

BMC HealthNet Plan
AudioHealth Library®

What is the AudioHealth Library®?

Health care questions and concerns are present even when symptoms are not. The AudioHealth Library® is available to help you and your family educate yourselves about many common and chronic illnesses and diseases—24 hours a day, 7 days a week.

Pre-recorded messages on topics provide the information you need to help:

- Prevent illness
- Identify warning signs
- Administer self care

How do you use the AudioHealth Library®?

The AudioHealth Library® is easy to use. Simply call the same toll-free number you call to speak with a nurse. You can call anytime for information on a variety of health care topics. If you are calling from a touchtone phone, just follow the directions below. If you are calling from a dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic.

Call instructions:

- Look up the 4-digit number for the topic you want to hear.
- Call the toll-free number.
- Select the option for the AudioHealth Library®. You will hear the AudioHealth Library® menu. Follow the instructions to select a topic.
- Listen to the recording. Topics are usually 2 to 5 minutes in length.

While listening to a topic, you can activate the following options by pressing the corresponding key on your telephone keypad.

to end the call

3 to jump forward 6 seconds

1 to pause playback

1 to restart playback

4 to end this topic and enter another topic #

2 to replay last 6 seconds

7 to replay entire topic

For life-threatening or limb-threatening emergencies, call 911 or the appropriate local emergency services.

AudioHealth Library® Directory of Topics

	AGING
3000	A Healthy Lifestyle for Older Adults
3001	Abuse of Older Adults
3002	Adult Day Care Programs
3003	Advance Directives
3004	Alcohol and Aging
3005	Alzheimer's Disease
3006	Caregiver's Guide
3007	Constipation
3008	Dementia
3009	Dental Care for Older Adults
3010	Depression in Older Adults
3011	Elderhostel and Adult Education
3013	Exercise for Older Adults
3014	Fluid Requirements of Older Adults
3015	Health Benefits for Veterans
3016	Health Changes with Aging
3017	Home Healthcare
3018	Housing Options for Seniors
3019	How to Choose a Nursing Home
3020	Hypothermia in Older Adults
3021	Insomnia in Older Adults
3022	Loneliness in Older Adults
3023	Long-Term Care Insurance
3024	Medicaid
3025	Medicare: Health Insurance
3026	Medicines: Problems They Can Cause
3031	Medicines: Using Them Safely
3027	Nutrition for the Later Years
3028	Pets Benefit the Older Adult
3030	Preventing a Broken Hip
3029	Retirement Planning
3032	Self-Esteem in Older Adults

3033	Senior Centers
3035	Skin Care and Protection
3036	Social Security and SSI
3037	Stress in the Later Years
3038	Stroke
3039	Talking with Your Healthcare Provider
	ALLERGIES
3100	Allergies
3101	Allergies: National Support Services
3102	Allergy Proof Your Home
3103	Allergy Testing
3104	Allergy Treatment
3106	Contact Dermatitis
3107	Drug Allergy
3108	Eczema
3109	Food Allergy
3110	Hay Fever (Seasonal Allergic Rhinitis)
3111	Hives
3105	Insect Bites and Stings
3112	Poison Ivy, Sumac, and Oak
3113	Severe Allergic Reaction (Anaphylaxis)
	BEHAVIORAL HEALTH
3300	Abuse and Neglect—Children
3301	Abuse and Violence—Adults
3302	Aggressive Behavior in Children
3303	Agoraphobia
3304	Alcohol Dependence (Alcoholism)
3305	Alcoholism: Information and Resources
3306	Amnesia
3307	Anger Management
3308	Anorexia Nervosa
3309	Antisocial Personality Disorder

AudioHealth Library® Directory of Topics

3310	Anxiety
3312	Attention-Deficit/Hyperactivity Disorder (ADHD)
3311	Attention-Deficit/Hyperactivity Disorder (ADHD) in Adults
3313	Binge Eating Disorder (Compulsive Overeating)
3314	Bipolar Disorder (Manic-Depressive Illness)
3315	Bulimia Nervosa
3316	Club Drugs
3317	Cocaine Use
3318	Compulsive Gambling
3319	Confusion
3320	Delirium
3321	Depression
3322	Drug Abuse Among Teenagers
3323	Drug Abuse and Addiction
3324	Drug Abuse Resources
3325	Drugs in the Workplace
3326	Emotional Abuse - Effects on Children
3330	Grief and Loss
3331	Hallucinations
3332	Hazards of Smoking
3333	Hypnosis
3334	Hypochondria (Hypochondriasis Disorder)
3336	Kleptomania
3337	Letting Go of Resentment
3338	Lying: Pathologic
3340	Mental Health Professionals
3341	Multiple Personality (Dissociative Identity Disorder)

