharge Instructions: Taking Vasodilators  
Discharge Instructions: Taking Your Blood Pressure  
Discharge Instructions: Taking Your Pulse  
Discharge Instructions: Thoraco-Lumbar Sacral Orthosis (TLSO) Brace  
Discharge Instructions: Total Parenteral Nutrition (TPN) - Adding Medicine to your Solution  
Discharge Instructions: Total Parenteral Nutrition (TPN) (Overview)  
Discharge Instructions: Total Parenteral Nutrition (TPN) Flushing your Catheter  
Discharge Instructions: Tracheostomy or Stoma Care  
Discharge Instructions: Transcyte Dressings  
Discharge Instructions: Traveling with Oxygen  
Discharge Instructions: Unna Boot  
Discharge Instructions: Unna Boot (Pediatric)  
Discharge Instructions: Using a Cane  
Discharge Instructions: Using a Cold Water Therapy Device  
Discharge Instructions: Using a Continuous Passive Motion Machine

Discharge Instructions: Using a Metered-Dose Inhaler  
Discharge Instructions: Using a Peak Flow Meter  
Discharge Instructions: Using a Walker  
Discharge Instructions: Using a Walker on Stairs and Steps  
Discharge Instructions: Using a Walker to Get In and Out of a Car  
Discharge Instructions: Using a Walker to Get Up and Down from a Chair  
Discharge Instructions: Using a Walker to Go Through Doors  
Discharge Instructions: Using a Walker to Go Up and Down Curbs  
Discharge Instructions: Using an Auto Injector  
Discharge Instructions: Using an Incentive Spirometer  
Discharge Instructions: Using an Incentive Spirometer (Tracheostomy Tube)  
Discharge Instructions: Using Crutches (Non-Weight-Bearing)  
Discharge Instructions: Using Crutches (Weight-Bearing)  
Discharge Instructions: Using Oxygen at Home  
Discharge Instructions: Wound Care  
Discharge Instructions: Wound Packing  
Discharge Instructions: Xeroform Dressings  
Preparing Your Residual Limb for a Prosthesis

## ER/Trauma

Abdominal Pain  
Achilles Tendon Rupture  
Adult Self-Care for Colds and Flu  
After a Concussion  
After a Hip Fracture: Common Questions  
After Leg Amputation: Keeping Your Other Leg Healthy  
Animal Bites and Scratches  
Appendectomy  
Autonomic Dysreflexia  
Avian Influenza (Bird Flu)  
Back Fracture (Compression Fracture)  
Bacterial Gastroenteritis  
Bacterial Meningitis  
Bell's Palsy  
Black Eye  
Blunt Abdominal Trauma  
Broken Bones: A Note About Children

Burn Emergencies  
Carbon Monoxide Poisoning  
Cast Care  
Cast Care for Kids  
Cast Care: Types of Casts and Cast Aids  
Cast Care: When Your Cast Comes Off  
Cast Care: Why You Need a Cast  
Choking in Infants  
Controlling Asthma Triggers: Other  
Controlling High Blood Pressure  
Contusions (Bruises)  
Coping with Colic  
Corneal Injury  
Croup  
Dehydration  
Dental Trauma  
Dislocations (Shoulder, Jaw, Elbow, Finger)  
Facial Fracture  
Finger or Toe Fracture (Broken Finger or Toe)  
First Aid: Allergic Reactions  
First Aid: Bandaging  
First Aid: Bleeding  
First Aid: Burns  
First Aid: Chemical Exposure  
First Aid: Choking  
First Aid: Cold Exposure  
First Aid: CPR  
First Aid: Cuts and Scrapes  
First Aid: Electrical Shocks  
First Aid: Head Injuries  
First Aid: Heart Attacks  
First Aid: Heat Exposure  
First Aid: Poisoning  
First Aid: Punctures  
First Aid: Rescue Breathing  
First Aid: Seizures  
First Aid: Shock  
First Aid: Sprains and Fractures  
Fitting Your Cane  
Fitting Your Crutches  
Flu Shots for Children  
Flu Shots for People Over 50  
Food-Borne Illness (Food Poisoning)  
For Kids: Controlling Asthma Triggers  
Foreign Body in Ear or Nose  
Foreign Object in Cornea  
Giardiasis  
H1N1 Influenza (Swine Flu)  
Head Trauma (Traumatic Brain Injury)  
Heart Failure: Warning Signs of a Flare-Up  
Heatstroke  
How Bones Heal  
How to Call for Emergency Help  
How to Check Your Blood Sugar  
How to Prevent the Spread of Tuberculosis  
Human Bites

Hyperglycemia (High Blood Sugar)  
Hyphema  
Hypoglycemia (Low Blood Sugar)  
Incision Care  
Incision Care: Abdomen  
Influenza  
Insect Bites and Stings  
Kick Counts  
Lateral Transfers  
Leg Artery Emergencies: Acute Arterial Occlusion  
Leg Artery Emergencies: Critical Limb Ischemia (CLI)  
Leg or Arm Fracture  
Marine Bites and Stings  
Measles (Rubella)  
Medications for GERD  
Meningitis  
Neck or Spine Fracture (Broken Neck or Spine)  
Nosebleed  
Oral Thrush  
Pain Management  
Pertussis (Whooping Cough): When to Go to Emergency  
Pneumothorax (Collapsed Lung)  
Preventing Common Respiratory Infections  
Problems with Trunk Control: safety Consideration  
Protect Your Child from the Flu  
R.I.C.E.  
Radial Head Subluxation (Pulled Elbow)  
Recognizing and Treating Wound Infection  
Recognizing Labor  
Reducing the Risk of Middle Ear Infections  
Relieving Back Pain  
Responding to an Emergency  
Rib Fracture (Broken Rib)  
Self-Care for Cuts, Scrapes, and Burns  
Self-Care for Low Back Pain  
Self-Care for Strains and Sprains  
Sensory Conditions: Safety Considerations  
Sepsis  
Sexual Assault (Rape)  
Shingles (Herpes Zoster)  
Shoulder Blade or Collarbone Fracture  
Smoke Inhalation  
Snake Bites  
Spinal Cord Injury  
Spinal Cord Injury: Treatment and Rehabilitation  
Stages of Labor  
Strep Throat  
Stress Fracture  
Stroke: Taking Medications

Subungual Hematoma  
Sunburn (Sun Poisoning)  
Surgery for Appendicitis  
Suture Care  
Swallowed Object  
Symptoms of a Heart Attack  
Symptoms of a Stroke  
Tailbone (Coccyx) Fracture  
Thrombosed Hemorrhoids  
Tick Bites  
Tinnitus (Ringing in the Ears)  
Tips for Giving Antibiotics to Children  
Tips to Control Acid Reflux  
Torticollis (Wry Neck)  
Treating Ankle Fractures  
Treating Ankle Sprains  
Treating Anterior Cruciate Ligament (ACL) Injuries  
Treating Constipation  
Treating Diarrhea  
Treating Flexor Tendon Lacerations  
Treating Gallstones  
Treating Hand Fractures  
Treating Pneumonia  
Treating Sexual Assault  
Treating Wrist Fractures  
Treating Strains and Sprains  
Ultraviolet Keratitis  
Understanding Asthma  
Understanding Asthma Triggers  
Understanding Diverticulosis and Diverticulitis  
Understanding H. pylori and Ulcers  
Understanding Health Care Facilities  
Understanding Hip Fractures  
Understanding Leg Amputation: Surgery After Injury  
Understanding Middle Ear Infections  
Understanding Pancreatitis  
Understanding Preeclampsia  
Understanding Preterm Labor  
Understanding Traumatic Brain Injury  
Understanding Urinary Tract Infections (UTIs)  
Urinary Tract Infections in Men  
Urinary Tract Infections in Women  
Using a Cane  
Using a Nebulizer (Pediatric)  
Using a Peak Flow Meter  
Using an Inhaler with a Spacer  
Using an Inhaler Without a Spacer  
Using Crutches: Non-Weight-Bearing  
Using Crutches: Sitting, Standing, Through Doors  
Using Crutches: Up and Down Steps  
Using Crutches: Weight-Bearing  
Ventricular Arrhythmia

West Nile Virus  
What Are Ankle Sprains?  
What Are Gallstones?  
What Is a Hernia?  
What Is a TIA?  
What Is Angina?  
What Is Appendicitis?  
What Is Atrial Flutter/Atrial Fibrillation?  
What Is Chronic Bronchitis?  
What Is GERD?  
What Is Heart Failure?  
What Is Ischemic Stroke?  
What Is Pneumonia?  
What to Expect in the Emergency Room  
When to Use the Emergency Room (ER)  
When Your Child Has Osteomyelitis  
Whiplash  
Wound Care  
Your Amputation Surgery  
Your Amputation Team  
Your Asthma Zones Action Plan (Adult)

## Gastroenterology

Abdominal Pain  
Anatomy of the Digestive System  
Bacterial Gastroenteritis  
Barium Enema  
Bleeding Peptic Ulcer: Treatment  
Bolos Tube Feeding  
Colonoscopy  
Colorectal Cancer Screening  
Colostomy: Changing Your Pouch  
Common Tests for Liver Disease  
Cryptosporidium Infection (Cryptosporidiosis)  
Diagnosing Hemorrhoids  
Diagnosing Hepatitis C  
Diet and Lifestyle Tips for IBS  
E Coli Infection  
Eating a High-Fiber Diet  
Esophageal Dilatation  
Esophageal Manometry  
Esophagitis  
Evaluating and Treating Rectal Bleeding  
Food-Borne Illness (Food Poisoning)  
Giardiasis  
Hepatic Angiography  
Hepatitis A (HAV) Infection  
Hepatitis C and HCV Infection  
Hepatitis C: Getting Support  
Hepatitis C: Glossary  
Hepatitis C: Know the Facts  
Hepatitis C: Preventing the Spread  
Hepatitis C: Protecting Your Liver  
Hepatitis C: Should You Get Tested?

How the Liver Works  
Ileus  
Large Bowel Obstruction  
Lifestyle Management of Crohn's Disease  
Liver Biopsy  
Lower GI Endoscopy  
Management of Crohn's Disease: Medications  
Management of Ulcerative Colitis: Lifestyle  
Management of Ulcerative Colitis: Medications  
Medications for Acid Reflux  
Medications for GERD  
Peptic Ulcer  
Salmonella Infection (Salmonellosis)  
Sigmoidoscopy  
Small Bowel Obstruction  
Surgery for GERD  
Thrombosed Hemorrhoids  
Tips for Lactose Intolerance  
Tips to Control Acid Reflux  
Tips to Control GERD  
Treating Cirrhosis  
Treating Constipation  
Treating Diarrhea  
Treating Dysphagia  
Treating Gallstones  
Treating Gastritis  
Treating Hemorrhoids: Self-Care  
Treating Hepatitis B (HBV)  
Treating Hepatitis C (HCV)  
Treating Hepatitis C: Medications  
Understanding Cirrhosis  
Understanding Colon and Rectal Polyps  
Understanding Diverticulosis and Diverticulitis  
Understanding Dysphagia  
Understanding Gastritis  
Understanding H. pylori and Ulcers  
Understanding Hepatitis B (HBV)  
Understanding Hepatitis C (HCV)  
Understanding Liver Biopsy  
Understanding Liver Transplant  
Understanding Pancreatitis  
Understanding Rectal Bleeding  
Upper GI Endoscopy  
Upper GI Series  
What Are Gallstones?  
What Is a Hiatal Hernia?  
What Is Acid Reflux?  
What Is Barrett's Esophagus?  
What Is Colon and Rectal Cancer (Colorectal Cancer)?  
What Is Crohn's Disease?  
What Is GERD?  
What Is IBS?  
What Is Pancreatic Cancer?

What Is Stomach (Gastric) Cancer?  
What Is Ulcerative Colitis?  
What to Know About Hepatitis C Treatment  
When You Have Gastrointestinal (GI) Bleeding  
Your Liver Transplant: The Procedure

## General Surgery

Advance Medical Directive  
After a Thoracoscopy  
After an Appendectomy  
After Bariatric Surgery: The First Six Weeks  
After Bowel Surgery: Recovering in the Hospital and at Home  
After Gallbladder Surgery  
After Hernia Surgery  
After Peripheral Artery Bypass Surgery: At Home  
After Peripheral Artery Bypass Surgery: In the Hospital  
After Thyroid Surgery  
After Thyroidectomy  
After Tonsillectomy/Adenoidectomy  
An Agent's Role for Durable Power of Attorney  
Anesthesia: After Your Surgery  
Anesthesia: Before You Receive Anesthesia  
Anesthesia: General Anesthesia  
Anesthesia: Monitored Anesthesia Care (MAC)  
Anesthesia: Regional Anesthesia  
Appendectomy  
Bariatric Surgery: Biliopancreatic Diversion (BPD)  
Bariatric Surgery: Laparoscopic Adjustable Banding  
Bariatric Surgery: Possible Risks and Complications  
Bariatric Surgery: Your Surgical Experience  
Bathroom Safety After Surgery  
Blood Management (Transfusions)  
Breast Reconstruction with Flap Procedures  
Breast Reconstruction with Implants  
Caring for Yourself After Hysterectomy  
Choosing an Agent  
Cleaning Your Tracheostomy  
Colorectal Surgery: Recovering in the Hospital and at Home  
Colostomy: Caring for Your Stoma  
Colostomy: Changing Your Pouch  
Colostomy: Irrigating Your Colostomy

Colostomy: Nutritional Management  
Colostomy: Selecting Your Pouch  
Common Thyroid Problems  
Deciding on Bariatric Surgery  
Diagnosing Hemorrhoids  
Discharge Instructions for Open Hernia Repair  
ERCP  
Evaluating Thyroid Problems  
Exercises After Breast Surgery: Ball Squeeze, Arm Cross, Broom Stretch  
Exercises After Breast Surgery: Wall Climb, Chicken Wing  
Getting Your Breast Biopsy Results  
Having Bowel Surgery: Continent Ileostomy  
Having Bowel Surgery: Ileoanal Pouch  
Having Bowel Surgery: Limited Bowel Resection  
Having Bowel Surgery: Proctocolectomy with Permanent Ileostomy  
Having Carotid Endarterectomy  
Having Cholecystectomy  
Having Hernia Surgery: Patch Repair  
Having Hernia Surgery: Traditional Repair  
Having Laparoscopic Cholecystectomy  
Having Laparoscopic Colon Surgery  
Having Laparoscopic Hernia Surgery: TAPP  
Having Laparoscopic Hernia Surgery: TEPP  
Having Open Colon Surgery  
Having Rectal Surgery  
Hernia Repair Surgery  
How a Hernia Develops  
Hysterectomy  
Hysterectomy: Surgical Procedures  
Ileostomy: Caring For Your Stoma  
Ileostomy: Changing Your Pouch  
Ileostomy: Dealing with a Food Blockage  
Ileostomy: Emptying Your Pouch  
Ileostomy: Nutritional Management  
Ileostomy: Selecting Your Pouch  
Incision Care: Abdomen  
Incision Care: Chest  
Inflammatory Breast Cancer  
IV Care: Clean Setup  
IV Care: TPN (Total Parenteral Nutrition) Therapy  
IV Care: Using IV Antibiotics  
Laparoscopic Hysterectomy: Your Experience  
Laparoscopic Hysterectomy: Your Home Recovery

Laparoscopic Hysterectomy: Your Hospital Recovery  
Life Support  
Liver Biopsy  
Lumpectomy  
Making Bariatric Surgery Work for You  
Mastectomy  
Mastectomy: After Surgery  
Mastectomy: Follow-Up Care  
Mastectomy: Healing at Home  
Obesity Surgery: Roux-en-Y Bypass  
Ostomy Care: Emptying Your Pouch  
Parathyroid Surgery  
Parathyroid Surgery: Your Evaluation  
Pelvic Laparoscopy  
Percutaneous Breast Biopsy  
Peripheral Artery Bypass Surgery  
Preventing Lymphedema After Breast Surgery  
Problems Laparoscopic Hysterectomy Can Treat  
Problems That Hysterectomy Can Treat  
Recovering from Colorectal Surgery  
Recovering from Hysterectomy  
Removing Life Support  
Role of the Thyroid  
Stereotactic Breast Biopsy  
Suctioning Your Tracheostomy  
Surgery for Appendicitis  
Surgery for GERD  
Surgery for Lung Cancer  
Surgical Breast Biopsy: Types of Biopsies  
Surgical Breast Biopsy: Your Experience  
Thinking About Hysterectomy  
Thoracoscopy  
Thoracotomy  
Thoracotomy: Your Home Recovery  
Thoracotomy: Your Hospital Recovery  
Thrombosed Hemorrhoids  
Thyroid Surgery  
Tonsillectomy/Adenoidectomy  
Tracheostomy Care  
Treating Gallstones  
Treating Hemorrhoids: Removal  
Treating Hemorrhoids: Self-Care  
Treating Hemorrhoids: Surgery  
Treating Thyroid Problems  
Types of Colon Resections  
Types of Laparoscopic Hysterectomy  
Types of Surgery for Breast Cancer  
Understanding DNR Orders  
Understanding Hemorrhoids

Understanding Hyperparathyroidism  
Understanding Laparoscopic Hysterectomy  
Understanding Liver Biopsy  
Understanding Lung Surgery  
Understanding Peripheral Artery Disease  
Understanding the Parathyroid Glands  
What Are Gallstones?  
What Is a Colostomy?  
What Is a Hernia?  
What Is a Hiatal Hernia?  
What Is a Tracheostomy?  
What Is an Ileostomy?  
What Is Appendicitis?  
What Is Sentinel Node Breast Biopsy

## Health Promotion

A Sample Walking Program  
A Walking Program for Peripheral Arterial Disease (PAD)  
Acupuncture  
Adult Immunization Schedule  
Adult Self-Care for Colds and Flu  
Aerobic Exercise for a Healthy Heart  
Before You Start Your Diabetes Exercise Plan  
Breast Self-Exam (BSE)  
Childhood Vaccination Schedule  
Childhood Vaccinations  
Chiropractic Care  
Chronic Health Conditions: Taking an Active Role in Your Care  
Clinical Breast Exam  
Combat Stress with a Healthy Lifestyle  
Communicating with Others About Your Health  
Complementary Health Care  
Complementary Health Care: Getting the Answers You Need  
Controlling High Blood Pressure  
Controlling Stress (Cardiovascular)  
Controlling Your Cholesterol  
Coping with Smoking Withdrawal  
Coping with Your Diagnosis of a Chronic Health Condition  
Diabetes and Peripheral Arterial Disease (PAD)  
Diabetes: Tracking Your Fitness Progress  
Eating a High-Fiber Diet  
Eating Healthy  
Eating Out: Tips for Making Healthy Choices  
Exercise During Pregnancy  
Exercise for a Healthier Heart  
Exercise: Adding Intensity

Exercise: Fitting It into Your Life  
Exercise: Getting the Most from Your 30 Minutes  
Exercise: Measuring Your Pace  
Exercise: The Rewards of Fitness  
Exercise: Warm Up, Cool Down, Stretch, and Strengthen  
Exercise: Why Fitness Matters  
Exercising Safely  
Finding Your Ideal Weight  
Flu Shots for Children  
Flu Shots for People Over 50  
For Parents: Helmet Safety  
For Parents: Making Your Home Safe  
For Teens: What You Should Know About Smoking  
Getting a Flu Shot  
Getting Support for Quitting Smoking  
Getting Support When You Have Diabetes  
Guarding Your Health and Safety  
Health Effects of Smoking  
Healthy Tips for Eating Out  
High Blood Pressure and Kidney Disease (JNC-7)  
Homeopathy  
How to Brush Your Teeth  
How to Call for Emergency Help  
How to Floss Your Teeth  
How to Put on a Condom  
How to Take Your Pulse  
Identifying Causes of Stress  
Keys to Managing Stress  
Kid Care: Colds  
Kid Care: Fever  
Lifestyle Changes to Control Cholesterol  
Living with a Chronic Health Condition  
Living with a Chronic Health Condition: Reducing Stress  
Losing Weight (Cardiovascular)  
Low-Fat Cooking Tips  
Low-Salt Choices  
Managing Stress When You Have Diabetes  
Massage Therapy  
Medication for Cholesterol Control  
Mind-Body Therapy  
More Tips for Healthy Eating Out  
Naturopathy  
Pain Management  
Personal Hygiene Basics  
Planning to Quit Smoking  
Preventing Cancer  
Preventing Common Respiratory Infections  
Preventing Food Poisoning  
Preventing the Spread of Infection  
Protect Your Child from the Flu  
Quitting Smoking During Pregnancy  
Reading Food Labels

Recognizing and Treating Wound Infection  
Responding Better to Stress  
Sample Menus for Eating Out  
Self-Care for Cuts, Scrapes, and Burns  
Self-Care for Headaches  
Self-Care for Low Back Pain  
Self-Care for Skin Rashes  
Self-Care for Sore Throats  
Self-Care for Strains and Sprains  
Self-Care for Vomiting and Diarrhea  
Smoking and Peripheral Arterial Disease (PAD)  
Staying Smoke-Free  
Stress Relief: A Positive Lifestyle  
Stress Relief: Activities  
Stress Relief: Changing Your Response  
Stress Relief: Relaxation  
Stress: Causes and Effects  
Taking an Active Role in Your Medication  
Taking Medication Safely  
Testicular Self-Exam (TSE)  
The Benefits of Living Smoke Free  
Tips for Quitting Smoking (Cardiovascular)  
Type 1 Diabetes: Getting Active  
Understanding Body Mass Index (BMI)  
Understanding Health Care Facilities  
Understanding STDs  
Understanding Your Cholesterol Numbers  
Using Herbs Safely  
Walking for Fitness  
Weight Management: Exercise and Activity  
Weight Management: Fact and Fiction  
Weight Management: Getting Started  
Weight Management: Healthy Eating  
Weight Management: Overcoming Your Barriers  
Weight Management: Take it Off and Keep it Off  
What Is High Blood Pressure? (JNC-7)  
What Is Prenatal Care?  
What's in an Exercise Program?  
When to Use the Emergency Room (ER)  
Why Do You Smoke?

