

Health Information Library Videos/DVDs

Subject	Title	Media Type	ID#	Min	Date
Acupuncture	The Best of Both Worlds	VHS	67	11	1997
AIDS/HIV	HIV and Pregnancy: What Every Woman Should Know	VHS	24	20	1998
Allergy	Environmental Control: Avoiding Allergen Exposure	VHS	18	30	ND
	Your Allergies: Beating the Triggers	VHS	44	15	1995
Anatomy and Physiology	Video Atlas of Human Anatomy Tape 1	VHS	41	60	1998
Angina	Cardiovascular Conditions: Stable Angina	VHS	10	15	1994
Angioplasty	Cardiology Procedures: Angioplasty	VHS	6	15	1994
Arrhythmia	Cardiovascular Conditions: Arrhythmias/ Palpitations	VHS	7	15	1994
	Cardiovascular Conditions: Atrial Fibrillation	VHS	8	15	1994
Asthma	Baby Breaths	VHS	165	11	1997
	Baby Breaths - Spanish	VHS	170	10	
	Breathing Freely: Controlling Asthma Triggers (English/Spanish)	DVD	1	10	2006
	Breathing Freely: Controlling Asthma Triggers (English/Spanish) (Copy 2)	DVD	23	10	2006
	Living with Asthma	VHS	168	16	
	Mastering Asthma	VHS	169	20	
	Roxy to the Rescue (Childhood Asthma) Copy 1	DVD	28	20	1995
Roxy to the Rescue (Childhood Asthma) Copy 2	DVD	29	20	1995	
Brain Cancer	Alex's Journey	VHS	160	30	2005
Breast Cancer	A Significant Journey: Breast Cancer Survivors and the Men Who Love Them	VHS	4	20	1992
	Confia en el Manana (Overview of Breast Cancer) (Spanish)	VHS	48	40	1999
	Moving Beyond Breast Cancer (copy 1)	DVD	12	23	1999
	Moving Beyond Breast Cancer (copy 2)	DVD	13	23	1999
	Un Toque Saludable Deteccion Temprana del Cancer Mamario (Spanish)	VHS	40	12	1997
Breast Diseases	B.S.E. for Teens	VHS	1	7	1993
Breast Feeding	A Premie Needs His Mother: First Steps to Breastfeeding Your Premature Baby: Part I	VHS	94	35	2001
	A Premie Needs His Mother: First Steps to Breastfeeding Your Premature Baby: Part II	VHS	95	21	2001

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Cancer (General)	Controlling Cancer Pain: A Video for Patients and Families	VHS	115	12	2000
	Nutrition and Cancer	VHS	66	11	1992
Child Safety	Seguro en Cada Paso	VHS	35	18	1996
	Someone Else: Bicycle Safety for Intermediate Grades	VHS	39	9	1998
Circulatory Disorders	Understanding DVT - Deep Vein Thrombosis	DVD	63	30	2006
Complementary and Alternative Medicine (General)	Bed Top Yoga	VHS	123	36	1999
	QiGong	VHS	124	90	1996
	Seated Yoga	VHS	122	44	1999
Congestive Heart Failure	Congestive Heart Failure	VHS	12	13	1991
	Emotions and Heart Failure Management	VHS	17	14	1998
	Exercise for Heart Failure Patients	VHS	19	14	1998
	Heart Failure Treatment: Getting Started	VHS	22	15	1998
COPD (Chronic Obstructive Pulmonary Disease)	COPD Considerations in Long-Term Care	VHS	69	22	ND
Diabetes Mellitus	Basic Skills for Controlling Diabetes	DVD	32	12	1996
	Basic Skills for Controlling Diabetes (Spanish)	DVD	33	12	1996
	Diabetes and Depression	VHS	82	18	2002
	Diabetes and Exercise	DVD	40	16	1999
	Diabetes and Exercise (Spanish)	DVD	41	16	1999
	Diabetes and Heart Disease	DVD	44	19	2005
	Diabetes and Heart Disease (Spanish)	DVD	45	19	2005
	Diabetes and Nutrition: Changing Eating Behavior	DVD	50	21	2007
	Diabetes and Nutrition: Changing Eating Behavior (Spanish)	DVD	51	21	2007
	Diabetes and Nutrition: Dining Out	VHS	132	23	
	Diabetes and Nutrition: Eating for Health	DVD	46	20	2007
	Diabetes and Nutrition: Eating for Health (Spanish)	DVD	47	20	2007
	Diabetes and Nutrition: Shopping and Cooking	DVD	48	20	2007
	Diabetes and Nutrition: Shopping and Cooking (Spanish)	DVD	49	20	2007
Diabetes and Weight Control: Change for a Lifetime	DVD	34	13	1997	