3342	Narcissism (Narcissistic Personality Disorder)
3343	Nervous Breakdown
3344	Nightmares and Sleep Terrors
3345	Obsessive-Compulsive Disorder (OCD)
3346	Panic Attacks (Panic Disorder)
3347	Paranoid Personality Disorder
3349	Phobias
3350	Post-Traumatic Stress Disorder
3351	Prescription Drug Abuse
3352	Psychosis
3353	Psychosomatic Illness (Somatization Disorder)
3354	Pyromania
3356	Schizophrenia
3357	Seasonal Affective Disorder (SAD)
3358	Self-Esteem
3360	Sexual Abuse and Children
3361	Smokeless Tobacco
3362	Smoking: Ways to Quit
3363	Suicide
3364	Teenage Drinking
3366	Twelve Step Programs
3367	Types of Therapy for Mental Health
	BONES, JOINTS AND MUSCLES
3150	Achilles Tendon Injury
3151	Amputation
3152	Ankle Sprain
3153	Anterior Cruciate Ligament (ACL) Injury
3154	Arthritis

AudioHealth Library® Directory of Topics

3155	Arthritis: Chores Made Easier
3156	Arthroscopic Meniscectomy
3157	Arthroscopy
3158	Artificial Limb
3159	Aspirin and Arthritis
3160	Athlete's Foot
3161	Back Pain Prevention: Body Mechanics
3162	Bone Infection (Osteomyelitis)
3163	Bowlegs and Knock-Knees
3164	Broken Ankle
3165	Broken Elbow
3166	Broken Finger
3167	Broken Wrist
3168	Bunion
3169	Bursitis
3170	Calcific Tendonitis
3171	Carpal Tunnel Syndrome
3172	Cast Care
3174	Corns and Calluses
3173	Costochondritis
3175	Dislocated Ankle
3176	Dislocated Elbow
3256	Dupuytren's Contracture
3177	Fibromyalgia
3178	Finger Dislocation
3179	Finger Sprain
3181	Flat Feet
3182	Foot Care
3183	Foot Injuries
3184	Foot Problems
3185	Fracture Treatment
3186	Fracture Types
3187	Frozen Shoulder

3188	Ganglion Cyst
3189	Gout
3190	Hammertoes
3191	Heel Pain
3192	Hip Dislocation in Childhood
3193	Hip Fracture
3194	Hip Injuries
3195	Hip Replacement Surgery
3196	Ingrown Toenail
3197	Jumper's Knee (Patellar Tendonitis)
3198	Juvenile Rheumatoid Arthritis
3199	Knee Arthroscopy
3200	Knee Cartilage Tear (Meniscal Tear)
3201	Knee Replacement Surgery
3202	Knee Sprain
3203	Legg-Calve-Perthes Disease
3204	Low Back Exercises
3205	Low Back Pain
3206	Lumbar Stenosis
3207	Lupus
3208	Mallet Finger (Baseball Finger)
3209	Muscle Cramps and Spasms
3210	Muscle Strain
3211	Neck Exercises
3212	Neck Injuries
3213	Neck Spasms
3214	Neck Strain
3215	Orthopedic Appliances
3216	Osgood-Schlatter Disease
3217	Osteoarthritis
3218	Osteogenesis Imperfecta
3219	Osteoporosis
3220	Over Pronation
3221	Paget's Disease of Bone

AudioHealth Library® Directory of Topics

3222	Physical Therapy
3223	Pigeon Toe (In-Toeing)
3224	Plantar Fasciitis
3225	Polymyalgia Rheumatica
3226	Polymyositis and Dermatomyositis
3227	Pulled Elbow in Children
3228	Rheumatoid Arthritis
3229	Rotator Cuff Injury
3230	Runner's Knee (Patellofemoral Pain Syndrome)
3231	Scleroderma
3232	Scoliosis
3233	Septic Arthritis
3234	Setting a Broken Bone (Without Surgery)
3180	Shoes: Proper Fit Prevents Problems
3235	Shoulder Bursitis
3236	Shoulder Dislocation
3237	Shoulder Injuries
3238	Shoulder Replacement Surgery
3239	Shoulder Separation
3240	Slipped Capital Femoral Epiphysis
3241	Slipped Disk (Herniated Disk)
3242	Spinal Fusion
3243	Spinal Instrumentation Surgery
3244	Spondylolysis and Spondylolisthesis
3245	Sprains
3246	Stress Fractures
3247	Surgery to Set a Broken Bone
3248	Tennis Elbow (Lateral Epicondylitis)
3249	Thumb Sprain
3250	Torticollis
3251	Trigger Finger