## Hospital Care

Advance Medical Directive

An Agent's Role for Durable Power of Attorney  
Anesthesia: After Your Surgery  
Anesthesia: Before You Receive Anesthesia  
Anesthesia: General Anesthesia  
Anesthesia: Monitored Anesthesia Care (MAC)  
Anesthesia: Regional Anesthesia  
Avoiding Surgical Mistakes  
Bathroom Safety After Surgery  
Before Surgery: Preparing Your Home  
Blood Management (Transfusions)  
Bloodborne Pathogens: After an Accident  
Bloodborne Pathogens: OSHA Regulations  
Bloodborne Pathogens: Understanding Controls  
Bolus Tube Feeding  
Caring for a Drainage Tube  
Caring for Your PD Catheter and Exit Site  
Central Line Infections  
Central Vein Access: Placing the Catheter  
Choosing an Agent  
Clostridium difficile Infection  
Colostomy: Changing Your Pouch  
Communicating About Pain  
Complementary Care for Pain  
Continuous Tube Feeding  
Delivering Pain Medication  
Discharge Instructions: Administering IV Antibiotics  
Discharge Instructions: Giving a Subcutaneous (Sub-Q) Injection  
Emptying Your Foley Catheter Bag  
Extended Spectrum Beta-lactamases (ESBLs)  
Feeding Tube Care: Flushing  
Flushing an IV Catheter  
Handwashing: Tips for Patients, Family, and Friends  
Healthcare Workers: Preventing Hepatitis B & C  
Healthcare Workers: Preventing HIV Infection  
Healthcare-Associated Pneumonia  
Incision Care  
Incision Care After an Episiotomy  
Incision Care: Abdomen  
Incision Care: Chest  
Inside the ICU (Intensive Care Unit)  
Intensive Care Guidelines  
Intensive Care Unit (ICU): What You Can Do for Your Loved One  
IV Care: Clean Setup  
IV Care: TPN (Total Parenteral Nutrition) Therapy  
IV Care: Using IV Antibiotics  
IV Catheter Site Care  
Life Support

Managing Post-Op Pain at Home: Medications  
Managing Post-Op Pain at Home: Non-Medication Relief  
Measuring Your Pain  
Medication for Pain  
Methicillin-Resistant Staphylococcus aureus (MRSA) Infection  
Multidrug-Resistant Organisms (MDROs)  
Nutrition After Surgery  
Ostomy Care: Emptying Your Pouch  
Pain Management  
PD Catheter Access: Placing the Catheter  
Peripherally Inserted Central Catheter (PICC)  
Postsurgical Checklist  
Postsurgical Coughing  
Postsurgical Deep Breathing  
Preparing for Outpatient Surgery  
Presurgery Checklist  
Preventing Falls: Are You At Risk of Falling?  
Preventing Falls: Exercises to Improve Balance, Flexibility, Strength, and Staying Power  
Preventing Falls: How to Prepare and What to Do  
Preventing Falls: In the Hospital  
Preventing Falls: Make Your Health a Priority  
Preventing Falls: Making Changes in Your Living Space  
Preventing Falls: Moving Safely Out of a Chair and Bed  
Preventing Falls: Moving Safely Outside  
Preventing Falls: Moving Safely Using a Cane or Walker  
Preventing Falls: Staying Active  
Preventing the Spread of Infection  
Preventing the Spread of Infection: Understanding Isolation Procedures  
Receiving IV Chemotherapy  
Recognizing and Treating Wound Infection  
Removing Life Support  
Self Blood Donation  
Self-Catheterization for Men  
Self-Catheterization for Women  
Standard Precautions: Cleaning Up Contamination  
Standard Precautions: Gloves and Other PPE  
Standard Precautions: Handwashing  
Standard Precautions: Needles and Other Sharps  
Standard Precautions: Removing Gloves Safely  
Staph Infection (non-MRSA)

Surgery for Abdominal Aortic Aneurysm  
Surgical Site Infections  
Suture Care  
Transmission-Based Precautions: Airborne  
Transmission-Based Precautions: Contact  
Tube Feeding: Skin and Mouth Care  
Tuberculosis (TB)  
Types of Anesthesia  
Understanding Blood Donation Before Surgery  
Understanding Bloodborne Pathogens  
Understanding DNR Orders  
Understanding Health Care Facilities  
Understanding Restraints  
Understanding the Pain Response  
Understanding Tube Feeding  
Understanding Ventilators  
Urostomy: Caring for Your Stoma  
Urostomy: Changing Your Pouch  
Urostomy: Emptying Your Pouch  
Urostomy: Maintaining Your Health  
Urostomy: Managing Skin Problems  
Urostomy: Selecting Your Pouch  
Urostomy: Using a Night Drainage System  
Using a PCA Pump  
Using an Incentive Spirometer  
What Is a Urostomy?  
What Is Intensive Care?  
What Is Pneumonia?  
When to Use the Emergency Room (ER)  
When You Need a Blood Transfusion  
Wound Care

## Infectious Disease

Adult Immunization Schedule  
Adult Self-Care for Colds and Flu  
Avian Influenza (Bird Flu)  
Bacterial Gastroenteritis  
Bacterial Meningitis  
Clostridium difficile Infection  
Diagnosing Hepatitis C  
Extended Spectrum Beta-lactamases (ESBLs)  
Getting a Flu Shot  
H1N1 Influenza (Swine Flu)  
Handwashing: Tips for Patients, Family, and Friends  
Healthcare-Associated Pneumonia

Hepatitis C and HCV Infection  
Hepatitis C: Getting Support  
Hepatitis C: Glossary  
Hepatitis C: Know the Facts  
Hepatitis C: Preventing the Spread  
Hepatitis C: Protecting Your Liver  
Hepatitis C: Should You Get Tested?  
How to Prevent the Spread of Tuberculosis  
Influenza  
Medication for Tuberculosis  
Meningitis  
Methicillin-Resistant Staphylococcus aureus (MRSA) Infection  
Mononucleosis  
Multidrug-Resistant Organisms (MDROs)  
Pneumonia in Children  
Preventing Pneumonia  
Preventing the Spread of Infection  
Preventing the Spread of Infection: Understanding Isolation Procedures  
Rotavirus Infection in Children  
RSV (Respiratory Syncytial Virus)  
Shingles (Herpes Zoster)  
Staph Infection (non-MRSA)  
Treating Hepatitis B (HBV)  
Treating Hepatitis C (HCV)  
Treating Hepatitis C: Medications  
Treating Pneumonia  
Tuberculosis (TB)  
Tuberculosis Testing  
Understanding Hepatitis B (HBV)  
Understanding Hepatitis C (HCV)  
Viral Meningitis in Children  
West Nile Virus  
What Is Pneumonia?  
What to Know About Hepatitis C Treatment  
When Your Child Has Tuberculosis

## Lab Tests

5-HIAA Test  
A1c Test  
ACE Test  
ACT Test  
ACTH Test  
AFB Culture  
AFP Tumor Markers  
Albumin Test  
Aldosterone and Renin Tests  
Allergy Test  
ALP Test  
Alpha-1 Antitrypsin Test  
ALT Test  
AMA Test  
Ammonia Test  
Amylase Test  
ANA Test

Antiphospholipid Antibodies  
Antithrombin (III) Test  
Apo A Test  
Apo B Test  
ApoE Genotyping  
ASMA Test  
ASO Test  
AST Test  
B12 and Folate Tests  
Basic Metabolic Panel  
Bilirubin Test  
Blood Cultures  
Blood Gases  
Blood Smear  
Blood Typing  
BNP/NT-proBNP Test  
Bone Marrow Aspiration and Biopsy  
BRCA Test  
BUN Test  
C-peptide Test  
C. diff Test  
CA-125 Test  
CA 15-3 Test  
CA 19-9 Test  
Calcitonin Test  
Calcium Test  
Carbamazepine Test  
Cardiac Biomarkers  
Cardiolipin Antibodies Test  
Catecholamine Tests  
CCP Test  
CD4 Count  
CEA Test  
Celiac Disease Tests  
Ceruloplasmin Test  
CF Gene Mutation Test  
Chlamydia Test  
Chloride Test  
Cholesterol Test  
Chromogranin A Test  
CK-MB Test  
CK Test  
CMV Test  
Coagulation Factors Table  
Complete Blood Count  
Comprehensive Metabolic Panel  
Copper Test  
Cortisol Test  
Creatinine Clearance  
Creatinine Test  
CRP Test  
Cyclosporine Test  
Cystatin C Test  
D-dimer Test  
DHEAS Test  
Diabetes-related Autoantibodies  
Digoxin Test  
Direct Antiglobulin Test  
DLDL Test  
Drug Abuse Screen  
EBV Antibodies Test  
EGFR Test  
Electrolyte Tests  
Electrophoresis

Erythropoietin Test  
ESR Test  
Estrogen Test  
Ethanol Test  
Factor V Leiden and PT 20210 Tests  
Fecal Occult Blood Test  
Ferritin Test  
fFN Test  
Fibrinogen Test  
First Trimester Down Syndrome Screen  
Fructosamine Test  
FSH Test  
Fungal Tests  
G6PD Test  
Gastrin Test  
GGT Test  
Glucose Tests  
Gonorrhea and Chlamydia Test  
Gonorrhea Test  
Gram Stain  
Growth Hormone Test  
H-pylori Test  
Haptoglobin Test  
hCG Test  
HDL Cholesterol Test  
Hematocrit Test  
Hemoglobin and Hematocrit Tests  
Hemoglobin Test  
Hepatitis A Test  
Hepatitis B Test  
Hepatitis C Test  
Hepatitis Panel  
Her-2/neu Test  
Herpes Simplex Test  
HIV Antibody Test  
HIV Genotypic Resistance Testing  
HIV Viral Load  
HLA-B27 Test  
Homocysteine Test  
Hormone Receptors  
HPV Test  
hs-CRP Test  
IGF-1 Test  
IMA Test  
Indirect Antiglobulin Test  
Infant Screening: Iron Deficiency Anemia  
Infant Screening: Lead Poisoning  
Infant Screening: Tuberculosis  
Influenza Tests  
Insulin Test  
Lactate Test  
LDH Test  
LDL Cholesterol  
Lead Test  
LH Test  
Lipase Test  
Lipid Profile  
Lipoprotein Subfraction Testing  
Lithium Test

Liver Panel  
Lp(a) Test  
Lupus Anticoagulant Test  
Lyme Disease Test  
Magnesium Test  
Mercury Test  
Methylmalonic Acid Test  
Microalbumin Test  
Mono Test  
MRSA Screening  
Multiparameter Gene Expression Tests for Breast Cancer  
Mycophenolic Acid Test  
Myoglobin Test  
Newborn Screening: Galactosemia  
Nicotine / Cotinine Test  
O & P Test  
Osmolality Test  
p24 Antigen Test  
Pap Smear  
Pericardial Fluid Analysis  
Peritoneal Fluid Analysis  
Pertussis Test  
Phenobarbital Test  
Phenytoin Test  
Phosphorus Test  
Plasma Free Metanephrine Test  
Platelet Count  
Porphyrin Tests  
Potassium Test  
Prealbumin Test  
Pregnancy Screening Tests  
Progesterone Test  
Prolactin Test  
Protein C and Protein S Test  
PSA Test  
PSEN1 Test  
PT/INR Test  
PTH Test  
PTT Test  
Qualitative hCG Test  
Quantitative hCG Test  
Rapid Strep Test  
Red Blood Cell Count  
Reticulocyte Count  
Rheumatoid Factor Test  
RSV Test  
Rubella Test  
Screening Tests for Adults (50 and Up)  
Screening Tests for Adults (Ages 30 to 49)  
Screening Tests for Children (Ages 2 to 12)  
Screening Tests for Infants  
Screening Tests for Newborns  
Screening Tests for Newborns (Overview)  
Screening Tests for Teens (Ages 13 to 18)  
Screening Tests for Young Adults (Ages 19 to 29)  
Semen Analysis  
Serotonin Test  
Serum Iron Test

SHBG Test  
Sirolimus Test  
Sodium Test  
Soluble Mesothelin-Related Peptides Test  
Stool Culture  
Strep Throat  
Strep Throat Culture  
Sweat Chloride Test  
Syphilis Test  
T3 Test  
T4 Test  
Tacrolimus Test  
Tau/A Beta $\beta$ 42 Test  
TB Skin Test  
Testosterone Test  
Theophylline and Caffeine Tests  
Therapeutic Drug Screen  
Thyroglobulin Test  
Thyroid Antibodies Test  
Thyroid Panel  
TIBC & Transferrin Tests  
TORCH Panel  
Total Protein and A/G Ratio Tests  
TPMT Test  
Trichomonas Test  
Triglyceride Test  
Triple/Quad Screen  
Troponin Test  
Trypsin Test  
Trypsinogen Test  
TSH Test  
Uric Acid Test  
Urinalysis  
Urine Culture  
Urine Metanephrine Tests  
Urine Protein Test  
Valproic Acid Test  
Vancomycin Test  
Vitamin D Tests  
WBC Differential Count  
West Nile Virus Test  
White Blood Cell Count  
Wound Culture  
ZPP Test

## Medications

***(List does not include Krames On-Demand Drug Sheets)***

Diabetes: Ways to Take Medication  
Fast-Acting Nitroglycerin  
Heart Failure: Medications to Help Your Heart  
Long-Acting Nitroglycerin  
Taking a Beta-Blocker  
Taking a Diuretic  
Taking ACE Inhibitors

Taking an Active Role in Your Medication  
Taking an Oral Corticosteroid  
Taking Antibiotics: Fluoroquinolones  
Taking Antibiotics: Macrolides  
Taking Antibiotics: Tetracyclines  
Taking Aspirin for Peripheral Arterial Disease (PAD)  
Taking Coumadin  
Taking Digoxin  
Taking Medication for Diabetes  
Taking Medication Safely  
Taking Norvasc®  
Taking Plavix for Peripheral Arterial Disease (PAD)  
Taking Pletal for Peripheral Arterial Disease (PAD)  
Taking Potassium  
Understanding Neupogen  
Using Antianxiety Medications  
Using Antidepressants  
Using Antipsychotics

## Mental Health

Addiction: Ask Yourself These Questions  
Addiction: Getting Help  
Addiction: Your Treatment Options  
Alcoholism: Getting Help  
Alcoholism: How to be Part of the Solution  
Alcoholism: Myths and Facts  
Alcoholism: Resources for Family and Friends  
Attention Deficit Disorder (ADD) in Adults  
Change in the Workplace: Coping with Transition  
Change in the Workplace: Layoffs  
Chronic Health Conditions: Taking an Active Role in Your Care  
Cocaine: Getting Help  
Cocaine: Myths and Facts  
Cocaine: Understanding Its Effects  
Combat Stress with a Healthy Lifestyle  
Communicating with Others About Your Health  
Coping with Change in the Workplace  
Coping with Your Diagnosis of a Chronic Health Condition  
Counseling for Depression  
Dealing with Violence in the Workplace: Causes of Violence  
Dealing with Violence in the Workplace: Range of Violence

Dealing with Violence in the Workplace: The Aftereffects  
Depression Affects Your Mind and Body  
Depression and Suicide in Older Adults  
Depression and the Brain's Chemical Balance  
Depression: Tips to Help Yourself  
Domestic Abuse: Changing Your Life  
Grief and Loss  
Helping Yourself Through Grief and Loss  
Identifying Causes of Stress  
Keys to Managing Stress  
Know the Signs and Symptoms of Depression  
Living with a Chronic Health Condition  
Living with a Chronic Health Condition: Reducing Stress  
Managing Autism  
Moving Through Grief  
Recognizing Depression in Children and Teens  
Recognizing Suicide Warning Signs in Others  
Recognizing Suicide Warning Signs in Yourself  
Recognizing the Signs of Substance Abuse in Teens  
Recovering from Addiction  
Recovering from Addiction: Continuing with Counseling  
Recovering from Addiction: Coping with Relapse  
Responding Better to Stress  
Sexual Harassment  
Sexual Harassment: How You're Affected  
Signs of Addiction to Food (Compulsive Eating)  
Signs of Addiction to Gambling  
Signs of Addiction to Prescription Drugs  
Signs of Addiction to Work (Workaholism)  
Signs of Addiction: Becoming Addicted  
Signs of Addiction: Problem Use  
Signs of Addiction: Social Use  
Signs of Addiction: When Use Becomes Abuse  
Signs of Alcohol Addiction (Alcoholism)  
Signs of Cocaine Addiction  
Signs of Marijuana Addiction  
Stress Relief: A Positive Lifestyle  
Stress Relief: Activities  
Stress Relief: Changing Your Response  
Stress Relief: Relaxation  
Stress: Causes and Effects  
The Impact of Alcoholism