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Diabetes Mellitus	Diabetes and Weight Control: Change for a Lifetime (Spanish)	DVD	35	13	1997
	Diabetes Foot and Skin Care: In Step (Spanish)	VHS	13	7	1998
	Diabetes Skin and Foot Care: In Step	DVD	62	13	2008
	Diabetes: A Family Perspective: Type 2 Diabetes in Young People	VHS	152	19	
	Diabetes: Comprendiendo la Insulina	VHS	144	19	
	Diabetes: Diabetes y Cuidad de los Pies y la Piel	VHS	150	13	
	Diabetes: Injecting Insulin	VHS	143	21	
	Diabetes: Making Lifestyle Changes	DVD	52	20	2007
	Diabetes: Making Lifestyle Changes (Spanish)	DVD	53	20	2007
	Diabetes: Managing Type 2 Diabetes in Young People	VHS	153	20	
	Diabetes: Moving Forward: Type 2 Diabetes in Young People	VHS	138	12	
	Diabetes: Pre-Diabetes, Preventing Type 2 Diabetes	VHS	137	23	
	Diabetes: Understanding Insulin	VHS	145	19	
	Diabetes: Vigilando la glucosa en su Sangre: conceptos Clave	VHS	140	19	
	Emotional Aspects of Diabetes	DVD	38	14	1996
	Emotional Aspects of Diabetes (Spanish)	DVD	39	16	1996
	Gestational Diabetes	VHS	73	29	2002
	Healthy Food Choices	VHS	80	11	1996
	Healthy Food Choices: Daily Decision Making	VHS	20	12	1996
	Healthy Food Choices: Daily Decision Making (Copy 2)	VHS	50	12	1996
	Healthy Food Choices: Daily Decision Making (Spanish)	VHS	21	12	1996
	Healthy Food Choices: Developing a Plan (Spanish)	VHS	86	11	1996
	Introduction to Carbohydrate Counting	VHS	27	12	1997
	Introduction to Carbohydrate Counting (Copy 2)	VHS	52	12	1997
	Introduction to Carbohydrate Counting (Spanish)	VHS	28	12	1997
	Introduction to Diabetes: The Game Plan	DVD	30	13	1994
	Introduction to Diabetes: The Game Plan (Spanish)	DVD	31	13	1994
	Monitoring Your Blood Glucose: Key Concepts	DVD	42	20	2004
	Monitoring Your Blood Glucose: Key Concepts (Spanish)	DVD	43	20	2004