3252	Ultrasound Treatment
3253	Using Crutches Safely
3254	Whiplash
3255	Wrist Sprain
	BRAIN AND NERVOUS SYSTEM
3400	Aids and the Nervous System
3401	Alzheimer's Disease
3402	Bacterial Meningitis in Adults
3403	Bell's Palsy
3404	Caring for Someone with Alzheimer's Disease
3405	Cluster Headaches
3406	Concussion
3407	Confusion
3408	Delirium
3409	Dementia
3410	Epilepsy
3411	Facial Tics
3412	Guillain-Barre Syndrome
3413	Head Trauma
3414	Huntington's Disease
3415	Hydrocephalus
3416	Lou Gehrig's Disease (ALS)
3417	Lumbar Puncture
3418	Migraine Headache
3435	Multiple Sclerosis (MS)
3419	Myasthenia Gravis
3420	Myelography
3421	Narcolepsy
3422	Neuralgias (Neuropathic Pain)
3423	Parkinson's Disease
3424	Peripheral Neuropathy
3425	Sciatica

AudioHealth Library® Directory of Topics

3426	Seizures
3427	Sinus Headache
3428	Slipped Disk (Herniated Disk)
3429	Spinal Cord Injury
3430	Stroke
3431	Supportive Care for Progressive Dementia
3432	Tension Headache
3433	Trigeminal Neuralgia
3434	Viral Meningitis in Adults
	CHILD AND TEEN HEALTH
3700	Alcoholic Parent
3701	Asthma in Children
3702	Attention-Deficit/Hyperactivity Disorder (ADHD)
3703	Attitude - Make It Positive!
3704	Autism
3705	Bacterial Meningitis in Children
3706	Bedwetting (Enuresis)
3707	Breast-Feeding
3708	Breast-Feeding: Advantages over Formula Feeding
3709	Burns in Children
3710	Chickenpox
3711	Childhood Cancers
3712	Circumcision
3713	Common Viral Infections
3714	Croup
3715	Crying Baby
3717	Dental Care for Children
3718	Diaper Rash
3719	Divorce: A Teen's Point of View
3720	Dyslexia

3721	Earache in Children
3722	Fathering an Infant
3723	Feet: What Is Normal for Children?
3724	Fetal Alcohol Syndrome
3725	Formula Feeding
3726	Head Lice
3727	Hearing Loss in Children
3728	Hernias
3731	Jaundice
3732	Kid Fitness
3734	Measles
3735	Medicines Can Be Poisonous
3736	Mothering an Infant
3737	Mumps
3738	Muscular Dystrophy
3739	New Baby Creates Jealousy
3740	Newborn Screening Tests
3741	Nightmares and Night Terrors in Children
3742	Normal Development: 12 to 15 Months Old
3743	Normal Development: 15 to 18 Months Old
3744	Normal Development: 18 to 24 Months Old
3745	Normal Development: 2 to 4 Months Old
3747	Normal Development: 2 Years Old
3748	Normal Development: 3 Years Old
3749	Normal Development: 4 to 6 Months Old
3750	Normal Development: 4 Years Old
3751	Normal Development: 5 Years Old

AudioHealth Library® Directory of Topics

3752	Normal Development: 6 to 9 Months Old
3746	Normal Development: 2 Weeks to 2 Months Old
3753	Normal Development: 9 to 12 Months Old
3754	Nutrition for Children
3757	Puberty for Boys
3758	Puberty for Girls
3759	Rashes
3760	Reye's Syndrome
3761	Rheumatic Fever in Children
3762	Rules: How to Live with Them
3763	Self Esteem
3764	Sleep Patterns in Children
3765	Sleep Patterns in Newborns
3766	Sleeplessness
3767	Speech and Language Problems
3768	Speech Development in 2 to 5 Year Olds
3769	Speech Development in Newborns to 2 Year Olds
3770	Spitting Up
3771	Sudden Infant Death Syndrome
3772	Teen Depression
3774	Teething
3775	Temper Tantrums
3776	Terrible Twos
3777	Thumbsucking
3778	Tic Disorders
3779	Toddler Discipline
3780	Toilet Training
3781	Tourette's Syndrome