Tips for Working Parents  
Tips for Working Parents: Planning Ahead  
Tips for Working Parents: Unexpected Situations  
Treating Affective (Mood) Disorders  
Treating Agoraphobia  
Treating Anxiety  
Treating Attention Deficit Disorder (ADD) in Adults  
Treating Bipolar Disorder  
Treating Drug Abuse and Addiction  
Treating Eating Disorders  
Treating Heroin Addiction  
Treating Inhalant Abuse  
Treating Obsessive-Compulsive Disorder (OCD)  
Treating Panic Attacks  
Treating Panic Disorder with Medication  
Treating Posttraumatic Stress Disorder (PTSD)  
Treating Posttraumatic Stress Disorder (PTSD) with Therapy  
Treating Schizophrenia  
Understanding Addiction  
Understanding Adjustment Disorders  
Understanding Affective (Mood) Disorders  
Understanding Agoraphobia  
Understanding Alcoholism  
Understanding Anorexia Nervosa  
Understanding Anxiety  
Understanding Anxiety Disorders  
Understanding Anxiety in Children  
Understanding Autism  
Understanding Binge Eating Disorder  
Understanding Bipolar Disorder  
Understanding Borderline Personality Disorder (BPD)  
Understanding Bulimia Nervosa  
Understanding Conduct Disorder in Children  
Understanding Delusional Disorders  
Understanding Dementia  
Understanding Dysthymia  
Understanding Electroconvulsive Therapy  
Understanding Fetal Alcohol Syndrome  
Understanding Generalized Anxiety Disorder (GAD)  
Understanding Heroin Abuse and Addiction  
Understanding Inhalant Abuse  
Understanding Marijuana Abuse  
Understanding Methamphetamine Abuse and Addiction  
Understanding Obsessive-Compulsive Disorder (OCD)

Understanding Personality Disorders  
Understanding Postpartum Depression  
Understanding Posttraumatic Stress Disorder (PTSD)  
Understanding Posttraumatic Stress Disorder (PTSD) in Children  
Understanding Psychotherapy  
Understanding Reversible Dementias  
Understanding Schizoaffective Disorder  
Understanding Schizophrenia  
Understanding Social Phobia (Social Anxiety Disorder)  
Understanding Specific Phobias  
Using Antianxiety Medications  
Using Antidepressants  
Using Antipsychotics  
Warning Signs of Suicide and What You Can Do  
What Can Cause Depression?  
What Is a Panic Attack?  
What Is Domestic Abuse?  
What You Can Do When a Loved One Is Depressed  
When a Loved One Has a Mental Illness

## Nephrology

After Kidney Transplant  
Anemia and Kidney Disease  
Caring for Your Central Vein Access  
Caring for Your Hemodialysis Access  
Caring for Your PD Catheter and Exit Site  
Caring for Yourself When You Have Kidney Failure  
Central Vein Access: Placing the Catheter  
Coping with Kidney Failure  
Creating a Hemodialysis Access  
Diabetes and Kidney Disease  
Exercise to Help Your Kidneys  
Finding Support for Kidney Disease  
Healthy Kidneys  
Hemodialysis  
High Blood Pressure and Kidney Disease (JNC-7)  
How Your Kidneys Work  
Kidney Disease: Avoiding High-Sodium Foods  
Kidney Disease: Balancing Calcium and Phosphorus  
Kidney Disease: Choosing the Right Protein for Your Body  
Kidney Disease: Eating a Safe Amount of Potassium

Kidney Disease: Eating Less Sodium  
Kidney Disease: Getting the Right Amount of Protein  
Kidney Disease: Limiting Fluids  
Kidney Disease: Reducing Potassium in Foods  
Kidney Disease: Taking Iron for Anemia  
Kidney Disease: Understanding Fluids  
Kidney Failure: Your Health Care Team  
Kidney Problems  
Kidney Transplant  
Living with High Blood Pressure and Kidney Disease  
Managing Your Glucose Level for Diabetes and Kidney Disease  
Monitoring Kidney Health  
PD Catheter Access: Placing the Catheter  
Percutaneous Nephrostomy  
Peritoneal Dialysis (PD)  
Renal Angiography  
Renal Angioplasty and Stenting  
Renal Bone Disease  
Treatment Options for Kidney Failure  
What Is Kidney (Renal) Cancer?

## Neurology

After Carotid Artery Surgery: At Home  
After Carotid Endarterectomy: In the Hospital  
Anatomy of the Brain  
Aphasia: Improving Communication  
Autonomic Dysreflexia  
Bell's Palsy  
Carotid Angiography  
Carotid Artery Problems: Blockage  
Carotid Artery Problems: Stroke  
Carotid Artery Problems: Surgery for TIAs  
Common Symptoms of Parkinson's Disease  
Dementia: Coping Tips for Caregivers  
Diagnosing Epilepsy  
Dizziness (Vertigo) and Balance Problems: Diagnostic Tests  
Dizziness (Vertigo) and Balance Problems: Ensuring Your Safety  
Dysarthria: Improving Speech  
Epilepsy: How Seizures Affect the Body  
Epilepsy: Safety During a Seizure  
Evaluating Dizziness (Vertigo) and Balance Problems  
Exercises You Can Do for Parkinson's Disease

For Caregivers: Daily Care for Dementia Patients  
For Caregivers: Future Planning for Persons with Dementia  
For Caregivers: Improving Communication with Dementia Patients  
For Caregivers: Safety Tips for Dementia Patients  
Getting Around with Parkinson's Disease  
Having Carotid Endarterectomy  
Head Trauma (Traumatic Brain Injury)  
Lateral Transfers  
Living Well with Epilepsy  
Managing Balance Problems: Vestibular Rehabilitation Therapy  
Managing Dizziness (Vertigo) with Medications  
Managing Tension-type Headache Symptoms  
Medications for Partial Seizures  
Migraine Headache: Stages and Treatment  
Migraines and Cluster Headaches  
Mood Swings and Depression After a Stroke  
Neck or Spine Fracture (Broken Neck or Spine)  
Parkinson's Disease: Coping Tips for Caregivers  
Parkinson's Disease: Coping with Your Emotions  
Parkinson's Disease: Home Safety  
Parkinson's Disease: Managing Day to Day  
Parkinson's Disease: Planning for the Future  
Parkinson's Disease: Tips for Taking Medications  
Parkinson's Disease: Understanding Your Medications  
Partial Seizures: Know What to Do  
Partial Seizures: Staying Healthy  
Possible Causes of Dizziness or Fainting  
Preventing Migraine Headaches: Medications and Lifestyle Changes  
Preventing Migraine Headaches: Triggers  
Preventing Tension-type Headaches  
Problems with Trunk Control: safety Consideration  
Restless Legs Syndrome: What You Can Do  
Risk Factors for Stroke  
Risks and Complications of Angiography  
Self-Care for Epilepsy  
Self-Care for Headaches

Sensory Conditions: Safety Considerations  
Sleep and Women  
Sleep and Women: Life Stages  
Spinal Cord Injury  
Spinal Cord Injury: Treatment and Rehabilitation  
Stroke: Resources and Support  
Stroke: Self-Care  
Stroke: Taking Medications  
Surgery for Parkinson's Disease  
Symptoms of a Stroke  
Tension Headaches  
The Brain  
Treating Aphasia  
Treating Dysarthria  
Treating Dysphagia  
Treating Epilepsy  
Treating Insomnia  
Treating Narcolepsy  
Treating Parkinson's Disease: An Overview  
Understanding Dementia  
Understanding Dysphagia  
Understanding Headache Pain  
Understanding Parkinson's Disease  
Understanding Restless Legs Syndrome  
Understanding Reversible Dementias  
Understanding the Link Between High Blood Pressure and Stroke  
Visiting a Sleep Clinic  
What Are CPAP and Other Air Pressure Treatments?  
What Are Migraine and Tension Headaches?  
What Is a Partial Seizure?  
What Is a Sleep Study?  
What Is a TIA?  
What Is Aphasia?  
What Is Dysarthria?  
What Is Hemorrhagic Stroke?  
What Is Insomnia?  
What Is Ischemic Stroke?  
What Is Narcolepsy?  
What the Brain Does

## Neurosurgery

After Your Hospital Stay for Craniotomy  
Anatomy of a Normal Spine  
Anatomy of the Brain  
Autonomic Dysreflexia  
AVM: Arteriovenous Malformation  
AVM: Preparing for Surgery  
AVM: Recovering from Surgery  
AVM: Treating an Arteriovenous Malformation

Behavior Changes After Brain Injury  
Biopsy for a Brain Tumor  
Bleeding Brain Aneurysms  
Brain Tumors  
Brain Tumors: Emotional Issues  
Brain Tumors: Team Members and Common Terms  
Cervical Epidural Injection  
Cervical Epidural Injection: Your Experience  
Cervical Spine Problems  
Chemotherapy for a Brain Tumor  
Craniotomy: Correcting Your Problem  
Diagnosing a Brain Aneurysm  
Discogram: After the Test  
Discogram: During the Test  
During Cervical Disk Surgery  
Electroencephalography  
Electrothermal Catheter Therapy: After the Procedure  
Electrothermal Catheter Therapy: During the Procedure  
Embolization for Brain Aneurysm  
EMG and NCS Tests  
Evoked Potential Testing  
Having a Lumbar Puncture  
Having an Electroencephalography Test (EEG)  
Having an Evoked Potential Test  
Having Carotid Endarterectomy  
Having EMG and NCS Tests  
How Electrothermal Catheter Therapy Works  
Hunt-Hess Grades of Brain Aneurysms  
Laminectomy  
Laminotomy  
Lateral Transfers  
Lumbar Puncture  
Medial Branch Neurotomy  
Medial Branch Neurotomy: Your Experience  
Medications for a Brain Tumor  
Microdisectomy  
Neck or Spine Fracture (Broken Neck or Spine)  
Nonsurgical Treatment of Cervical Spine Problems  
Other Treatments After Craniotomy  
Physical Problems After Brain Injury  
Planning for Cervical Disk Surgery  
Preparing for a Craniotomy  
Preparing for Electrothermal Catheter Therapy  
Problems with the Senses After Brain Injury  
Problems with Thinking Skills After Brain Injury  
Problems with Trunk Control: safety Consideration

Radiation for a Brain Tumor  
Radiation Implants for a Brain Tumor  
Reasons for a Craniotomy  
Recovering from Cervical Disk Surgery  
Recovering from Laminectomy or Laminotomy  
Sensory Conditions: Safety Considerations  
Spinal Cord Injury  
Spinal Cord Injury: Treatment and Rehabilitation  
Spinal Cord Stimulation  
Spinal Cord Stimulation: Your Experience  
Spinal Fusion  
Spinal Fusion: Anterior Lumbar  
Spinal Fusion: Cervical  
Spinal Fusion: Posterior Lumbar  
Spinal Fusion: Recovery  
Spinal Fusion: Understanding Bone Graft  
Surgery for a Brain Aneurysm  
Surgery for a Brain Aneurysm: Hospital Recovery  
Surgery for a Brain Aneurysm: Recovery at Home  
Sympathetic Nerve Block  
Sympathetic Nerve Block: Your Experience  
Taking Care of the Family After Brain Injury  
The Brain  
The Day of Your Craniotomy  
Types of Brain Aneurysms  
Types of Lumbar Disk Surgery  
Understanding Traumatic Brain Injury  
Vertebroplasty  
What Is a Brain Aneurysm?  
What Is a Discogram?  
What Is Lumbar Microsurgery?  
What the Brain Does  
Your Hospital Recovery After Craniotomy

## Nutrition

Adding Flavor to Low-Fat Meals  
Anemia During Pregnancy  
Calcium Supplements  
Cholesterol Quiz  
Chronic Lung Disease: Staying Healthy with Good Nutrition  
Colostomy: Nutritional Management  
Controlling Your Cholesterol  
Creative, Healthy Cooking  
Diabetes: Food Pyramid  
Diabetes: Learning About Serving and Portion Sizes  
Diabetes: Meal Planning

Diabetes: Shopping for and Preparing Meals  
Diabetes: Understanding Carbohydrates  
Diabetes: Understanding Carbohydrates, Fats, and Protein  
Diet and Lifestyle Tips for IBS  
Discharge Instructions for Hypercalcemia  
Discharge Instructions for Hyperkalemia  
Discharge Instructions for Hypermagnesemia  
Discharge Instructions for Hyponatremia  
Discharge Instructions for Hyperphosphatemia  
Discharge Instructions for Hypocalcemia  
Discharge Instructions for Hypokalemia  
Discharge Instructions for Hypomagnesemia  
Discharge Instructions for Hyponatremia  
Discharge Instructions for Hypophosphatemia  
Discharge Instructions: Eating a Bland Diet  
Discharge Instructions: Eating a Clear Liquid Diet  
Discharge Instructions: Eating a Full Liquid Diet  
Discharge Instructions: Eating a High Potassium Diet  
Discharge Instructions: Eating a Low Copper Diet  
Discharge Instructions: Eating a Low Potassium Diet  
Discharge Instructions: Eating a Low-Salt Diet  
Discharge Instructions: Limiting Fluids  
Discharge Instructions: Low Bacteria Diet  
Eating a High-Fiber Diet  
Eating a Vegetarian Diet  
Eating Healthy  
Eating Healthy on the Run  
Eating Healthy: Good Nutrition Quiz  
Eating Heart-Healthy Food: Using the DASH Diet  
Eating Out When You Have Diabetes  
Eating Out: Tips for Making Healthy Choices  
Eating the Right Number of Calories (2005 Guidelines)  
Eating to Prevent Gout  
Facts About Dietary Fat  
Folic Acid (Folate) Supplements  
Fresh Fruit and Vegetable Quiz

Gestational Diabetes: After Pregnancy  
Healthy Eating Habits During Pregnancy  
Healthy Eating on the Go  
Healthy Eating While Traveling  
Healthy Fast Food Choices  
Healthy Meals for Diabetes  
Healthy Snacking  
Healthy Tips for Eating Out  
Heart Failure: Making Changes to Your Diet  
Herb and Spice Quiz  
High Cholesterol: Assessing Your Risks  
How Food Moves Through Your Body  
How to Judge the Size of Servings  
Hyperglycemia (High Blood Sugar)  
Hypoglycemia (Low Blood Sugar)  
Ileostomy: Nutritional Management  
Iron Supplements  
Kidney Disease: Avoiding High-Sodium Foods  
Kidney Disease: Balancing Calcium and Phosphorus  
Kidney Disease: Choosing the Right Protein for Your Body  
Kidney Disease: Eating a Safe Amount of Potassium  
Kidney Disease: Getting the Right Amount of Protein  
Kidney Disease: Reducing Potassium in Foods  
Kidney Disease: Taking Iron for Anemia  
Lifestyle Management of Crohn's Disease  
Low-Fat Cooking Tips  
Low-Salt Choices  
Management of Ulcerative Colitis: Lifestyle  
Managing PMS: Diet and Nutrition  
More Tips for Healthy Eating Out  
MyPyramid Daily Food Recommendations and Servings Worksheet: 1,000 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 1,200 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 1,400 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 1,600 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 1,800 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 2,000 Calories  
MyPyramid Daily Food Recommendations and Servings Worksheet: 2,200 Calories

MyPyramid Daily Food  
Recommendations and Servings  
Worksheet: 2,400 Calories

MyPyramid Daily Food  
Recommendations and Servings  
Worksheet: 2,600 Calories

MyPyramid Daily Food  
Recommendations and Servings  
Worksheet: 2,800 Calories

MyPyramid Daily Food  
Recommendations and Servings  
Worksheet: 3,000 Calories

MyPyramid Daily Food  
Recommendations and Servings  
Worksheet: 3,200 Calories

Nutrition After Surgery

Nutrition and MyPyramid: Fruit

Nutrition and MyPyramid: Grains

Nutrition and MyPyramid: Meat  
and Beans

Nutrition and MyPyramid: Milk

Nutrition and MyPyramid: Oils

Nutrition and MyPyramid:  
Vegetables

Nutrition During Chemotherapy

Nutrition During Pregnancy

Nutrition While Breastfeeding

Preventing Food Poisoning

Preventing Osteoporosis: Avoiding  
Bone Loss

Preventing Osteoporosis: Meeting  
Your Calcium Needs

Quick, Healthy Ways to Cook

Reading Food Labels

Sample Menus for Eating Out

Taking Potassium

Tips for Lactose Intolerance

Tips for Using Less Salt

Tips to Control GERD

Treating Meniere's Disease:  
Eating a Low-Salt Diet

Treating Meniere's Disease:  
Finding Low-Salt Foods

Understanding Dietary Fat

Understanding Fat and  
Cholesterol

Understanding Food and  
Cholesterol

Understanding Good Food  
Choices

Understanding MyPyramid: The  
2005 USDA Food Pyramid

Using Herbs and Spices

Using Spices for Flavorful Meals

Vitamin and Mineral Supplements

Vitamin C Supplements

Vitamin E Supplements

Why Diets Don't Work

Women and Heart Disease: Tips  
for Making Small Changes

## Ob/Gyn

Adapting to Pregnancy: First  
Trimester

Adapting to Pregnancy: Second  
Trimester

Adapting to Pregnancy: Third  
Trimester

AFP Tests

After a Cesarean

After a Cone Biopsy

After Giving Birth: Changing  
Expectations for Parents

After Giving Birth: How to Feel  
Healthy

Amniocentesis

Anatomy of the Female Urinary  
Tract

Anemia During Pregnancy

Anesthesia Options for Labor

Back Pain During Pregnancy

Back Pain During Pregnancy:  
Moving Safely

Back Pain During Pregnancy:  
Positioning Yourself

Before a Cesarean Birth

Birth Control Options

Birth Control: Condoms

Birth Control: Diaphragm and  
Cervical Cap

Birth Control: IUD (Intrauterine  
Device)

Birth Control: Natural Family  
Planning

Birth Control: Spermicides

Birth Control: The Pill

Birth Control: Time Release  
Hormones

Bleeding During Early  
Pregnancy

Blood Glucose Screening During  
Pregnancy

Breast Anatomy

Breast Care After Birth

Breast Health: Normal Breast  
Changes

Breast MRI

Breast Self-Exam (BSE)

Breastfeeding: Caring for  
Yourself

Breech Presentation

Caring for Yourself After  
Hysterectomy

Cesarean Birth (C-Section)

Chlamydia

Clinical Breast Exam

Colposcopy

Comfort Tips During Pregnancy

Common Hormone Therapy  
Programs For Women

Common Laparoscopic  
Procedures

Complications of Pelvic  
Inflammatory Disease (PID)

Cone Biopsy

Coping With Perimenopause

Cryotherapy

CVS (Chorionic Villi Sampling)

D&C

Diagnosing Herpes

Endometrial Ablation

Endometrial Biopsy

Exercise During Pregnancy

External Version

Fallopian Tube Catheterization  
(Recanalization)

Female Reproductive Anatomy

For New Mothers: Staying Fit After  
Delivery

For Teens: Understanding  
Vaginitis

For Women: Deciding About  
Hormone Therapy (HT)

Genital HPV: Diagnosis and  
Treatment

Genital Warts (Condyloma)

Gestational Diabetes: After  
Pregnancy

Gestational Diabetes: Getting  
Exercise

Getting Your Breast Biopsy  
Results

GIFT / ZIFT

Gonorrhea

Healthy Eating Habits During  
Pregnancy

Herpes

Herpes: Caring for Sores

Herpes: Treatment with  
Medication

Hormone Changes During  
Menopause

Hormone Therapy For Women

Hormones Control Your Menstrual  
Cycle

How Birth Control Works

How Laparoscopy Is Done

How Smoking Affects Pregnancy

How to Put on a Condom

HPV and Genital Warts: Taking  
Care of Yourself

HPV and Genital Warts:  
Understanding Your Diagnosis

Hysterectomy

Hysterectomy: Surgical  
Procedures

Hysterosalpingogram (HSG)