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Diabetes Mellitus	Non-insulin Medication for Diabetes	DVD	54	38	2007
	Non-insulin Medication for Diabetes (Spanish)	DVD	55	38	2007
	Oral Medication for Diabetes	VHS	74	17	2000
	Preventing Long Term Complications of Diabetes	DVD	60	18	2008
	Preventing Long Term Complications of Diabetes (Spanish)	DVD	61	18	2008
	Putting Carbohydrate Counting Into Practice	VHS	76	23	2000
	Sick Day Management: Recognizing the Red Flags	DVD	36	14	1997
	Sick Day Management: Recognizing the Red Flags (Spanish)	DVD	37	14	1997
	Staying in Balance: An Intro to Type 1 for Kids and Parents DB-44	VHS	71	17	1999
	Taking Insulin	DVD	56	17	2007
	Taking Insulin (Spanish)	DVD	57	17	2007
	Understanding Insulin	VHS	79	17	1997
	Understanding Insulin (Spanish)	VHS	85	17	1997
	What Is Diabetes? (Type 2)	DVD	58	16	2008
	What Is Diabetes? (Type 2) (Spanish)	DVD	59	16	2008
Drainage Tubes	Pleural Catheter Drainage Kit	VHS	135		
DVT	Helping Recover at Home: Lovenox	VHS	162		
	Helping Recover at Home: Lovenox (Copy 2)	VHS	163		
	Helping Recover at Home: Lovenox (Copy 3)	VHS	98		2006
Epilepsy	Epilepsy 101: Informatin for People with Seizures	DVD	19	12	2004
	Treating Seizures and Epilepsy	DVD	20	14	2004
	VNS Therapy: A Clear Advance to Help You Reconnect	DVD	11	17	2005
	VNS Therapy: Power to Renew a Life (copy 1)	DVD	8	15	2005
	VNS Therapy: Power to Renew a Life (copy 2)	DVD	9	15	2005
	VNS Therapy: Power to Renew a Life (copy 3)	DVD	10	15	2005
First Aid/Emergencies	Check the Neck (mouth to mouth for laryngectomees)	VHS	96	17	1995
Gamma Knife	Your Gamma Knife Radio Surgery	VHS	59	11	1993
Head and Brain Injuries	Coping With Brain Injury: Volume I	DVD	26	30	5/200
	Coping With Brain Injury: Volume II	DVD	27	30	5/200

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Heart and Circulation (General)	Exploring the Heart	DVD	15	NA	2003
Hepatitis	El Depradador Silencioso: Prevencion de la hepatitis y del abuso de la sustancia (Spanish)	VHS	111	10	2003
	The Hidden Epidemic: Unraveling the Mysteries of Hepatitis C	VHS	110	27	2003
Hip Replacement, Total	A Step Toward Independence: A Patient's Guide to Total Hip and Knee Replacement and Reconstruction	VHS	126	33	2002
	A Step Toward Independence: A Patient's Guide to Total Hip and Knee Replacement and Reconstruction (Copy 3)	VHS	114	33	2002
	Patient's Guide to Total Hip Replacement and Rehabilitation	VHS	33	20	1997
	Total Hip Replacement: Improving Quality of Life	VHS	60	12	2001
Injections	How to Administer a Subcutaneous Injection	VHS	100	15	1999
Kidney Diseases	Growing Up with Kidney Disease	VHS	125	12	2004
Knee Replacement, Total	A Step Toward Independence: A Patient's Guide to Total Hip and Knee Replacement and Reconstruction (Copy 2)	VHS	113	33	2002
	Patient's Guide to Total Knee Replacement and Rehabilitation	VHS	34	20	1995
	Patient's Guide to Total Knee Replacement and Rehabilitation (Copy 2)	VHS	47	20	1995
	Total Knee Replacement: Improving Quality of Life (Copy 2)	VHS	107	12	2001
Labor and Delivery	Labor Preparation Exercises	VHS	118	30	2001
	Labor Preparation Exercises (Spanish)	VHS	119	30	2001
	Stages of Labor (Spanish)	VHS	120	27	1998
	Stages of Labor: A Visual Guide	VHS	62	27	2001
Larynx Cancer	Laryngectomy: Postoperative Care	VHS	97	31	1994
	The First Thirty Days	VHS	102	35	
Literacy	Health Literacy: Help Your Patients Understand	VHS	128	23	2003
	In Plain Language	VHS	127	14	2000
	Secret Survivors: The Plight of Functionally Illiterate Adults in the Health Care Environment	VHS	112	16	1992
Liver Diseases (General)	Respect Yourself, Protect Yourself: Teens Talk to Teens About Liver Wellness	VHS	108	9 min	1998
	Respetate! Protegete!: Teens Talk to Teens About Liver Wellness (Spanish)	VHS	109	9	1998
Multiple Myeloma	Living With Multiple Myeloma	DVD	2	14	2006