3782	Type 1 Diabetes in Children
3783	Undescended Testicle
3784	Very Small Premature Baby
3785	Viral Meningitis in Children
3786	Weight Problems
3787	Whooping Cough (Pertussis)
	CANCER
3500	Acute Leukemia
3501	Bladder Cancer
3502	Bone Cancer
3503	Bone Marrow Transplant / Stem Cell Transplant
3504	Brain Tumor
3505	Brain Tumors in Children
3506	Breast Cancer
3507	Breast Cancer in Men
3508	Cancer and Pain Control
3509	Cancer Information Resources
3510	Cancer Prevention and Diet
3511	Cancer Screening
3512	Cancer Surgical Treatment
3513	Cancer Treatment Team
3514	Cancer Treatment: Side Effects
3515	Cancer: Clinical Trials
3516	Cancer: Importance of Early Detection
3517	Cancer's Seven Warning Signs
3518	Cervical Cancer
3519	Chemotherapy
3520	Chronic Leukemia
3521	Colon Cancer
3522	Diagnosing Cancer
3523	Esophagus Cancer

AudioHealth Library® Directory of Topics

3524	Hodgkin's Disease (Hodgkin's Lymphoma)
3525	Immunotherapy / Biotherapy
3526	Kidney Cancer
3527	Liver Cancer
3528	Lung Cancer
3529	Malignant Melanoma
3530	Metastatic Cancer
3531	Multiple Myeloma
3532	Non-Hodgkin's Lymphoma
3533	Ovarian Cancer
3534	Palliative Surgery
3535	Pancreatic Cancer
3536	Patient Controlled Analgesia System
3537	Prostate Cancer
3538	Prostate Specific Antigen (PSA)
3539	Protecting Yourself from Cancer
3540	Radiation Therapy
3541	Skin Cancer
3542	Smoking and Cancer
3543	Stomach Cancer
3544	Testicular Cancer
3545	Throat Cancer
3546	Thyroid Cancer
3547	Uterine Cancer
3548	Uterine Sarcoma
	CARDIOVASCULAR HEALTH
3600	Aneurysm
3601	Angina
3602	Angioplasty
3603	Aortic Valve Regurgitation
3604	Aortic Valve Stenosis
3605	Atherosclerosis

3606	Atrial Fibrillation
3607	Blood Clots
3608	Blood Pressure
3609	Cardiac Arrest
3610	Cardiac Rehabilitation
3611	Cardiomyopathy
3612	Chest Pain (Noncardiac)
3613	Children and Heart Disease
3614	Congenital Heart Disease
3615	Controlling Cholesterol
3616	Coronary Angiogram
3617	Coronary Artery Bypass Surgery
3618	Coronary Artery Disease
3619	Coronary Artery Disease: Managing Risk Factors
3620	Coronary Intensive Care Unit
3621	Deep Vein Thrombosis
3622	Diet and Heart Disease
3623	Exercise Test
3624	Heart Attack: Early Warning Signs
3625	Heart Catheterization
3626	Heart Disease: Prevention
3625	Heart Failure
3628	Heart Murmur
3629	Heart Palpitations
3630	Heart Transplant
3631	High Blood Pressure
3632	High Cholesterol (Hypercholesterolemia)
3633	Implantable Cardioverter Defibrillator (ICD)
3634	Infectious Endocarditis
3635	Low Blood Pressure

AudioHealth Library® Directory of Topics

3636	Low Sodium Diet
3637	Mitral Valve Prolapse
3638	Mitral Valve Regurgitation
3639	Mitral Valve Stenosis
3640	Myocardial Infarction (Heart Attack)
3641	Myocarditis
3642	Pacemakers
3643	Paroxysmal Supraventricular Tachycardia (PSVT)
3644	Pericarditis
3645	Peripheral Vascular Disease
3646	Stroke
3647	Stroke Rehabilitation
3648	Superficial Thrombophlebitis
3649	Triglycerides
3650	Varicose Veins
3651	Ventricular Tachycardia
	DIABETES AND OTHER HORMONAL DISORDERS
3900	Diabetes and Illness
3902	Diabetes: Food Management
3901	Diabetes: Foot Care
3903	Diabetes: Self Blood Glucose Monitoring
3904	Diabetes: The Importance of Exercise
3905	Diabetes: Type 1
3906	Diabetes: Type 2
3907	Diabetic Eye Problems
3908	Diabetic Ketoacidosis
3909	Diabetic Retinopathy
3910	Endocrine Disorders
3911	Growth Delay Causes
3912	High Blood Sugar (Hyperglycemia)