Hysteroscopy

If You Are Rh Negative

If You Need Insulin During  
Pregnancy

If You Think You Have an STD

In Vitro Fertilization

Incision Care After an Episiotomy

Inflammatory Breast Cancer

Kegel Exercises

Kick Counts

Kyphoplasty

Labor and Childbirth: Active Labor

Labor and Childbirth: Immediately after Birth  
Labor and Childbirth: Managing Labor Pain Without Medication  
Labor and Childbirth: Preparing to Go Home  
Labor and Childbirth: Support Person's Notes  
Labor and Childbirth: Thinking About a Birth Plan  
Labor and Childbirth: Your Body Prepares  
Labor Induction  
Labor: Preparing for the Hospital  
Laparoscopic Hysterectomy: Your Experience  
Laparoscopic Hysterectomy: Your Home Recovery  
Laparoscopic Hysterectomy: Your Hospital Recovery  
LEEP  
Living with Endometriosis  
Living with Herpes  
Living with Osteoporosis: Preventing Fractures  
Living with Osteoporosis: Regular Exercise  
Lumpectomy  
Mammography  
Mammography with Breast Implants  
Managing PMS: Diet and Nutrition  
Managing PMS: Lifestyle Changes  
Managing PMS: Medications  
Mastectomy  
Mastectomy: After Surgery  
Mastectomy: Follow-Up Care  
Mastectomy: Healing at Home  
Menopause: Effects of Low Estrogen Levels  
Monitoring Your Blood Sugar During Pregnancy  
Myomectomy  
Nonstress and Contraction Stress Tests  
Nutrition During Pregnancy  
Nutrition While Breastfeeding  
Older Adults and STDs  
Osteoporosis Medications: Bisphosphonates  
Osteoporosis Medications: Hormones, SERMs, and Calcitonin  
Osteoporosis: Screening for Bone Loss  
Osteoporosis: Understanding Bone Loss  
Pap Test  
Pelvic Laparoscopy  
Pelvic Organ Prolapse: After Surgery  
Pelvic Organ Prolapse: Nonsurgical Treatment  
Pelvic Organ Prolapse: Surgery for Cystocele

Pelvic Organ Prolapse: Surgery for Incontinence  
Pelvic Organ Prolapse: Surgery for Rectocele and Enterocele  
Pelvic Organ Prolapse: Surgery for Uterine Prolapse  
Pelvic Organ Prolapse: Surgery for Vaginal Vault Prolapse  
Pelvic Ultrasound  
Percutaneous Breast Biopsy  
Perimenopause  
Placenta Previa  
PMS: Tracking Your Symptoms  
Pregnancy After Age 35  
Pregnancy and Childbirth: Conditions That Require Special Care During Delivery  
Pregnancy: Body Changes  
Pregnancy: Common Questions  
Pregnancy: More Common Questions  
Pregnancy: Planning Your Exercise Routine  
Pregnancy: Your First Trimester Changes  
Pregnancy: Your Second Trimester Changes  
Pregnancy: Your Third Trimester Changes  
Pregnancy: Your Weight  
Prenatal Ultrasound  
Preparing for Pregnancy  
Preventing Osteoporosis: Avoiding Bone Loss  
Preventing Osteoporosis: Meeting Your Calcium Needs  
Preventing Osteoporosis: Staying Active  
Preventing Vaginal Infection  
Preventing Vaginitis  
Problems Laparoscopic Hysterectomy Can Treat  
Problems That Hysterectomy Can Treat  
Quitting Smoking During Pregnancy  
Quitting Smoking During Pregnancy: Beating Withdrawal  
Quitting Smoking During Pregnancy: Let Go of Stress Without Smoking  
Quitting Smoking During Pregnancy: Staying Smoke-Free After Your Baby is Born  
Quitting Smoking During Pregnancy: Staying Smoke-Free Throughout Your Pregnancy  
Reasons for a Cesarean Birth (C-Section)  
Reasons for Pelvic Laparoscopy  
Recognizing Labor  
Recovering from Hysterectomy  
Relieving Back Pain During Pregnancy: Pelvic Tilt, Leg Lift

Relieving Back Pain During Pregnancy: Tailor Sit, Trunk Turn  
Relieving Back Pain During Pregnancy: Wall Stretch, Body Bend  
Rh Negative Screening  
Sex and Aging: Talking About Sex  
Sexual Assault (Rape)  
Sleep and Women  
Sleep and Women: Life Stages  
Stages of Endometriosis  
Stages of Labor  
Stereotactic Breast Biopsy  
Surgical Breast Biopsy: Types of Biopsies  
Surgical Breast Biopsy: Your Experience  
Syphilis  
Talking About Pelvic Inflammatory Disease (PID)  
The Herpes Virus  
The Range of Pap Test Results  
Thinking About Hysterectomy  
Transvaginal Ultrasound (Endovaginal Ultrasound)  
Treating Breast Cancer  
Treating Endometriosis  
Treating Genital Warts  
Treating Group B Strep  
Treating Incontinence in Women: Lifestyle Changes and Kegels  
Treating Incontinence in Women: Medication  
Treating Incontinence in Women: Retraining and Self-Cath  
Treating Incontinence in Women: Special Therapies  
Treating Incontinence: Collagen Implants  
Treating Pelvic Inflammatory Disease (PID) with Medications  
Treating Sexual Assault  
Tubal Sterilization  
Types of Incontinence  
Types of Laparoscopic Hysterectomy  
Types of Surgery for Breast Cancer  
Understanding Blood Sugar During Pregnancy  
Understanding Changes in Your Cervix  
Understanding Conception  
Understanding Fertility Problems: Assisted Reproduction  
Understanding Fertility Problems: Improving Ovulation with Medication  
Understanding Fertility Problems: Improving Your Chances  
Understanding Fertility Problems: Keeping a Positive Attitude  
Understanding Fertility Problems: Obstacles to Pregnancy

Understanding Fertility Problems: The Woman's Evaluation  
Understanding Fertility Problems: Treatments for Women  
Understanding Fetal Alcohol Syndrome  
Understanding Human Papillomavirus (HPV) and Genital Warts  
Understanding Laparoscopic Hysterectomy  
Understanding Menopause  
Understanding Miscarriage: During a Miscarriage  
Understanding Miscarriage: Emotions  
Understanding Miscarriage: Possible Causes  
Understanding Miscarriage: Recovery  
Understanding Miscarriage: Trying Again  
Understanding PMS and Your Cycle  
Understanding Preeclampsia  
Understanding Preterm Labor  
Understanding STDs  
Understanding the Normal Menstrual Cycle  
Understanding Uterine Bleeding  
Understanding Vasectomy  
Urinary Tract Infections in Women  
Uterine Fibroid Embolization  
Vaginal Birth: Your Experience  
Vaginal Infection: Bacterial Vaginosis  
Vaginal Infection: Trichomoniasis  
Vaginal Infection: Understanding the Vaginal Environment  
Vaginal Infection: Yeast (Candidiasis)  
VBAC (Vaginal Birth After Cesarean)  
What Are Benign Breast Conditions?  
What Are Fibrocystic Breasts?  
What Are Fibroids?  
What Are Ovarian Cysts?  
What Are Sexually Transmitted Diseases (STDs)?  
What Is Breast Cancer?  
What Is Cervical Cancer?  
What Is Endometrial Cancer?  
What Is Endometriosis?  
What Is Epidural Anesthesia?  
What Is Genital HPV?  
What Is Gestational Diabetes?  
What Is Group B Strep?  
What Is Laparoscopic Tubal Sterilization?  
What Is Osteoporosis?  
What Is Ovarian Cancer?  
What Is Pelvic Inflammatory Disease?  
What Is Pelvic Organ Prolapse?

What Is Polycystic Ovary Syndrome?  
What Is Prenatal Care?  
What Is Sentinel Node Breast Biopsy  
When You Have an Abnormal Pap Test  
When You Need Fetal Echocardiography  
Why Have a Pap Test?  
Why Laparoscopy Is Done  
Your Laparoscopic Tubal Sterilization Procedure

## Occupational Safety

Atmosphere-Supplying Respirators  
Bloodborne Pathogens: After an Accident  
Bloodborne Pathogens: If You're Exposed  
Bloodborne Pathogens: OSHA Regulations  
Bloodborne Pathogens: Quiz  
Bloodborne Pathogens: Understanding Controls  
Bloodborne Pathogens: When an Accident Happens  
Choices for Hearing Protection  
Ergonomics and MSDs: Quiz  
Ergonomics: Adjust Your Chair  
Ergonomics: Does Your Workstation Fit You  
Ergonomics: Lighting Your Work Area  
Ergonomics: Your Work Area Exercises at Your Workstation: Eyes, Neck, and Head  
Exercises at Your Workstation: Hands and Feet  
Exercises at Your Workstation: Shoulders  
Eye Protection at Work: First Aid  
Eye Protection at Work: Quiz  
Eye Protection at Work: Types of Protective Eyewear  
Eye Protection at Work: What Are Safety Glasses?  
Half-Mask and Full-Face Respirators  
Hearing Protection Quiz  
Hearing Protection: Measuring Sound  
Hearing Protection: Your Hearing Test  
Heat Stress: Warning Signs  
How You Hear  
Maintenance-Free Respirators  
MSDs: Identifying the Risks  
Preventing Falls on the Job  
Preventing Slips on the Job  
Preventing Trips on the Job

Reducing Risks of MSDs: Part of Your Health and Safety Program  
Reducing Risks of MSDs: Posture  
Reducing Risks of MSDs: Posture at Your Workstation  
Reducing Risks of MSDs: Your Role  
Reducing Risks of MSDs: Your Workstation  
Respiratory Protection at Work: Quiz  
The Science of Slips, Trips, and Falls  
Understanding Bloodborne Pathogens  
Understanding Ergonomics and MSDs  
Understanding Hearing Loss  
Understanding Heat Stress  
Understanding Respirators  
Understanding Respiratory Hazards  
Why You Need Respiratory Protection

## Oncology

Advance Medical Directive  
After a Cone Biopsy  
After Bowel Surgery: Recovering in the Hospital and at Home  
After Treatment for a Mouth or Throat Tumor  
An Agent's Role for Durable Power of Attorney  
Anatomy of the Brain  
Biopsy for a Brain Tumor  
Brain Tumors  
Brain Tumors: Emotional Issues  
Brain Tumors: Team Members and Common Terms  
Breast Anatomy  
Breast MRI  
Breast Reconstruction with Flap Procedures  
Breast Reconstruction with Implants  
Breast Self-Exam (BSE)  
Chemoembolization for Liver Cancer  
Chemoembolization for Liver Cancer: The Procedure  
Chemotherapy for a Brain Tumor  
Chemotherapy: Common Questions  
Choosing an Agent  
Cleaning Your Tracheostomy  
Clinical Breast Exam  
Colorectal Cancer Screening  
Colostomy: Changing Your Pouch  
Colostomy: Irrigating Your Colostomy  
Communicating About Pain  
Complementary Care for Pain

Cone Biopsy  
Delivering Pain Medication  
Diagnosing a Mouth or Throat Tumor  
Diagnosing Lung Cancer  
Discharge Instructions for Lumpectomy or Breast Biopsy  
Endometrial Biopsy  
Exercises After Breast Surgery: Ball Squeeze, Arm Cross, Broom Stretch  
Exercises After Breast Surgery: Wall Climb, Chicken Wing  
Flushing an IV Catheter  
For Caregivers: Coping Tips  
Getting Your Breast Biopsy Results  
Grading of Bladder Cancer  
Having Bowel Surgery: Continent Ileostomy  
Having Bowel Surgery: Ileoanal Pouch  
Having Bowel Surgery: Limited Bowel Resection  
Having Bowel Surgery: Proctocolectomy with Permanent Ileostomy  
Home Infusion Therapy  
Home Infusion Therapy: Checking Your Supplies  
Home Infusion Therapy: Handling Supplies Safely  
Home Infusion Therapy: Preventing Infection  
Image-Guided Biopsy  
Inflammatory Breast Cancer  
IV Catheter Site Care  
Length of IV Chemotherapy  
Liver Biopsy  
Living with Lung Cancer  
Living With Prostate Cancer  
Lumpectomy  
Lung Anatomy  
Lung Cancer: Planning for the Future  
Lung Surgery: Your Evaluation and Tests  
Mammography  
Mammography with Breast Implants  
Managing Post-Op Pain at Home: Medications  
Managing Post-Op Pain at Home: Non-Medication Relief  
Mastectomy  
Mastectomy: After Surgery  
Mastectomy: Follow-Up Care  
Mastectomy: Healing at Home  
Measuring Your Pain  
Medication for Pain  
Medications for a Brain Tumor  
Mouth Care During Chemotherapy  
Mouth or Throat Tumors  
Mouth or Throat Tumors: Your Health Care Team

Nail Care During Chemotherapy  
Nutrition During Chemotherapy  
Oncology: Communicating with Others  
Oncology: Controlling Constipation  
Oncology: Controlling Diarrhea  
Oncology: Controlling Nausea and Vomiting  
Oncology: Coping with Hair Loss  
Oncology: Managing Fatigue  
Oncology: Preventing Infections  
Ostomy Care: Emptying Your Pouch  
Pain Management  
Percutaneous Breast Biopsy  
Preventing Bleeding During Chemotherapy  
Preventing Cancer  
Preventing Lymphedema After Breast Surgery  
Preventing Skin Cancer  
Prostate Biopsy  
Prostate Cancer Screening  
Prostate Cancer Screening: Making Your Decision  
Prostate Cancer Treatment: Interstitial Brachytherapy  
Prostate Cancer: Controlling Cancer Symptoms and Spread  
Prostate Cancer: Grading  
Prostate Cancer: Making a Treatment Plan  
Prostate Cancer: Staging  
Prostate Cancer: Surgery  
Radiation for a Brain Tumor  
Radiation Implants for a Brain Tumor  
Radiation Therapy Team  
Radiation Therapy Treatment  
Radiation Therapy: Managing Side Effects  
Radiation Therapy: Resources to Help  
Radiation Therapy: Your Daily Life  
Receiving IV Chemotherapy  
Recognizing Skin Cancer  
Recovery from Mouth or Throat Surgery  
Resources for People with Cancer  
Skin Care During Chemotherapy  
Skin Care During Radiation Therapy  
Staging Colorectal Cancer  
Staging of Bladder Cancer  
Stereotactic Breast Biopsy  
Suctioning Your Tracheostomy  
Surgery for a Mouth or Throat Tumor  
Surgery for Lung Cancer  
Surgical Breast Biopsy: Types of Biopsies

Surgical Breast Biopsy: Your Experience  
Testicular Self-Exam (TSE)  
Tracheostomy Care  
Tracheostomy Tube or Stoma: Your New Airway  
Treating Bladder Cancer: Intravesical Therapy  
Treating Bladder Cancer: Radiation  
Treating Bladder Cancer: TUR (Transurethral Resection)  
Treating Breast Cancer  
Types of Skin Cancer  
Types of Surgery for Breast Cancer  
Understanding Anemia (during chemotherapy)  
Understanding Bladder Cancer  
Understanding Changes in Your Cervix  
Understanding Chemotherapy  
Understanding DNR Orders  
Understanding Liver Biopsy  
Understanding Neupogen  
Understanding Radiation Therapy  
Understanding the Pain Response  
What Are Oral Lesions? (Precancerous and Cancerous)  
What Is a Colostomy?  
What Is a Tracheostomy?  
What Is an Ileostomy?  
What Is Breast Cancer?  
What Is Cervical Cancer?  
What Is Colon and Rectal Cancer (Colorectal Cancer)?  
What Is Endometrial Cancer?  
What Is Kidney (Renal) Cancer?  
What Is Leukemia?  
What Is Lung Cancer?  
What Is Non-Hodgkin's Lymphoma?  
What Is Ovarian Cancer?  
What Is Pancreatic Cancer?  
What Is Prostate Cancer?  
What Is Sentinel Node Breast Biopsy  
What Is Stomach (Gastric) Cancer?  
What Is Thyroid Cancer?

## Ophthalmology

Adapting to Macular Degeneration  
After Cataract Surgery: Long-Term Eye Care  
After Clear-Cornea Cataract Surgery: The First 24 Hours  
After Small-Incision Cataract Surgery: The First 24 Hours  
Amblyopia: Causes and Treatments  
Before Clear-Cornea Cataract Surgery

Before Small-Incision Cataract Surgery  
Black Eye  
Cataract Treatment: Implanting a New Lens (IOL)  
Cataract Treatment: Removing the Cloudy Lens  
Cataracts: Your Evaluation  
Clear-Cornea Cataract Surgery: Implanting the New Lens  
Clear-Cornea Cataract Surgery: Removing the Old Lens  
Common Eye Problems in Children  
Conjunctivitis Caused by Infection  
Conjunctivitis Caused by Irritation  
Corneal Injury  
Correcting Presbyopia: Contact Lenses  
Correcting Presbyopia: Glasses  
Discharge Instructions for Cataract Surgery  
Foreign Object in Cornea  
How the Eye Works  
How to Use Eyedrops  
Hyphema  
Migraines and Cluster Headaches  
Refractive Surgery: Conductive Keratoplasty (CK)  
Refractive Surgery: Is it Right for You?  
Refractive Surgery: LASEK  
Refractive Surgery: Laser Thermal Keratoplasty (LTK)  
Refractive Surgery: LASIK  
Refractive Surgery: Phakic IOLs  
Refractive Surgery: PRK  
Signs of Eye Problems in Children  
Sinus Headaches  
Small-Incision Cataract Surgery: Implanting the New Lens  
Small-Incision Cataract Surgery: Removing the Old Lens  
Strabismus and Amblyopia: An Introduction  
Strabismus Surgery  
Strabismus: Causes and Treatments  
Tension Headaches  
Treating Blepharitis: Medication and Follow-Up  
Treating Blepharitis: Self-Care  
Treating Diabetic Retinopathy  
Treating Dry Eyes  
Treating Flashes and Floaters  
Treating Glaucoma  
Treating Retinal Tears and Detachments  
Treating Uveitis  
Treatment for Low Vision  
Ultraviolet Keratitis  
Understanding Focusing Problems  
Understanding Red Eye: Causes  
Understanding Red Eye: Prevention of Inflammation

Understanding Red Eye: Treating the Infection  
Understanding Strabismus and Amblyopia  
Understanding Vision Problems  
What Are Cataracts?  
What Are Dry Eyes?  
What Are Flashes and Floaters?  
What Are Retinal Tears and Detachments?  
What Is Blepharitis?  
What Is Conjunctivitis?  
What Is Diabetic Retinopathy?  
What Is Glaucoma?  
What Is Low Vision?  
What Is Macular Degeneration?  
What Is Presbyopia?  
What Is Uveitis?  
What Is YAG Capsulotomy?  
YAG Capsulotomy: How a YAG Laser Works  
YAG Capsulotomy: Your Experience

## Orthopedics

Achilles Tendon Rupture  
ACL Rehabilitation: Getting Back to an Active Lifestyle  
ACL Rehabilitation: Hamstring Curl  
ACL Rehabilitation: Knee Flexion  
ACL Rehabilitation: Quad Sets  
ACL Rehabilitation: Stationary Bike  
ACL Rehabilitation: Wall Slide Squats  
Adjusting to Limb Loss  
After a Hip Fracture: Common Questions  
After Ankle Arthroscopy  
After Back Surgery: Going Home  
After Back Surgery: More Tips for Daily Living  
After Back Surgery: Tips for Better Back Health  
After Back Surgery: Tips for Daily Living  
After Back Surgery: Your Hospital Recovery  
After Elbow Arthroscopy  
After Hand Surgery  
After Hip Replacement: Continuing with Hospital Recovery  
After Hip Replacement: Home Safety  
After Hip Replacement: Recovering at Home  
After Hip Replacement: Recovering in the Hospital  
After Hip Replacement: Returning to Activity