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Ostomies (colostomy, ileostomy, urostomy)	Ask the ET Nurse: Basic Ostomy Care Guidelines	VHS	129	24	1997
	Colostomies, Ileostomies & Urostomies	VHS	161	30	
	Colostomies, Ileostomies & Urostomies (Copy 2)	VHS	167	30	
	Gastroenterology: Ostomy Care at Home	VHS	9	27	
	Managing Your Colostomy	VHS	106	34	1993
	Managing Your Colostomy (Copy 2)	VHS	30	34 min	1993
	Managing Your Ileostomy	VHS	105	36	1993
	Managing Your Urostomy	VHS	104	37	1993
	Teatro Educativo de Ostomia	VHS	166	57	2005
	Teatro Educativo de Ostomia	DVD	17	57	2005
Pain	Controlling Cancer Pain: A Video for Patients and Families (Copy 2)	VHS	116	12	2001
	Controlling Cancer Pain: A Video for Patients and Families (Copy 3)	VHS	117	12	2001
	Spinal Cord Stimulation (neurostimulation)	VHS	99	14	1998
Pregnancy	Babies Can't Say 'No': Substance Abuse During Pregnancy	DVD	21	23	2001
	The Miracle of Life	DVD	22	60	1986
	You Can Quit! How to Stop Smoking During Pregnancy	DVD	18	18	2005
Premature Infants	Introduction to the NICU	VHS	58	15	1994
	Unexpected Journey: The Earliest Days (Copy 2)	VHS	65	25	2001
Radiotherapy	Radiation Therapy: Cancer and You	VHS	63	8	1989
	Radiation Therapy: Cancer and You (Spanish)	VHS	64	8	1989
Safety (General)	Don't Let a Fall Be Your Last Trip	VHS	14	13	
	Patient Safety: Your Role in Making Healthcare Safer	VHS	172	13	ND
Shaken Baby Syndrome	Elijah's Story	VHS	91	18	
	Never Shake A Baby	VHS	90	18	
	Portrait of Promise: Preventing Shaken Baby Syndrome	VHS	101	11	1995
	Retrato Una Pro,esa: Prevencion del Sindrome de bebe sacudido	VHS	92	11	
Shoulder Injuries and Disorders	Exploring the Shoulder	DVD	14	NA	2003

Subject	Title	Media Type	ID#	Min	Date
Sickle Cell Anemia	Sickle Cell Disease Is More Than Just Pain Management: Taking Care of Yourself	VHS	38	20	1997
Smoking	1-800-QUIT NOW	DVD	24	1	2007
	1-800-QUIT NOW (Copy 2)	DVD	25	1	2007
	ButtOut! The Proven Quit Smoking Plan	VHS	5	35	1992
	Hey Do I Need A Cigarette!	VHS	23	12	1997
	If You Love Someone Who Smokes, Get Them to Watch This Video	DVD	5	52	2003
	It's Not a Walk In the Park	VHS	103	18	
	Nicotine and the Brain	DVD	4	18	2005
	Physical Effects of Smoking	DVD	7	19	2003
	Quitting Time: Older Smokers Who Have Quit	DVD	6	26	2005
	Second Hand Smoke	VHS	171	13	1999
	Slam	VHS	93	15	ND
	Smoking: Getting Ready to Quit	DVD	3	15	2002
	Spinal Cord Injuries	Exploring the Spine	DVD	16	NA
Stroke	Brain at Risk: Understanding & Preventing Stroke	VHS	45	18	1993
	Brain at Risk: Understanding & Preventing Stroke (Copy 2)	VHS	46	18	1993
	Cardiology: Derrame Cerebral: Reduccion del riesgo	VHS	136	11	
	Coming Back: You're Not Alone	VHS	11	15	1996
	Know Stroke	VHS	70	8	
	Stroke Help: Bed Positioning	VHS	155	24	2001
	Stroke Help: Improving Function and Awareness	VHS	156	26	2001
	Stroke Help: Preventing Shoulder Pain	VHS	157	26	2001
	Stroke Help: Self Care	VHS	154	27	2001
	Stroke Help: Standing Safely	VHS	159	27	2001
	Stroke Help: Wheelchair Transfers	VHS	158	30	2001
	Stroke: Reducing the Risk	VHS	130	11	
Transplantation	Voices of Experience Personal Transplant Stories	VHS	68	19	1998
Vision Disorders	See for Yourself: Vision and Older Adults (Eng and Spanish on same tape)	VHS	121	15	