After Knee Arthroscopy  
After Knee Arthroscopy: Recovering from Surgery  
After Knee Replacement: Back at Home  
After Knee Replacement: Controlling Swelling  
After Knee Replacement: Hospital Recovery  
After Knee Replacement: Keeping Your Knee Healthy  
After Knee Replacement: Right After Surgery  
After Knee Replacement: The First Month  
After Leg Amputation: Keeping Your Other Leg Healthy  
After Shoulder Arthroscopy  
After Shoulder Replacement Surgery: Back in the Swing  
After Shoulder Replacement Surgery: Your Home Recovery  
After Shoulder Replacement Surgery: Your Hospital Recovery  
After Shoulder Surgery (SLAP Repair or Bankart Repair)  
After Wrist Arthroscopy  
Anatomy of a Normal Spine  
Ankle Arthroscopy: Conditions Treated  
Arthrogram  
Arthroscopy  
Back Basics: A Healthy Spine  
Back Exercises: Back Press  
Back Exercises: Bridge  
Back Exercises: Elbow Press  
Back Exercises: Lower Back Rotation  
Back Exercises: Pelvic Tilt  
Back Exercises: Seated Rotation  
Back Exercises: Side Stretch  
Back Fracture (Compression Fracture)  
Back Safety: Basics of Good Posture  
Back Safety: Bending  
Back Safety: Getting Into and Out of Bed  
Back Safety: Lifting  
Back Safety: Poor Posture Hurts  
Back Safety: Pushing and Pulling  
Back Safety: Sitting  
Back Safety: Sleeping Positions  
Back Safety: Standing  
Back Safety: Turning  
Bankart Lesion of the Shoulder Joint  
Bathroom Safety After Surgery  
Before Arthroscopy  
Before Total Hip Replacement: Preparing for Your Recovery  
Before Total Hip Replacement: Your Conditioning Program

Before Total Knee Replacement:  
Preparing for Your Recovery  
Before Total Knee Replacement:  
Your Conditioning Program  
Bone Density Study  
Bone Radiography (X-ray)  
Bone Scan  
Broken Bones: A Note About  
Children  
Caring for Your Back Throughout  
the Day  
Carpal Tunnel Release Surgery  
Carpal Tunnel Syndrome  
Prevention Tips  
Cast Care  
Cast Care for Kids  
Cast Care: Types of Casts and  
Cast Aids  
Cast Care: When Your Cast  
Comes Off  
Cast Care: Why You Need a Cast  
Causes of Lumbar (Low Back)  
Pain  
Cervical Epidural Injection  
Cervical Epidural Injection: Your  
Experience  
Cervical Spine Problems  
Chiropractic Care  
Common Kneecap (Patella)  
Problems  
Common Spine and Disk  
Problems  
Cortisone Injections  
Discharge Instructions for Foot  
Surgery  
Discogram: After the Test  
Discogram: During the Test  
Dislocations (Shoulder, Jaw,  
Elbow, Finger)  
During Cervical Disk Surgery  
Elbow Arthroscopy: Conditions  
Treated  
Electrothermal Catheter Therapy:  
After the Procedure  
Electrothermal Catheter Therapy:  
During the Procedure  
Endoscopic Plantar Fasciotomy  
(EPF)  
Endoscopic Plantar Fasciotomy  
(EPF): After Surgery  
Evaluating Kneecap (Patella)  
Problems  
Exercise After Knee Surgery  
Exercises After Hip Surgery: Ankle  
Pump, Quad Sets, Gluteal Sets  
Exercises After Hip Surgery: Heel  
Slides, Abduction, Adduction  
Exercises Before Hip  
Replacement:  
Abduction/Adduction, Heel  
Slides, Gluteal Sets  
Exercises Before Hip  
Replacement: Ankle Pumps,  
Quad Sets, Leg Raises

Exercises Before Hip  
Replacement: To Help with  
Walker or Crutch Use  
Exercises Before Knee  
Replacement: Ankle Pumps,  
Quad Sets, Leg Raises  
Exercises Before Knee  
Replacement: Help with  
Walker or Crutch Use  
Exercises Before Knee  
Replacement: Knee  
Extensions, Heel Slides, Knee  
Bends  
Exercises for Shoulder  
Flexibility: Broom Stretch  
Exercises for Shoulder  
Flexibility: Elevation (Reaching  
Up)  
Exercises for Shoulder  
Flexibility: Internal Rotation  
Exercises for Shoulder  
Flexibility: Pendulum Exercise  
Facet Joint Injection  
Facet Joint Injection: Your  
Experience  
Facial Fracture  
Finger or Toe Fracture (Broken  
Finger or Toe)  
Fitting Your Cane  
Fitting Your Crutches  
Fitting Your Walker  
Foot and Ankle Exercises: Ankle  
Circles  
Foot Surgery: Bone Spurs  
Foot Surgery: Bunions  
Foot Surgery: Curled Fifth Toe  
Foot Surgery: Degenerative  
Joint Disease  
Foot Surgery: Flexible and Rigid  
Hammertoes  
Foot Surgery: Neuroma or  
Plantar Callus  
Foot Surgery: Plantar Fascia  
Problems  
Foot Surgery: Surgical Settings  
Ganglion Cyst: Foot  
Ganglion Cyst: Hand  
Getting Ready for Hip  
Replacement Surgery  
Hand and Wrist Exercises:  
Finger Grip and Release  
Hip Arthroscopy: After Surgery  
Hip Arthroscopy: Before Surgery  
Hip Arthroscopy: Removing  
Loose Bodies  
Hip Arthroscopy: Repairing  
Chondral Damage  
Hip Arthroscopy: Repairing  
Femoroacetabular  
Impingement  
Hip Arthroscopy: Repairing  
Labral Tears  
Hip Arthroscopy: Repairing  
Synovitis and Arthritis  
Hip Fracture Surgery Types

Hip Fracture Surgery: Hospital  
Recovery  
Hip Fracture Surgery: Preparation  
Hip Fracture Surgery: Recovering  
at Home  
Hip Precautions  
Hip Safety: Dressing  
Hip Safety: Getting Into and Out of  
a Car  
Hip Safety: Getting Into and Out of  
Bed  
Hip Safety: Mastering Daily Tasks  
Hip Safety: Sitting  
Hip Safety: Sleeping Positions  
Hip Safety: Using the Toilet  
Home Safety After Joint Surgery  
How Bones Heal  
How Electrothermal Catheter  
Therapy Works  
How Your Back Works  
How Your Hip Works  
How Your Knee Works  
Increasing Your Knee's Range of  
Motion  
Knee Arthroscopy  
Knee Arthroscopy: Conditions  
Treated  
Kneecap Surgery: Cartilage  
Removal  
Kneecap Surgery: Realignment  
Know Your Neck: The Cervical  
Spine  
Kyphoplasty  
Laminectomy  
Laminotomy  
Learning to Use a Prosthesis  
Leg and Knee Exercises: Hip Pulls  
Leg and Knee Exercises: Leg  
Lunge  
Leg and Knee Exercises: Quad  
Set  
Leg and Knee Exercises: Step  
Ups  
Leg Muscle Stretches: Knee  
Flexion  
Leg or Arm Fracture  
Living with Osteoarthritis  
Living with Osteoporosis:  
Preventing Fractures  
Living with Osteoporosis: Regular  
Exercise  
Living with Rheumatoid Arthritis  
Lower Body Exercises: Calf  
Stretch  
Lower Body Strengthening After  
Amputation Surgery  
Lumbar Epidural Injection:  
Recovery at Home  
Lumbar Epidural Injection: Your  
Procedure  
Medial Branch Neurotomy  
Medial Branch Neurotomy: Your  
Experience  
Microdiscectomy  
Myelogram

Neck and Upper Back Exercises:  
Shoulder Clock  
Neck and Upper Back Exercises:  
Shoulder Isometrics  
Neck Exercises: Head Lifts  
Neck Exercises: Neck Flex  
Neck Exercises: Neck Glide  
Neck Exercises: Neck/Torso  
Rotation  
Neck or Spine Fracture (Broken  
Neck or Spine)  
Nonsurgical Treatment of Cervical  
Spine Problems  
Nonsurgical Treatment Options for  
Shoulder Impingement  
Osteoarthritis: Common Sites  
Osteoarthritis: Coping with Pain  
Osteoarthritis: Exercise  
Osteoarthritis: Injections or  
Surgery  
Osteoarthritis: Managing Pain  
Osteoarthritis: Noninvasive  
Treatment Options  
Osteoarthritis: Tips for Daily Living  
Osteoporosis Medications:  
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Osteoporosis Medications:  
Hormones, SERMs, and  
Calcitonin  
Osteoporosis: Screening for Bone  
Loss  
Osteoporosis: Understanding  
Bone Loss  
Parts of a Foot  
Parts of a Hand  
Parts of a Shoulder  
Phantom Sensation and Phantom  
Pain After Amputation  
Planning for Cervical Disk Surgery  
Possible Causes of Low Back or  
Leg Pain  
Post-Op Tips: Back  
Post-Op Tips: Foot  
Post-Op Tips: Knee  
Preparing for Back Surgery  
Preparing for Electrothermal  
Catheter Therapy  
Preparing Your Residual Limb for  
a Prosthesis  
Preventing Falls: Moving Safely  
Out of a Chair and Bed  
Preventing Falls: Moving Safely  
Outside  
Preventing Falls: Moving Safely  
Using a Cane or Walker  
Preventing Osteoporosis: Avoiding  
Bone Loss  
Preventing Osteoporosis: Meeting  
Your Calcium Needs  
Preventing Osteoporosis: Staying  
Active  
Preventing Repetitive Motion  
Injury: Shoulder  
Protecting Your Foot After Foot  
Surgery

R.I.C.E.  
Radial Head Subluxation (Pulled  
Elbow)  
Recovering from Cervical Disk  
Surgery  
Recovering from Laminectomy  
or Laminotomy  
Reducing Knee Pain and  
Swelling  
Rehab Exercises to Increase  
Agility: Figure 8's  
Rehabilitation for Kneecap  
(Patella) Problems  
Relieving Back Pain  
Relieving Tension in Your Back  
Rib Fracture (Broken Rib)  
Self-Care for Low Back Pain  
Self-Care for Strains and  
Sprains  
Shin Splints  
Shoulder Arthroscopy  
Shoulder Arthroscopy:  
Conditions Treated  
Shoulder Blade or Collarbone  
Fracture  
Shoulder Exercises: Internal  
Rotation  
Shoulder Exercises: Wall  
Pushup  
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The Kneecap (Patella) and Knee  
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Treating Metatarsalgia  
Treating Osgood-Schlatter  
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Treating Plantar Fasciitis  
Treating Pressure Ulcers of the  
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Treating Reflex Sympathetic  
Dystrophy  
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Understanding Sciatica  
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Using a Walker After Lower Limb Amputation  
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Using Crutches: Sitting, Standing, Through Doors  
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What Is Arthritis?  
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What Is Carpal Tunnel Syndrome (CTS)?  
What Is Charcot Foot?  
What Is Cubital Tunnel Syndrome?  
What Is De Quervain's Tenosynovitis?  
What Is Dupuytren's Contracture?  
What Is Gout?  
What Is Impingement Syndrome?  
What Is Lumbar Epidural Injection?  
What Is Lumbar Microsurgery?  
What Is Metatarsalgia?  
What Is Osteoarthritis?  
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What Is Plantar Fasciitis?  
What Is Reflex Sympathetic Dystrophy?  
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What Is Trigger Finger?  
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Acute Sinusitis  
Adjusting to Having a Hearing Aid: New Ways to Hear  
Adjusting to Wearing a Hearing Aid  
After Endoscopic Sinus Surgery  
After Treatment for a Mouth or Throat Tumor  
After Tympanostomy (Ear Tubes)  
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Allergy Medications  
Allergy Medications: Over-the-Counter  
Allergy Shots  
Anatomy of the Ear  
Anatomy of the Inner Ear  
Assistive Listening Devices (ALDs)  
Before Middle Ear Surgery  
Caring for a Hearing Aid  
Causes of Nasal Allergies  
Causes of Sinusitis  
Chronic Sinusitis  
Common Middle Ear Problems  
Controlling Allergens: Animals  
Controlling Allergens: Dust Mites  
Controlling Allergens: In the Home  
Controlling Allergens: Mold  
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Coping with Meniere's Disease  
Coping with Meniere's Disease: Other Things You Can Do  
Diagnosing a Mouth or Throat Tumor  
Dizziness (Vertigo) and Balance Problems: Diagnostic Tests  
Dizziness (Vertigo) and Balance Problems: Ensuring Your Safety  
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Evaluating Dizziness (Vertigo) and Balance Problems  
Evaluating Your Sinuses: Diagnostic Tests  
Evaluating Your Sinuses: History and Exam  
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Inner Ear Problems: Causes of Dizziness (Vertigo)  
Managing Dizziness (Vertigo) with Medications  
Mastoidectomy  
Medications for Acid Reflux  
Medications for GERD  
Middle Ear Problems (in Children)  
Middle Ear Surgery: At-Home Recovery  
Middle Ear Surgery: Hospital Recovery  
Monitoring Your Sleep: Sleep Lab Testing  
Mouth or Throat Tumors  
Mouth or Throat Tumors: Your Health Care Team  
Nasal Allergies: Related Problems  
Nasal Surgery: Improving the Appearance of Your Nose  
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Parts of the Mouth  
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Possible Causes of Dizziness or Fainting  
Preparing for Endoscopic Sinus Surgery  
Preventing Sinusitis  
Recovery from Mouth or Throat Surgery  
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Stapes Surgery  
Styles of Hearing Aids  
Surgery for a Mouth or Throat Tumor  
Surgical Treatment for Snoring and Sleep Apnea  
The Inner Ear: Understanding the Balance System  
The Middle Ear  
Tinnitus (Ringing in the Ears)  
Tips to Control Acid Reflux  
Tips to Help Prevent Snoring  
Tonsillectomy/Adenoidectomy  
Tracheostomy Tube or Stoma: Your New Airway  
Treating Chronic Sinusitis  
Treating Meniere's Disease: Eating a Low-Salt Diet  
Treating Meniere's Disease: Finding Low-Salt Foods  
Treating Meniere's Disease: Lifestyle Changes  
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Treating Meniere's Disease:  
Reducing Your Stress  
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Understanding Nasal Anatomy:  
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What Is Thyroid Cancer?  
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Anesthesia: After Your Surgery  
Anesthesia: Before You Receive  
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Anesthesia: General Anesthesia  
Anesthesia: Monitored Anesthesia  
Care (MAC)  
Anesthesia: Regional Anesthesia  
Cervical Epidural Injection  
Cervical Epidural Injection: Your  
Experience  
Chiropractic Care  
Common Myths About Pain  
Medications  
Communicating About Pain  
Complementary Care for Pain  
Delivering Pain Medication  
Electrothermal Catheter Therapy:  
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Therapy Works  
Lumbar Epidural Injection:  
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Lumbar Epidural Injection: Your  
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Managing Chronic Pain:  
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Managing Chronic Pain: Therapies  
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Managing Pain After Amputation  
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Managing Post-Op Pain at Home:  
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Managing Post-Op Pain at  
Home: Non-Medication Relief  
Massage Therapy  
Measuring Your Pain  
Medial Branch Neurotomy  
Medial Branch Neurotomy: Your  
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Medication for Pain  
Osteoarthritis: Coping with Pain  
Osteoarthritis: Managing Pain  
Pain Management  
Peripherally Inserted Central  
Catheter (PICC)  
Phantom Sensation and  
Phantom Pain After  
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Preparing for Electrothermal  
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Relieving Back Pain  
Self-Care for Low Back Pain  
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Understanding Chronic Pain  
Understanding the Pain  
Response  
What Is Lumbar Epidural  
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Abdominal Pain in Children  
ADHD and Your Family  
After Tympanostomy (Ear  
Tubes)  
After Tonsillectomy/Adenoidec-  
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Air Leaks in the Newborn  
Amblyopia: Causes and  
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An Asthma Action Plan for Your  
Child  
Anatomy of Breastfeeding  
Anatomy of the Child's Nervous  
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Anatomy of the Pediatric  
Digestive System  
Anatomy of the Pediatric Urinary  
Tract  
Anatomy of Your Child's  
Respiratory System  
Animal Bites and Scratches  
Apnea of Prematurity  
Appendectomy  
Asthma and Your Child  
Axillary Temperature  
Bacterial Meningitis  
Bathing Your Newborn  
Bicycle Passenger Safety  
Blood Sugar Monitoring and  
Treatment in the NICU  
Breastfeeding Your Premature  
Infant in the NICU  
Broken Bones: A Note About  
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Bronchiolitis

Bronchopulmonary Dysplasia  
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Cancer in Children: An Overview  
Cancer in Children: Managing  
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Cancer in Children: Managing  
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Cancer in Children: Your Child's  
Healthcare Team  
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Seats and Seat Belts  
Car Passenger Safety: Car Safety  
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Care of the Uncircumcised Penis  
Caring for Your Child After  
Surgery for a Cleft Lip or Palate  
Caring for Your Child's Incision  
Caring for Your Child's Teeth  
Cast Care for Kids  
Cellulitis in Children  
Changes During Puberty for Boys  
and Girls  
Childhood Vaccination Schedule  
Childhood Vaccinations  
Chiropractic Care: How Does a  
Child's Spine Develop?  
Choking in Infants  
Common Breast Conditions in  
Teens  
Common Eye Problems in  
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Common Questions About  
Breastfeeding  
Common Terms and Abbreviations  
Used in the NICU  
Controlling Teen Acne  
Contusions (Bruises)  
Coping with Bedwetting  
Coping with Colic  
Coping with Seizures in Children  
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Cryptosporidium Infection  
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Cystic Fibrosis: When Your Child  
Needs a Sweat Test  
Dehydration and Rehydration in  
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Dental Trauma  
Diabetes and Your Child:  
Checking Blood Sugar  
Diabetes and Your Child:  
Considering an Insulin Pump  
Diabetes and Your Child: Giving  
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Diabetes and Your Child: High  
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Diabetes and Your Child: Safe  
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Diabetes and Your Child: Sick-Day Plan  
Diabetes and Your Child: Tests and Vaccinations  
Diabetes and Your Child: The A1c Test  
Diabetes and Your Child: Understanding Prediabetes  
Diabetes and Your Child: Understanding Type 1 Diabetes  
Diabetes and Your Child: Understanding Type 2 Diabetes  
Diabetes Glossary  
Diagnosing ADHD  
Diagnosing Blood Disorders in Your Child: Common Tests  
Diagnosing Middle Ear Problems  
Diagnosing Neurologic Disorders in Children: Possible Tests  
Digestive Diseases Glossary  
Digestive Diseases In Children: Possible Lab Test  
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Discharge Instructions for Your Child's Nasogastric Tube: Bolus Feeding Using a Syringe  
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Discharge Instructions: Making the Transition to Full Breastfeeding at Home  
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Discharge Instructions: Total Parenteral Nutrition for Your Child  
Discharge Instructions: Unna Boot (Pediatric)  
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Ear Drum Rupture (Perforation)  
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Evaluation of Your Child's Heart  
Rhythm: Electrocardiography,  
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Expressing Breastmilk  
Febrile Seizures  
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First Aid: Choking  
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Flu Shots for Children  
Foot Care for Your Child  
For Boys: Deciding About Sex  
For Girls: About Sanitary Pads and  
Tampons  
For Girls: Answers to Questions  
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For Girls: Deciding About Sex  
For Girls: Getting to Know Your  
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For Girls: Understanding Puberty  
For Kids Ages 12 to 17: Dealing  
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For Kids Ages 9 to 11: Dealing  
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For Kids: Asthma Action Plan  
For Kids: Asthma and Exercise  
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For Kids: Asthma Symptoms and  
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For Kids: Controlling Asthma  
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For Kids: Food Facts When You  
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For Kids: Fun Sheet for Avoiding  
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For Kids: Help Others Understand  
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For Kids: Taking Your Insulin  
For Kids: What Is Asthma?  
For Kids: What to Do About High  
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For Parents: Diabetes Care Issues  
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For Parents: Inhaled Asthma  
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For Parents: Making Your Child's  
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For Teens: Get the Facts About  
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For Teens: How to Use a Male  
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For Teens: Know the Risks of  
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For Teens: What You Should  
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For Teens: What You Should  
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Giardia Infection (Giardiasis) in  
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Healthy Foods On-the-Go for Your  
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Hearing Aids for Children  
Hearing Screening for Newborns:  
Why It Matters  
Hearing Tests for Infants and  
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Heart Glossary  
Helping Your Child Eat Healthy for  
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Helping Your Child Maintain a  
Healthy Weight  
Helping Your Teen Lose Weight  
Hernias in the Newborn  
Holds for Breastfeeding  
Home Fire Safety  
How Hearing Aids Can Help Your  
Child  
How the Heart Works  
How to Bottle-feed  
How to Check Your Blood Sugar  
How Your Child's Liver Works  
Human Bites  
Hydrocele in the Newborn  
Infection of the Premature Infant  
Insect Bites and Stings  
Interacting With Your Premature  
Baby in the NICU  
Intraventricular Hemorrhage (IVH)  
Keeping Children Safe In and  
Around Cars  
Keeping Children Safe In and  
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Kid Care: Bowlegs and Knock Knees  
Kid Care: Checkups  
Kid Care: Colds  
Kid Care: Ear Problems  
Kid Care: Fever  
Kid Care: Flat Feet  
Kid Care: Supplies  
Laying Your Baby Down to Sleep  
Lead Poisoning: Test Your Home and Family  
Liver Disease Testing in Children  
Making a Fire Safety Action Plan  
Making and Enjoying Meals with Your Child  
Making Your Home Safe for Children  
Managing Atopic Dermatitis  
Managing Hearing Loss in Children  
Managing Your Child's Pain  
Marine Bites and Stings  
Measles (Rubella)  
Meconium Aspiration Syndrome in the Newborn  
Menstruation and Your Child: Talking About Periods  
Middle Ear Problems (in Children)  
Milestones in Childhood Development  
Mononucleosis  
Necrotizing Enterocolitis (NEC) in the Newborn  
Nosebleed  
Nutrition for Premature Infants in the NICU  
Nutritious Foods and Drinks for Your Child  
Omphalocele and Gastroschisis in the Newborn  
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Pediatric Hernia Surgery: Inguinal Hernia Repair  
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Pediatric Skeletal Anatomy  
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Pediatric Urology Glossary  
People You May See in the NICU  
Periventricular Leukomalacia (PVL) in the Premature Infant  
Pertussis (Whooping Cough): When to Go to Emergency  
Phototherapy for Jaundice in the Newborn (In the Hospital)  
Playground Safety  
Pneumonia in Children  
Polycythemia and Hyperviscosity in the Newborn  
Postnatal: When to Call the Doctor  
Problems Linked to ADHD  
Promoting Good Sleep for Your Child

Protect Your Child from the Flu  
Protecting Your Child From Viral Hepatitis Infection  
Pulmonary Function Tests: When Your Infant Needs Spirometry  
Pulmonary Hypertension  
Radial Head Subluxation (Pulled Elbow)  
Recognizing Depression in Children and Teens  
Recognizing the Signs of Substance Abuse in Teens  
Rectal Temperature  
Reducing the Risk of Middle Ear Infections  
Respiratory Distress Syndrome (RDS) in the Premature Infant  
Responding to a Child's Poisoning  
Responding to an Emergency  
Retinopathy of Prematurity (ROP)  
Rotavirus Infection in Children  
RSV (Respiratory Syncytial Virus)  
Safety Tips for Bathing Your Baby  
Salmonella Infection (Salmonellosis) in Children  
Scabies  
Seizures and Epilepsy  
Self-Care for Sore Throats  
Self-Care for Vomiting and Diarrhea  
Shopping for Healthy Foods for Your Child  
Signs and Symptoms of Liver Problems in Children  
Signs of Eye Problems in Children  
Signs of Jaundice  
Skin Color Changes in the Newborn  
Sleep Deprivation in Teens: A Common Problem  
Snake Bites  
Strabismus and Amblyopia: An Introduction  
Strabismus Surgery  
Strabismus: Causes and Treatments  
Strep Throat  
Stuffy Nose, Sneezing, and Hiccups in Newborns  
Supportive Treatment for a Cleft Lip or Palate  
Surgery Coloring Sheet for Kids: Before Surgery  
Surgery Coloring Sheet for Kids: Getting Ready at Home  
Surgery Coloring Sheet for Kids: Going Home  
Surgery Coloring Sheet for Kids: In the Operating Room

Surgery Coloring Sheet for Kids: People You See  
Surgery Coloring Sheet for Kids: Waking Up  
Surgery for an Undescended Testicle  
Surgery for Your Child's Hypoplastic Ventricle: Stage I  
Surgery for Your Child's Hypoplastic Ventricle: Stage II  
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Surgery for Your Child's Coarctation of the Aorta (COA)  
Surgery for Your Child's Tetralogy of Fallot (TOF)  
Surgery For Your Child's Transposition of the Great Arteries (TGA)  
Swallowed Object  
Taking Care of Yourself During Your Period  
Teaching Children Bicycle Safety  
Teaching Children Inline Skating, Scooter, and Skateboard Safety  
Teaching Children Lawn Mower Safety  
Teaching Children Pedestrian Safety  
Teen Immunization Recommendations  
Teens and Smoking: A Toxic Addiction  
Teens and Smoking: Do you Know the Truth?  
The Benefits of Breastfeeding  
The Dangers of Lead Poisoning  
The Middle Ear  
Tick Bites  
Tips for Giving Antibiotics to Children  
Tips for Working Parents: Children 3-5 Years  
Tips for Working Parents: Children 5-13 Years  
Tips for Working Parents: Coping on the Job  
Tips for Working Parents: Infants to 3 Years  
Tips for Working Parents: Managing Your Time  
Tips for Working Parents: Saving Time at Home  
Tips for Working Parents: Teenagers  
Tonsil, Adenoid, and Ear Tube Surgery: Anesthesia  
Tonsil, Adenoid, and Ear Tube Surgery: Going to Surgery  
Tonsil, Adenoid, and Ear Tube Surgery: Preparing for Surgery  
Tonsil, Adenoid, and Ear Tube Surgery: The Day of Surgery  
Tonsillectomy/Adenoidectomy  
Toy Safety

Tracheoesophageal Fistula and Esophageal Atresia in the Newborn  
Transient Tachypnea of the Newborn (TTN)  
Treating ADHD: Learning More  
Treating ADHD: Learning New Behaviors  
Treating ADHD: Medication  
Treating Anemia in the Newborn  
Treating Bedwetting  
Treating Cancer in Children: Chemotherapy  
Treating Cancer in Children: Managing Alopecia from Chemotherapy  
Treating Cancer in Children: Managing Mucositis from Chemotherapy  
Treating Cancer in Children: Radiation Therapy  
Treating Celiac Disease in Children  
Treating Scoliosis  
Treating Sickle Cell Anemia in Children  
Treating Viral Respiratory Illness in Children  
Treating Your Child's Child's Acute Lymphoblastic Leukemia  
Treatment for Hydrocephalus in the Newborn  
Treatment for Your Child's Aortic Stenosis (AS)  
Treatment for Your Child's Atrial Septal Defect (ASD)  
Treatment for Your Child's Biliary Atresia: Kasai Procedure  
Tympanostomy (Ear Tube)  
Tympanostomy (Ear Tube) Procedure  
Type 1 Diabetes and Your Child: Meals and Snacks  
Type 1 Diabetes and Your Child: Using Insulin  
Types of Brain Tumors in Children  
Types of Hearing Loss in Children  
Umbilical Cord Care  
Understanding and Preventing Heat-Related Illness in Your Child  
Understanding Anxiety in Children  
Understanding Autism  
Understanding Bedwetting  
Understanding Blood and Blood Components  
Understanding Conduct Disorder in Children  
Understanding H. Pylori and Ulcers in Children  
Understanding Middle Ear Infections  
Understanding Outer Ear Problems  
Understanding Periods

Understanding Posttraumatic Stress Disorder (PTSD) in Children  
Understanding Scoliosis  
Understanding Strabismus and Amblyopia  
Understanding the Normal Menstrual Cycle  
Urologic Tests for Children  
Using a Nebulizer (Pediatric)  
Viral Gastroenteritis in Children  
Viral Meningitis in Children  
What Is ADHD?  
What Is an Undescended Testicle?  
What Is Atopic Dermatitis?  
What Is Teen Acne?  
What To Do When Your Child Is Vomiting  
What You Need to Know About Informed Consent  
When You Suspect Your Child Is Using Alcohol or Drugs  
When Your Child Has "Growing Pains"  
When Your Child Has "Swimmer's Ear"  
When Your Child Has a Brain Abscess  
When Your Child Has a Brain Tumor  
When Your Child Has a Cardiac Arrhythmia  
When Your Child Has a Clavicular Fracture at Birth  
When Your Child Has a Cleft Lip  
When Your Child Has a Cleft Palate  
When Your Child Has a Cold or Flu  
When Your Child Has a Congenital Digital Deformity  
When Your Child Has a Disorder of Sexual Development (DSD)  
When Your Child Has a Femur Fracture  
When Your Child Has a Food Allergy: An Overview  
When Your Child Has a Food Allergy: Egg  
When Your Child Has a Food Allergy: Milk  
When Your Child Has a Food Allergy: Peanut  
When Your Child Has a Food Allergy: Shellfish  
When Your Child Has a Food Allergy: Soy  
When Your Child Has a Food Allergy: Tree Nut  
When Your Child Has a Food Allergy: Wheat  
When Your Child Has a Forearm Fracture

When Your Child Has a Fracture: Treatment with External Fixation  
When Your Child Has a Gastric or Duodenal Ulcer  
When Your Child Has a Heart Murmur  
When Your Child Has a Hypoplastic Left Ventricle: Hypoplastic Left Heart Syndrome  
When Your Child Has a Hypoplastic Right Ventricle: Tricuspid Atresia  
When Your Child Has a Latex Allergy  
When Your Child Has a Patent Ductus Arteriosus (PDA)  
When Your Child Has a Stinger  
When Your Child Has a Strain, Sprain, or Contusion  
When Your Child Has a Stye  
When Your Child Has a Urinary Tract Infection (UTI)  
When Your Child Has a Ventricular Septal Defect (VSD)  
When Your Child Has a Volvulus  
When Your Child Has Acute Bronchitis  
When Your Child Has Alpha Thalassemia  
When Your Child Has an Atrial Septal Defect (ASD)  
When Your Child Has an Atrioventricular (AV) Canal Defect  
When Your Child Has an Elbow Fracture  
When Your Child Has an Elimination Dysfunction  
When Your Child Has an Object in the Airway  
When Your Child Has an Object in the Ear or Nose  
When Your Child Has Anaphylaxis  
When Your Child Has Anemia  
When Your Child Has Aortic Stenosis (AS)  
When Your Child Has Aplastic Anemia  
When Your Child Has Appendicitis  
When Your Child Has Bacterial Endocarditis  
When Your Child Has Beta Thalassemia  
When Your Child Has Biliary Atresia  
When Your Child Has Brachial Plexus Palsy  
When Your Child Has Breath-Holding Spells  
When Your Child Has Calcaneovalgus  
When Your Child Has Celiac Disease

When Your Child Has Cerebral Palsy (CP)  
When Your Child Has Chickenpox  
When Your Child Has Clubfoot  
When Your Child Has Coarctation of the Aorta (COA)  
When Your Child Has Cold Sores  
When Your Child Has Congenital Muscular Torticollis  
When Your Child Has Congestive Heart Failure (CHF)  
When Your Child Has Constipation  
When Your Child Has Cyclic Vomiting Syndrome (CVS)  
When Your Child Has Cystic Fibrosis (CF)  
When Your Child Has Cystic Fibrosis: Maintaining Good Nutrition  
When Your Child Has Cystic Fibrosis: Maintaining Lung Health  
When Your Child Has Developmental Dysplasia of the Hip  
When Your Child Has Diarrhea  
When Your Child Has Dizziness or Fainting  
When Your Child Has Dysphagia  
When Your Child Has Encephalitis  
When Your Child Has Encopresis  
When Your Child Has Epiglottiti  
When Your Child Has Ewing Sarcoma  
When Your Child Has Fifth Disease  
When Your Child Has Gastrointestinal (GI) Bleeding  
When Your Child Has Glucose-6-Phosphate Dehydrogenase (G6PD) Deficiency  
When Your Child Has Guillain-Barré Syndrome (GBS)  
When Your Child Has Hand, Foot, and Mouth Disease  
When Your Child Has Heat Rash (Prickly Heat)  
When Your Child Has Hematuria: Urologic Causes  
When Your Child Has Hemolytic Anemia  
When Your Child Has Hemophilia  
When Your Child Has Hepatitis A (HAV) Infection  
When Your Child Has Hepatitis B (HBV) Infection  
When Your Child Has Hepatitis C (HCV) Infection  
When Your Child Has Hirschprung's Disease  
When Your Child Has Hives (Urticaria) or Angioedema  
When Your Child Has Hodgkin's Lymphoma

When Your Child Has Hydronephrosis  
When Your Child Has Hypertrophic Cardiomyopathy  
When Your Child Has Hypospadias  
When Your Child Has Idiopathic Thrombocytic Purpura (ITP)  
When Your Child Has Impetigo  
When Your Child Has Infantile Pyloric Stenosis  
When Your Child Has Inflammatory Bowel Disease: Crohn's Disease  
When Your Child Has Inflammatory Bowel Disease: Ulcerative Colitis  
When Your Child Has Intestinal Malrotation  
When Your Child Has Intracranial Hemorrhage  
When Your Child Has Intussusception  
When Your Child Has Iron-Deficiency Anemia  
When Your Child Has Irritable Bowel Syndrome  
When Your Child Has Jumper's Knee  
When Your Child Has Juvenile Rheumatoid Arthritis (JRA)  
When Your Child Has Kawasaki Disease  
When Your Child Has Lactose Intolerance  
When Your Child Has Laryngomalacia  
When Your Child Has Legg-Calvé-Perthe's Disease  
When Your Child Has Leg-Length Discrepancy (LLD)  
When Your Child Has Leukemia  
When Your Child Has Little Leaguer's Elbow or Little Leaguer's Shoulder  
When Your Child Has Mastoiditis  
When Your Child Has Meckel's Diverticulum  
When Your Child Has Megaloblastic Anemia  
When Your Child Has Metatarsus Adductus (MTA)  
When Your Child Has Migraine Headaches  
When Your Child Has Mouth Sores  
When Your Child Has Myasthenia Gravis (MG)  
When Your Child Has Nasal Allergies (Allergic Rhinitis)  
When Your Child Has Neuroblastoma  
When Your Child Has Neurofibromatosis Type 1 (NF1)

When Your Child Has Neurofibromatosis Type 2 (NF2)  
When Your Child Has Neurogenic Bladder  
When Your Child Has non-Hodgkin's Lymphoma  
When Your Child Has Nosebleeds  
When Your Child Has Obstructive Sleep Apnea (OSA)  
When Your Child Has Osteochondritis Dissecans (OCD)  
When Your Child Has Osteogenesis Imperfecta (OI)  
When Your Child Has Osteomyelitis  
When Your Child Has Pharyngitis or Tonsillitis  
When Your Child Has Phimosis  
When Your Child Has Pinworms  
When Your Child Has Pityriasis Rosea  
When Your Child Has Pleural Effusion  
When Your Child Has Pulmonary Stenosis (PS)  
When Your Child Has Rhabdomyosarcoma  
When Your Child Has Ringworm  
When Your Child Has Roseola  
When Your Child Has Scarlet Fever  
When Your Child Has Sever's Disease  
When Your Child Has Sickle Cell Anemia  
When Your Child Has Sinusitis  
When Your Child Has Slipped Capital Femoral Epiphysis (SCFE)  
When Your Child Has Spondylolysis or Spondylolisthesis  
When Your Child Has Sturge-Weber Syndrome (SWS)  
When Your Child Has Swollen Lymph Nodes  
When Your Child Has Tension Headaches  
When Your Child Has Tetralogy of Fallot (TOF)  
When Your Child Has Transposition of the Great Arteries (TGA)  
When Your Child Has Tuberculosis  
When Your Child Has Tuberous Sclerosis Complex (TSC)  
When Your Child Has Type 1 Diabetes  
When Your Child Has Type 2 Diabetes  
When Your Child Has Vertigo

When Your Child Has Vesicoureteral Reflux  
When Your Child Has Warts  
When Your Child Has Whooping Cough (Pertussis)  
When Your Child Has Wilms' Tumor  
When Your Child Is Eating Less  
When Your Child Is in the Intensive Care Unit  
When Your Child Needs a Barium Enema  
When Your Child Needs a Blood Test: Coping Tips  
When Your Child Needs a Blood Transfusion  
When Your Child Needs a Chest Tube  
When Your Child Needs A Computed Tomography (CT) Scan  
When Your Child Needs a Foley Catheter – Boy  
When Your Child Needs a Foley Catheter – Girl  
When Your Child Needs a HIDA Scan  
When Your Child Needs a Modified Barium Swallow  
When Your Child Needs a Nasogastric (NG) Tube  
When Your Child Needs a Percutaneous Liver Biopsy  
When Your Child Needs a Spica Cast  
When Your Child Needs a Spinal Tap  
When Your Child Needs a Stoma  
When Your Child Needs a Tracheostomy  
When Your Child Needs a Tracheostomy: Basic Guidelines for Changing and Cleaning  
When Your Child Needs a Tracheostomy: Suctioning  
When Your Child Needs an Abdominal Ultrasound  
When Your Child Needs an Electroencephalogram (EEG)  
When Your Child Needs an Electromyogram (EMG) and Nerve Conduction Study (NCS)  
When Your Child Needs an Interventional Cardiac Catheterization Procedure  
When Your Child Needs an Magnetic Resonance Imaging (MRI) Scan  
When Your Child Needs an Upper Endoscopy  
When Your Child Needs an Upper Gastrointestinal (GI) Series  
When Your Child Needs An X-ray  
When Your Child Needs Bladder Reconstruction Surgery

When Your Child Needs Cardiac Radiographic Studies (MRI and CT)  
When Your Child Needs Catheter Ablation  
When Your Child Needs Chest Physical Therapy (CPT)  
When Your Child Needs Clean Intermittent Catheterization (CIC)  
When Your Child Needs Colonoscopy or Sigmoidoscopy  
When Your Child Needs Diagnostic Cardiac Catheterization  
When Your Child Needs Emergency Surgery  
When Your Child Needs Laparoscopic Urologic Surgery  
When Your Child Needs Orthopaedic Surgery  
When Your Child Needs Pulmonary Function Tests  
When Your Child Needs Surgery for Hypospadias  
When Your Child Needs Surgery: Anesthesia  
When Your Child Needs Surgery: Communicating with Hospital Staff  
When Your Child Needs Surgery: Helping Siblings Cope  
When Your Child Needs Surgery: Pain Management Techniques to Supplement Medication  
When Your Child Needs Surgery: Pre-operative (Pre-op) Information  
When Your Child Needs Surgery: Preparing Your Infant (0 to 12 Months Old)  
When Your Child Needs Surgery: Preparing Your Preschooler (3 to 5 Years Old)  
When Your Child Needs Surgery: Preparing Your School-Aged Child (6 to 12 Years Old)  
When Your Child Needs Surgery: Preparing Your Toddler (1 to 2 Years Old)  
When Your Child Needs Surgery: The Day of Surgery  
When Your Child Needs Surgery: The Operating Room and Staff  
When Your Child Needs Surgery: Using Play to Help Your Child Understand and Cope with Surgery

When Your Child Needs Surgery: Words to Use with Your Child  
When Your Child Needs TPN (Total Parenteral Nutrition)  
When Your Child Needs Transthoracic Echocardiography (TTE) or Transesophageal Echocardiography (TEE)  
When Your Child Needs Tube Feeding (Enteral Nutrition)  
When Your Child Reaches Puberty: Answers to Common Questions  
When Your Child Reaches Puberty: Normal Growth and Development in Boys  
When Your Child Reaches Puberty: Normal Growth and Development in Girls  
When Your Child Shows Signs of an Eating Disorder  
When Your Child Stays in the Hospital  
When Your Teen Has an Anxiety Disorder  
When Your Teen Has Been Diagnosed with Depression  
When Your Teen Is Diagnosed with a Chronic Illness: Coping Tips  
When Your Teenager Has Polycystic Ovary Syndrome (PCOS)  
When Your Child Needs Surgery: Preparing Your Teenager (13 to 18 Years Old)  
Your Baby in the NICU: Understanding Infection  
Your Child's Bowel Surgery  
Your Child's Gastrostomy (G) Tube or Gastro-jejunum (G-J) Tube: A Comprehensive Guide to Care  
Your Child's Heart Surgery: Preparation  
Your Child's Liver Transplant: The Procedure  
Your Child's Nasogastric Tube: A Comprehensive Guide to Care  
Your Child's Cardiac Catheterization for Coarctation of the Aorta (COA)  
Your Child's Discharge from the Hospital  
Your Child's Feet  
Your Child's Liver Transplant: An Overview  
Your Child's Teeth  
Your Scoliosis Brace  
Your Scoliosis Evaluation

## Physical Therapy/Rehab

ACL Rehabilitation: Free Squat  
ACL Rehabilitation: Hamstring Curl  
ACL Rehabilitation: Hamstring Pull  
ACL Rehabilitation: Hamstring Stretch  
ACL Rehabilitation: Heel Raise  
ACL Rehabilitation: Knee Flexion  
ACL Rehabilitation: Leg Press  
ACL Rehabilitation: Quad Sets  
ACL Rehabilitation: Stationary Bike  
ACL Rehabilitation: Straight Leg Raises  
ACL Rehabilitation: Wall Slide Squats  
Back Exercises: Abdominal Lift  
Back Exercises: Arm Reach  
Back Exercises: Back Press  
Back Exercises: Back Release  
Back Exercises: Bridge  
Back Exercises: Elbow Press  
Back Exercises: Hip Lift  
Back Exercises: Hip Rotator Stretch  
Back Exercises: Knee Lift  
Back Exercises: Leg Pull  
Back Exercises: Leg Reach  
Back Exercises: Lower Back Rotation  
Back Exercises: Lower Back Stretch  
Back Exercises: Partial Curl-Ups  
Back Exercises: Pelvic Tilt  
Back Exercises: Seated Rotation  
Back Exercises: Side Stretch  
Exercises for Shoulder Flexibility: Adduction (Reaching Across)  
Exercises for Shoulder Flexibility: Back Scratch  
Exercises for Shoulder Flexibility: Broom Stretch  
Exercises for Shoulder Flexibility: Elevation (Reaching Up)  
Exercises for Shoulder Flexibility: External Rotation  
Exercises for Shoulder Flexibility: Internal Rotation  
Exercises for Shoulder Flexibility: Pendulum Exercise  
Exercises for Shoulder Flexibility: Wall Walk  
Foot and Ankle Exercises: Ankle Circles  
Foot and Ankle Exercises: Bent-Knee Calf Stretch  
Foot and Ankle Exercises: Single-Leg Heel Raises  
Hand and Wrist Exercises: Finger Grip and Release

Hand and Wrist Exercises: Forearm Roll  
Hand and Wrist Exercises: Wrist Flexion  
Leg and Knee Exercises: Hamstring Curls  
Leg and Knee Exercises: Heel Raises  
Leg and Knee Exercises: Hip Pulls  
Leg and Knee Exercises: Leg Lunge  
Leg and Knee Exercises: Leg Press  
Leg and Knee Exercises: Leg Raise  
Leg and Knee Exercises: Quad Set  
Leg and Knee Exercises: Step Ups  
Leg Muscle Stretches: Hamstring Stretch (with Towel)  
Leg Muscle Stretches: Hamstrings (seated)  
Leg Muscle Stretches: Knee Flexion  
Lower Body Exercises: Calf Stretch  
Lower Body Exercises: Hip Flexor  
Lower Body Exercises: Quad Stretch  
Lower Body Exercises: Wall Slide Squats  
Neck and Upper Back Exercises: Reach and Hold  
Neck and Upper Back Exercises: Shoulder and Upper Back Stretch  
Neck and Upper Back Exercises: Shoulder Clock  
Neck and Upper Back Exercises: Shoulder Girdle Stretch  
Neck and Upper Back Exercises: Shoulder Isometrics  
Neck and Upper Back Exercises: Shoulder Shrug  
Neck and Upper Back Exercises: Shoulder Squeeze  
Neck Exercises: Active Neck Rotation  
Neck Exercises: Arm Lift  
Neck Exercises: Head Clock  
Neck Exercises: Head Lifts  
Neck Exercises: Neck Flex  
Neck Exercises: Neck Glide  
Neck Exercises: Neck Isometrics  
Neck Exercises: Neck/Torso Rotation  
Neck Exercises: Passive Neck Rotation  
Preventing Falls: Exercises to Improve Balance, Flexibility, Strength, and Staying Power

Rehab Exercises to Increase Agility: Cross Steps  
Rehab Exercises to Increase Agility: Figure 8's  
Rehab Exercises to Increase Agility: Short Sprints  
Rehab Exercises to Increase Agility: Side Steps  
Shoulder Exercises: Biceps Curl  
Shoulder Exercises: External Rotation  
Shoulder Exercises: Internal Rotation  
Shoulder Exercises: Shoulder Press  
Shoulder Exercises: Side Raise  
Shoulder Exercises: Triceps Press  
Shoulder Exercises: Wall Pushup  
Upper Body Exercises: Biceps Curl  
Upper Body Exercises: Chest Fly  
Upper Body Exercises: Chest Press  
Upper Body Exercises: Triceps Press

## Podiatry

Diabetes: Inspecting Your Feet  
Diabetes: Keeping Feet Healthy  
Diabetes: Treating Minor Foot Infections  
Diabetes: Treating Severe Foot Infections  
Discharge Instructions for Foot Surgery  
Endoscopic Plantar Fasciotomy (EPF)  
Endoscopic Plantar Fasciotomy (EPF): After Surgery  
Foot Care for Your Child  
Foot Surgery: Bone Spurs  
Foot Surgery: Bunions  
Foot Surgery: Curled Fifth Toe  
Foot Surgery: Degenerative Joint Disease  
Foot Surgery: Flexible and Rigid Hammertoes  
Foot Surgery: Neuroma or Plantar Callus  
Foot Surgery: Plantar Fascia Problems  
Foot Surgery: Surgical Settings  
Ganglion Cyst: Hand  
Parts of a Foot  
Post-Op Tips: Foot  
Protecting Your Foot After Foot Surgery  
Treating Ankle Sprains  
Treating Arthritis in the Foot  
Treating Bunions  
Treating Charcot Foot  
Treating Corns and Calluses  
Treating Ganglions

Treating Gout Attacks  
Treating Mallet, Hammer, and Claw Toes  
Treating Metatarsalgia  
Treating Peripheral Neuropathy  
Treating Plantar Fasciitis  
Treating Pressure Ulcers of the Foot  
Treating Tendonitis of the Foot  
Understanding Heel Pain  
What Are Ankle Sprains?  
What Are Black and Blue Nails?  
What Are Bunions?  
What Are Corns and Calluses?  
What Are Ingrown Toenails?  
What Are Mallet, Hammer, and Claw Toes?  
What Are Neuromas?  
What Are Pressure Ulcers of the Foot  
What are Thickened Nails?  
What Is Arthritis in the Foot?  
What Is Charcot Foot?  
What Is Gout?  
What Is Metatarsalgia?  
What Is Peripheral Neuropathy?  
What Is Plantar Fasciitis?  
What Is Tendonitis of the Foot?  
Your Child's Feet  
Your Diabetes Foot Care Program

## Postpartum Care

After a Cesarean  
Anatomy of Breastfeeding  
Axillary Temperature  
Bathing Your Newborn  
Breast Care After Birth  
Breastfeeding: Caring for Yourself  
Car Passenger Safety: Booster Seats and Seat Belts  
Car Passenger Safety: Car Safety Seats  
Care After Circumcision  
Common Questions About Breastfeeding  
Coping with Colic  
Expressing Breastmilk  
Holds for Breastfeeding  
How to Bottle-feed  
How to Breastfeed  
How to Diaper  
Incision Care After an Episiotomy  
Nutrition While Breastfeeding  
Postnatal: When to Call the Doctor  
Rectal Temperature  
Safety Tips for Bathing Your Baby  
Signs of Jaundice  
Storing Breastmilk  
The Benefits of Breastfeeding  
Treating Hemorrhoids: Self-Care  
Umbilical Cord Care  
Understanding Postpartum Depression

## Pulmonology

After a Thoracoscopy  
After Surgery for Sleep Apnea  
Airway Clearance Techniques  
Airway Clearance: Controlled Coughing  
An Asthma Action Plan for Your Child  
As COPD Progresses: Lung Surgery Options  
Asthma Medications  
Avian Influenza (Bird Flu)  
Breathing Retraining: Diaphragmatic Breathing  
Bronchoscopy  
Carbon Monoxide Poisoning  
Caring for Your Inhaler  
Chest and Lung Problems  
Chronic Lung Disease, Day-to-Day Care: for Caregivers  
Chronic Lung Disease, Helping with Treatment: for Caregivers  
Chronic Lung Disease: Avoiding Irritants and Allergens  
Chronic Lung Disease: Becoming More Active  
Chronic Lung Disease: Controlling Stress  
Chronic Lung Disease: Coping Tips for Caregivers  
Chronic Lung Disease: If Oxygen Is Prescribed  
Chronic Lung Disease: Maintaining a Healthy Weight  
Chronic Lung Disease: Maximizing Your Energy  
Chronic Lung Disease: My Travel Checklist  
Chronic Lung Disease: Preventing Lung Infections  
Chronic Lung Disease: Staying Healthy with Good Nutrition  
Chronic Lung Disease: Tips for Quitting Smoking  
Chronic Lung Disease: Your Emotional Well-Being  
Cleaning Your Tracheostomy  
Controlled Breathing  
Controlling Allergens: Dust Mites in the Bedroom  
Controlling Asthma Triggers: Animals  
Controlling Asthma Triggers: Other  
Controlling Your Triggers: Allergens  
Controlling Asthma Triggers: Irritants  
COPD: Notes for Family and Friends  
COPD: Using Inhalers

Coping with Shortness of Breath:  
Controlling Stress  
Croup  
Diagnosing Chest and Lung Problems: Endoscopic Procedures  
Diagnosing Chest and Lung Problems: Imaging Tests  
Diagnosing Chest and Lung Problems: Percutaneous Procedures  
Diagnosing Chest and Lung Problems: Recovering from Surgical Procedures  
Diagnosing Chest and Lung Problems: Surgical Procedures  
Diagnosing COPD  
Diagnosing Interstitial Lung Disease  
Discharge Instructions: Continuous Positive Airway Pressure (CPAP)  
Exercising with Asthma  
Exercising with Chronic Lung Disease: Increasing Endurance  
Exercising with Chronic Lung Disease: Increasing Flexibility  
Exercising with Chronic Lung Disease: Increasing Strength  
Exercising with Chronic Lung Disease: Keep Moving!  
Exercising with Chronic Lung Disease: My Exercise Log  
Exercising with Chronic Lung Disease: Taking the First Steps  
Exercising with Chronic Lung Disease: Tips for Getting Started  
Exercising with Chronic Lung Disease: Using the Dyspnea Scale  
For Kids: Asthma Action Plan  
For Kids: Asthma and Exercise  
For Kids: Asthma and Exercise Fun Sheet  
For Kids: Asthma Symptoms and Triggers  
For Kids: Controlling Asthma Triggers  
For Kids: Fun Sheet for Avoiding Your Asthma Triggers  
For Kids: Fun Sheet for Finding Your Asthma Triggers  
For Kids: Help Others Understand Asthma  
For Kids: Peak Flow Action Plan  
For Parents: Taking Control of Your Child's Asthma  
Getting Started with Pulmonary Rehabilitation  
H1N1 Influenza (Swine Flu)  
Healthcare-Associated Pneumonia  
How to Prevent the Spread of Tuberculosis

How You Can Control Your Asthma  
How Your Lungs Work  
Influenza  
Interstitial Lung Disease  
Interstitial Lung Disease: Conserving Energy  
Lung Anatomy  
Medication for Tuberculosis  
Medications for Chronic Lung Disease  
Medications for Interstitial Lung Disease  
Monitoring Your Sleep: Home Sleep Study  
Mouthpieces for Sleep Apnea  
My Asthma Symptom Diary  
Normal Breathing During Sleep  
Pleural Effusion  
Pleurisy  
Pneumothorax (Collapsed Lung)  
Postsurgical Coughing  
Postsurgical Deep Breathing  
Postural Drainage  
Preventing Lung Infections  
Preventing Pneumonia  
Pulmonary Edema  
Pulmonary Embolism  
Pulmonary Exercise Stress Test  
Pulmonary Fibrosis  
Pulmonary Function Tests  
Pulmonary Sarcoidosis  
Pursed-Lip Breathing  
Resources for Chronic Lung Disease  
Snoring and Sleep Apnea: Notes for a Partner  
Suctioning Your Tracheostomy  
Surgery for Lung Cancer  
Thoracoscopy  
Thoracotomy  
Thoracotomy: Your Home Recovery  
Thoracotomy: Your Hospital Recovery  
Tracheostomy Care  
Traveling with Oxygen  
Treating Pneumonia  
Treatments for COPD  
Tuberculosis (TB)  
Tuberculosis Testing  
Understanding Asthma  
Understanding Asthma Triggers  
Understanding Lung Surgery Using a Nebulizer (Adult)  
Using a Nebulizer (Pediatric)  
Using a Peak Flow Meter  
Using an Incentive Spirometer  
Using an Inhaler with a Spacer  
Using an Inhaler Without a Spacer  
Using Dry-Powder Inhalers (DPIs)  
Using Oxygen at Home  
Using Oxygen Safely  
Visiting a Sleep Clinic

What Are CPAP and Other Air Pressure Treatments?  
What Are Snoring and Sleep Apnea?  
What Is a Pulmonary Rehabilitation Program?  
What Is a Sleep Study?  
What Is a Tracheostomy?  
What Is Bronchitis?  
What Is Chronic Bronchitis?  
What Is COPD?  
What Is Emphysema?  
What Is Lung Cancer?  
What Is Pneumonia?  
Your Asthma Zones Action Plan (Adult)

## Radiology

Abdominal Ultrasound  
Abscess Drainage  
Arthrogram  
Barium Enema  
Biopsy for a Brain Tumor  
Bone Density Study  
Bone Radiography (X-ray)  
Bone Scan  
Breast MRI  
Cardiac Catheterization  
Cardiac Nuclear Imaging (Nuclear Stress Test)  
Carotid Angiography  
Catheter Embolization  
Chemoembolization for Liver Cancer  
Chemoembolization for Liver Cancer: The Procedure  
Colonoscopy  
Colposcopy  
Computed Tomography (CT)  
Computed Tomography Angiography (CTA)  
Coronary Angiography  
Coronary Angioplasty  
Coronary Atherectomy  
Coronary Stents  
Craniotomy: Correcting Your Problem  
Cystography (Retrograde)  
Discogram: After the Test  
Discogram: During the Test  
Dobutamine Stress Echocardiography (Echo)  
Doppler Ultrasound  
Echocardiography (Echo)  
Electrothermal Catheter Therapy: During the Procedure  
Embolization for Brain Aneurysm  
ERCP  
Evaluating and Treating Rectal Bleeding  
Fallopian Tube Catheterization (Recanalization)

Hepatic Angiography  
How Electrothermal Catheter Therapy Works  
Hysterosalpingogram (HSG)  
Image-Guided Biopsy  
Implantable Cardioverter Defibrillator (ICD)  
Intravenous Pyelogram (IVP)  
Liver Biopsy  
Lower GI Endoscopy  
Magnetic Resonance Angiography (MRA)  
Magnetic Resonance Imaging (MRI)  
Mammography  
Mammography with Breast Implants  
Medial Branch Neurotomy: Your Experience  
Myelogram  
Nuclear Medicine Scan  
Pacemakers  
Pelvic Ultrasound  
Percutaneous Biliary Drainage  
Percutaneous Nephrostomy  
Peripheral Angiography  
Peripheral Angioplasty  
Peripheral Arterial Stent  
Peripheral Arterial Thrombolysis  
Peripheral Venous Thrombolysis  
Peripherally Inserted Central Catheter (PICC)  
Positron Emission Tomography (PET) Scan  
Prenatal Ultrasound  
Preparing for Electrothermal Catheter Therapy  
Prostate Biopsy  
Prostate Ultrasound  
Pulmonary Angiography  
Radiation for a Brain Tumor  
Radiation Implants for a Brain Tumor  
Renal Angiography  
Renal Angioplasty and Stenting  
Risks and Complications of Angiography  
Sigmoidoscopy  
Stereotactic Breast Biopsy  
TIPS (Transjugular Intrahepatic Portosystemic Shunt)  
Transesophageal Echocardiography (TEE)  
Transrectal Ultrasound and Biopsy  
Transvaginal Ultrasound (Endovaginal Ultrasound)  
Upper GI Series  
Uterine Fibroid Embolization  
Venography  
Venous Angioplasty and Stenting  
Vertebroplasty  
What Is a Discogram?  
X-ray

## Rehabilitation

Adjusting to Limb Loss  
Aerobic Exercise for a Healthy Heart  
After Hip Replacement: Home Safety  
After Hip Replacement: Recovering at Home  
After Hip Replacement: Returning to Activity  
After Knee Replacement: Controlling Swelling  
After Knee Replacement: Keeping Your Knee Healthy  
After Knee Replacement: The First Month  
After Leg Amputation: Keeping Your Other Leg Healthy  
After Shoulder Replacement Surgery: Back in the Swing  
After Shoulder Replacement Surgery: Your Home Recovery  
Aphasia: Improving Communication  
Back Exercises: Bridge  
Back Safety: Bending  
Back Safety: Getting Into and Out of Bed  
Back Safety: Lifting  
Back Safety: Pushing and Pulling  
Back Safety: Sitting  
Back Safety: Sleeping Positions  
Back Safety: Standing  
Back Safety: Turning  
Cardiac Rehabilitation  
Cardiac Rehabilitation: Emotional Issues  
Cardiac Rehabilitation: Following an Exercise Program  
Chronic Lung Disease: Becoming More Active  
Chronic Lung Disease: Controlling Stress  
Chronic Lung Disease: Maximizing Your Energy  
Chronic Lung Disease: Preventing Lung Infections  
Chronic Lung Disease: Tips for Quitting Smoking  
Controlled Breathing  
Coping with Shortness of Breath: Controlling Stress  
Dysarthria: Improving Speech  
Dysphagia: Exercises  
Exercise After Knee Surgery  
Exercise for a Healthier Heart  
Exercises After Breast Surgery: Ball Squeeze, Arm Cross, Broom Stretch  
Exercises After Breast Surgery: Wall Climb, Chicken Wing  
Exercises for Shoulder Flexibility: Pendulum Exercise

Fitting Your Cane  
Fitting Your Crutches  
Fitting Your Walker  
Foot and Ankle Exercises: Ankle Circles  
For Caregivers: Coping Tips  
Hand and Wrist Exercises: Finger Grip and Release  
Hip Precautions  
Hip Safety: Dressing  
Hip Safety: Getting Into and Out of a Car  
Hip Safety: Getting Into and Out of Bed  
Hip Safety: Mastering Daily Tasks  
Hip Safety: Sitting  
Hip Safety: Sleeping Positions  
Hip Safety: Using the Toilet  
Home Safety After Joint Surgery  
Increasing Your Knee's Range of Motion  
Interstitial Lung Disease: Conserving Energy  
Lateral Transfers  
Learning to Use a Prosthesis  
Leg and Knee Exercises: Hip Pulls  
Leg Muscle Stretches: Knee Flexion  
Lower Body Exercises: Calf Stretch  
Lower Body Strengthening After Amputation Surgery  
Managing Pain After Amputation Surgery  
Mood Swings and Depression After a Stroke  
Preparing Your Residual Limb for a Prosthesis  
Preventing Falls: Moving Safely Out of a Chair and Bed  
Preventing Falls: Moving Safely Outside  
Preventing Falls: Moving Safely Using a Cane or Walker  
Preventing Falls: Staying Active  
Preventing Lung Infections  
Problems with Trunk Control: safety Consideration  
Rehab Exercises to Increase Agility: Figure 8's  
Rehabilitation for Kneecap (Patella) Problems  
Resources for Chronic Lung Disease  
Sensory Conditions: Safety Considerations  
Shoulder Exercises: Wall Pushup  
Stroke: Resources and Support  
Stroke: Self-Care  
Stroke: Tips for Swallowing  
Taking Care of Your Residual Limb

Transfer: Bed to Wheelchair  
Transfer: Wheelchair to Toilet  
Transfers After Leg Amputation  
Treating Aphasia  
Treating Dysarthria  
Treating Dysphagia  
Understanding Dysphagia  
Understanding Leg Amputation: Surgery After Injury  
Understanding Leg Amputation: Surgery for a Medical Condition  
Upper Body Exercises: Biceps Curl  
Upper Body Exercises: Chest Fly  
Upper Body Exercises: Triceps Press  
Upper Body Strengthening After Lower Limb Amputation Surgery  
Using a Cane  
Using a Cane with Your Prosthesis  
Using a Walker  
Using a Walker After Lower Limb Amputation  
Using Crutches After Lower Limb Amputation  
Using Crutches: Non-Weight-Bearing  
Using Crutches: Sitting, Standing, Through Doors  
Using Crutches: Up and Down Steps  
Using Crutches: Weight-Bearing  
Walkers: Bathing  
Walkers: Cars  
Walkers: Chairs  
Walkers: Going Through Doors  
Walkers: Stairs and Steps  
Walkers: Up and Down Curbs  
What Is a Pulmonary Rehabilitation Program?  
What Is Aphasia?  
What Is Dysarthria?  
What to Expect: The Months After Amputation Surgery  
What's in an Exercise Program?  
Your Amputation Surgery  
Your Amputation Team

## Rheumatology

Living with Osteoporosis: Preventing Fractures  
Living with Osteoporosis: Regular Exercise  
Living with Rheumatoid Arthritis  
Managing Fibromyalgia  
Osteoarthritis: Common Sites  
Osteoarthritis: Coping with Pain  
Osteoarthritis: Exercise  
Osteoarthritis: Injections or Surgery  
Osteoarthritis: Managing Pain  
Osteoarthritis: Noninvasive Treatment Options

Osteoarthritis: Tips for Daily Living  
Osteoporosis Medications:  
  Bisphosphonates  
Osteoporosis Medications:  
  Hormones, SERMs, and  
  Calcitonin  
Osteoporosis: Screening for Bone  
  Loss  
Osteoporosis: Understanding  
  Bone Loss  
Preventing Osteoporosis: Avoiding  
  Bone Loss  
Preventing Osteoporosis: Meeting  
  Your Calcium Needs  
Preventing Osteoporosis: Staying  
  Active  
Treating Arthritis in the Foot  
Treating Basal Joint Arthritis  
Treating Gout Attacks  
Treating Tendonitis of the Foot  
Understanding Fibromyalgia  
Understanding Lupus  
Understanding Osteoarthritis  
What Is Arthritis in the Foot?  
What Is Arthritis?  
What Is Basal Joint Arthritis?  
What Is Bursitis?  
What Is Gout?  
What Is Osteoporosis?  
What Is Rheumatoid Arthritis?  
What Is Tendonitis of the Foot?

## Senior Health

Advance Medical Directive  
An Agent's Role for Durable  
  Power of Attorney  
Choosing an Agent  
Exercising Safely  
For Caregivers: Coping Tips  
For Caregivers: Preparing for  
  Home Care After Stroke  
How to Take Your Pulse  
Life Support  
Mood Swings and Depression  
  After a Stroke  
Osteoarthritis: Common Sites  
Osteoarthritis: Coping with Pain  
Osteoarthritis: Exercise  
Osteoarthritis: Injections or  
  Surgery  
Osteoarthritis: Managing Pain  
Osteoarthritis: Noninvasive  
  Treatment Options  
Osteoarthritis: Tips for Daily Living  
Preventing Falls in the Home  
Preventing Falls: Are You At Risk  
  of Falling?  
Preventing Falls: Exercises to  
  Improve Balance, Flexibility,  
  Strength, and Staying Power  
Preventing Falls: How to Prepare  
  and What to Do  
Preventing Falls: In the Hospital

Preventing Falls: Make Your  
  Health a Priority  
Preventing Falls: Making  
  Changes in Your Living Space  
Preventing Falls: Moving Safely  
  Out of a Chair and Bed  
Preventing Falls: Moving Safely  
  Outside  
Preventing Falls: Moving Safely  
  Using a Cane or Walker  
Preventing Falls: Staying Active  
Preventing Pneumonia  
Removing Life Support  
Taking an Active Role in Your  
  Medication  
Taking Medication Safely  
Transfer: Bed to Wheelchair  
Transfer: Wheelchair to Toilet  
Treating Pneumonia  
Understanding Dementia  
Understanding DNR Orders  
Understanding Osteoarthritis  
Understanding Reversible  
  Dementias  
Using a Cane  
Using a Walker  
Walkers: Bathing  
Walkers: Cars  
Walkers: Chairs  
Walkers: Going Through Doors  
Walkers: Stairs and Steps  
What Is Arthritis?  
What Is Pneumonia?

## Staff Education

Avoiding Latex  
Avoiding Slips, Trips, and Falls  
  for Healthcare Workers  
Back Safety for Healthcare  
  Workers  
Communicating More Clearly  
  with Patients  
Educating with Online Materials  
Establishing Patient Rapport  
Good Body Mechanics for  
  Healthcare Workers  
HazCom: Anticancer Drugs  
  (Chemotherapy)  
HazCom: Chemicals  
HazCom: Ethylene Oxide  
HazCom: Medical Gases  
HazCom: Radiation  
HazCom: Reading an MSDS  
HazCom: Understanding  
  Container Labels  
HazCom: Understanding  
  Warning Labels  
Healthcare Workers: Preventing  
  Hepatitis B & C  
Healthcare Workers: Preventing  
  HIV Infection  
How Pressure Ulcers Form  
Living with Latex Allergies

Maximizing Your Teaching  
  Moments  
Moving Patients from Bed to  
  Stretcher (Gurney)  
Moving Patients from Bed to  
  Wheelchair  
Overcoming Barriers to Caring for  
  People with AIDS  
Pressure Ulcers: Common Sites  
Preventing Latex Allergy  
Preventing the Spread of Infection:  
  Understanding Isolation  
  Procedures  
Protecting Patients from Pressure  
  Ulcers  
Pulling a Patient Up in Bed  
Reducing a Patient's Risk for  
  Pressure Ulcers  
Stages of Pressure Ulcers  
Standard Precautions: Cleaning  
  Up Contamination  
Standard Precautions: Gloves and  
  Other PPE  
Standard Precautions:  
  Handwashing  
Standard Precautions: Needles  
  and Other Sharps  
Standard Precautions: Removing  
  Gloves Safely  
Transmission-Based Precautions:  
  Airborne  
Transmission-Based Precautions:  
  Contact  
Transmission-Based Precautions:  
  Droplet  
Treating Pressure Ulcers:  
  Cleaning and Dressing  
Treating Pressure Ulcers:  
  Debridement  
Treating Pressure Ulcers: Surgery  
Turning Patients Over in Bed  
Understanding Latex Allergies  
Understanding the Health Belief  
  Model  
Using Patient Education Materials  
When a Patient Falls

## STDs

Chlamydia  
Diagnosing Herpes  
For Teens: Understanding  
  Vaginitis  
Genital HPV: Diagnosis and  
  Treatment  
Genital Warts (Condyloma)  
Gonorrhea  
Herpes  
Herpes: Caring for Sores  
Herpes: Treatment with  
  Medication  
How to Put on a Condom  
HPV and Genital Warts: Taking  
  Care of Yourself

HPV and Genital Warts:  
Understanding Your Diagnosis  
If You Think You Have an STD  
Living with Herpes  
Older Adults and STDs  
Sex and Aging: Talking About Sex  
Syphilis  
The Herpes Virus  
Treating Genital Warts  
Treating Hepatitis B (HBV)  
Treating Hepatitis C (HCV)  
Understanding Hepatitis B (HBV)  
Understanding Hepatitis C (HCV)  
Understanding HIV and AIDS  
Understanding Human  
Papillomavirus (HPV) and  
Genital Warts  
Understanding STDs  
What Are Sexually Transmitted  
Diseases (STDs)?  
What Is Genital HPV?

## Stroke

After Carotid Artery Surgery: At  
Home  
After Carotid Endarterectomy: In  
the Hospital  
Aphasia: Improving  
Communication  
Carotid Angiography  
Carotid Artery Problems: Blockage  
Carotid Artery Problems: Stroke  
Carotid Artery Problems: Surgery  
for TIAs  
Controlling High Blood Pressure  
Dysarthria: Improving Speech  
Dysphagia: Exercises  
For Caregivers: Coping Tips  
For Caregivers: Preventing  
Another Stroke  
For Caregivers: Regaining  
Movement After Stroke  
For Caregivers: Self-Care After  
Stroke  
For Caregivers: Swallowing  
Problems After Stroke  
Having Carotid Endarterectomy  
Mood Swings and Depression  
After a Stroke  
Preventing Recurrent Stroke with  
a Healthier Lifestyle  
Preventing Recurrent Stroke:  
Eating Healthy  
Preventing Recurrent Stroke:  
Getting Active  
Risk Factors for Stroke  
Risks and Complications of  
Angiography  
Stroke: Resources and Support  
Stroke: Self-Care  
Stroke: Taking Medications  
Stroke: Tips for Swallowing  
Symptoms of a Stroke

Taking Coumadin  
Transfer: Wheelchair to Chair  
Treating Dysphagia  
Understanding Dysphagia  
Understanding the Link Between  
High Blood Pressure and  
Stroke  
What Is a TIA?  
What Is Aphasia?  
What Is Dysarthria?  
What Is Hemorrhagic Stroke?  
What Is High Blood Pressure?  
(JNC-7)  
What Is Ischemic Stroke?  
What the Brain Does

## Urology

After Laser Prostatectomy  
Anatomy of the Female Urinary  
Tract  
Anatomy of the Male Urinary  
Tract  
Bacterial Prostatitis  
Coping with Bedwetting  
Cystectomy  
Cystography (Retrograde)  
Cystoscopy  
During a Urodynamics Study  
Erectile Dysfunction: Erectile  
Aids and Other Treatments  
Erectile Dysfunction: Rebuilding  
Intimacy  
Evaluating Erectile Dysfunction  
Having a Vasectomy: Before,  
During, and After the  
Procedure  
Hematuria: Possible Causes  
Identifying Kidney Stones  
Intravenous Pyelogram (IVP)  
Kegel Exercises  
Kidney Stones: Are You at Risk?  
Kidney Stones: Your Evaluation  
Laser Prostatectomy  
Living With Prostate Cancer  
Male Reproductive Anatomy  
Nonbacterial Prostatitis  
No-Scalpel Vasectomy  
Oral Medications for Erectile  
Dysfunction  
Penile Self-Injection Procedure  
Penile Self-Injection: Notes and  
Precautions  
Preventing Kidney Stones  
Prostate Anatomy  
Prostate Biopsy  
Prostate Cancer Screening  
Prostate Cancer Screening:  
Making Your Decision  
Prostate Cancer Treatment:  
Interstitial Brachytherapy  
Prostate Cancer: Controlling  
Cancer Symptoms and  
Spread

Prostate Cancer: Grading  
Prostate Cancer: Making a  
Treatment Plan  
Prostate Cancer: Staging  
Prostate Cancer: Surgery  
Prostate Problems and Related  
Urinary Symptoms  
Prostate Ultrasound  
PSA Test  
Self-Catheterization for Men  
Self-Catheterization for Women  
Shock Wave Lithotripsy  
Stages of an Erection  
SUI: Having Laparoscopic  
Retropubic Suspension Surgery  
SUI: Having Pubovaginal Sling  
Surgery  
SUI: Having Retropubic  
Suspension Surgery  
SUI: Having Tension-free Vaginal  
Sling Surgery  
Surgery for an Undescended  
Testicle  
Surgery for Erectile Dysfunction  
(Implants)  
Testicular Self-Exam (TSE)  
Transrectal Ultrasound and Biopsy  
Transurethral Resection of the  
Prostate (TURP)  
Transurethral Resection of the  
Prostate (TURP): Recovering at  
Home  
Transurethral Resection of the  
Prostate (TURP): Recovering in  
the Hospital  
Treating Bedwetting  
Treating Bladder Cancer:  
Intravesical Therapy  
Treating Bladder Cancer:  
Radiation  
Treating Bladder Cancer: TUR  
(Transurethral Resection)  
Treating Epididymitis and Orchitis  
Treating Incontinence in Men  
Treating Incontinence in Women:  
Lifestyle Changes and Kegels  
Treating Incontinence in Women:  
Medication  
Treating Incontinence in Women:  
Retraining and Self-Cath  
Treating Incontinence in Women:  
Special Therapies  
Treating Incontinence: Collagen  
Implants  
Treating Interstitial Cystitis (IC):  
Medication  
Treating Interstitial Cystitis:  
Lifestyle Changes  
Treating Kidney Stones: Expectant  
Therapy  
Treating Kidney Stones:  
Medications  
Treating Kidney Stones: Open  
Surgery

Treating Kidney Stones:  
   Percutaneous Lithotripsy  
 Treating Kidney Stones:  
   Ureteroscopic Stone Removal  
 Treating Peyronie's Disease  
 Treating Varicocele  
 Treating Interstitial Cystitis:  
   Special Therapies and Surgery  
 Types of Incontinence  
 Understanding an Erection  
 Understanding Bedwetting  
 Understanding Bladder Cancer  
 Understanding Erectile  
   Dysfunction  
 Understanding Kidney Stones  
 Understanding Urinary Tract  
   Infections (UTIs)  
 Understanding Vasectomy  
 Ureteral Stents  
 Urinary Tract Infections in Men  
 Urinary Tract Infections in Women  
 Urostomy: Caring for Your Stoma  
 Urostomy: Changing Your Pouch  
 Urostomy: Emptying Your Pouch  
 Urostomy: Maintaining Your  
   Health  
 Urostomy: Managing Skin  
   Problems  
 Urostomy: Selecting Your Pouch  
 Urostomy: Using a Night Drainage  
   System  
 Using Vacuum Erection Therapy  
 Vasectomy Reversal  
 Vasectomy: Risks and  
   Complications  
 What Are Epididymitis and  
   Orchitis?  
 What Is a Urodynamics Study?  
 What Is a Urostomy?  
 What Is an Undescended  
   Testicle?  
 What Is Hematuria?  
 What Is Interstitial Cystitis?  
 What Is Peyronie's Disease?  
 What Is Prostate Cancer?  
 What is Stress Urinary  
   Incontinence (SUI)?  
 What Is Varicocele?

## Vascular Disease

A Walking Program for Peripheral  
   Arterial Disease (PAD)  
 After Carotid Artery Stenting: In  
   the Hospital  
 After Peripheral Artery Bypass  
   Surgery: At Home  
 After Peripheral Artery Bypass  
   Surgery: In the Hospital  
 After Surgery for Varicose Veins  
 Chronic Venous Insufficiency:  
   Treating Ulcers  
 Complications of Deep Vein  
   Thrombosis

Diabetes and Peripheral Arterial  
   Disease (PAD)  
 Having Carotid Artery Stenting  
 High Blood Pressure and  
   Peripheral Arterial Disease  
   (PAD)  
 High Cholesterol and Peripheral  
   Arterial Disease (PAD)  
 Leg Artery Emergencies: Acute  
   Arterial Occlusion  
 Leg Artery Emergencies: Critical  
   Limb Ischemia (CLI)  
 Managing Pain After Amputation  
   Surgery  
 Peripheral Angiography  
 Peripheral Angioplasty  
 Peripheral Artery Bypass  
   Surgery  
 Preparing for Carotid Artery  
   Stenting  
 Preparing for Carotid  
   Endarterectomy  
 Preventing Deep Vein  
   Thrombosis  
 Procedures for Deep Vein  
   Thrombosis  
 Putting on Compression  
   Stockings  
 Sclerotherapy  
 Self-Care for Spider and  
   Varicose Veins  
 Smoking and Peripheral Arterial  
   Disease (PAD)  
 Surgery for Abdominal Aortic  
   Aneurysm  
 Surgery for Varicose Veins  
 Taking Aspirin for Peripheral  
   Arterial Disease (PAD)  
 Taking Plavix for Peripheral  
   Arterial Disease (PAD)  
 Taking Pletal for Peripheral  
   Arterial Disease (PAD)  
 Treating Deep Vein Thrombosis  
 Treating Peripheral Neuropathy  
 Understanding Chronic Venous  
   Insufficiency  
 Understanding Circulation  
 Understanding Deep Vein  
   Thrombosis  
 Understanding Leg Amputation:  
   Surgery for a Medical  
   Condition  
 Understanding Leg Vein  
   Problems  
 Understanding Peripheral Artery  
   Disease  
 Understanding Spider and  
   Varicose Veins  
 Understanding Veins  
 Understanding Abdominal Aortic  
   Aneurysm  
 What Is Peripheral Neuropathy?  
 Your Amputation Surgery  
 Your Amputation Team