3913	Hyperosmolar Hyperglycemic Nonketotic Syndrome
3914	Hyperthyroidism
3915	Hypoglycemia
3916	Hypothyroidism
3917	Metabolic Syndrome
3918	Pituitary Disorders
3919	Precocious Puberty in Boys
3920	Precocious Puberty in Girls
	DIGESTIVE HEALTH
4000	Acute Pancreatitis
4001	Anal Fissure
4002	Anal Fistula
4003	Appendicitis
4004	Cholecystostomy
4005	Chronic Pancreatitis
4006	Cirrhosis
4007	Colon and Rectal Polyps
4008	Constipation
4009	Crohn's Disease
4010	Diarrhea
4011	Diverticulitis
4012	Diverticulosis
4013	Duodenal Ulcer
4014	Gallbladder Disease / Gallstones
4015	Gallbladder Removal (Cholecystectomy)
4016	Gastric Ulcer
4017	Gastritis
4018	Gastrostomy Feeding Tube Placement
4019	Groin (Inguinal) Hernia
4020	Groin (Inguinal) Hernia Repair
4021	Heartburn

AudioHealth Library® Directory of Topics

4022	Hemorrhoidectomy
4023	Hemorrhoids
4024	Hepatitis A
4025	Hepatitis B
4026	Hepatitis C
4027	Hiatal Hernia
4028	Ileostomy and Colostomy
4029	Indigestion
4030	Intestinal Gas (Flatulence)
4031	Irritable Bowel Syndrome (Spastic Colon)
4032	Laparoscopic Cholecystectomy
4033	Laxative Abuse
4034	Pilonidal Disease
4035	Rectal Bleeding
4036	Rectal Itching
4037	Stomach Flu (Viral Gastroenteritis)
4038	Traveler's Diarrhea
4039	Ulcerative Colitis
4040	Viral Hepatitis
	DENTAL HEALTH
3850	Bad Breath (Halitosis)
3851	Choosing a Dentist
3852	Dental Care for Children
3853	Dental Care for Infants
3854	Denture Care
3855	Gingivitis
3856	How to Take Care of Your Teeth
3857	Periodontal Disease
3858	Thrush
3859	Toothache
	EAR, NOSE AND THROAT
3950	Ear Infection: Middle Ear (Otitis Media)

3951	Ear Infection: Outer Ear (Otitis Externa)
3952	Ear Infections
3953	Earwax
3954	Hearing Loss in Adults
3955	Laryngitis
3956	Nosebleed (Epistaxis)
3957	Ruptured Eardrum
3958	Sinusitis
3959	Sore Throat
3960	Strep Throat
3961	Tonsillectomy and Adenoidectomy (T & A)
	EXERCISE AND HEALTH
4100	Achilles Tendon Injury
4101	Aerobic Dance Injuries
4102	Altitude Sickness
4103	Anabolic Steroids
4104	Ankle Sprain
4105	Athletic Amenorrhea
4128	Athletic Performance Using Ergogenic Aids
4106	Athletic Shoes: The Right Ones
4107	Caffeine and Athletic Performance
4108	Circuit Strength Training
4109	Cross Training
4110	Cross-Country Skiing
4111	Cycling Injuries
4113	Diathermy / Deep Tissue Heat Treatment
4114	Dynamic Vs Static Exercise
4115	Eating Before Exercise
4116	Electrical Nerve Stimulation

AudioHealth Library® Directory of Topics

4117	Exercise and Weight Control
4118	Exercise to Stay Healthy
4156	Exercise: Effects of Temperature and Humidity
4119	Female Athletes
4120	Finger Sprain
4121	Flexibility and Its Importance
4122	Fluid Replacement
4123	Groin Strain
4124	Growth Hormone Supplements
4125	Hamstring Strain
4126	Home Exercise Equipment
4127	Ice Therapy
4129	Kid Fitness
4130	Knee Injuries
4131	Mallet Finger (Baseball Finger)
4132	Measuring Body Fat
4133	Morton's Neuroma
4134	Muscle Cramps and Spasms
4135	Neck Injuries
4136	Neck Stinger
4137	Orthopedic Examination Before Exercise
4138	Orthotics
4139	Overuse Injuries
4112	Personal Fitness Plan
4140	Physical Examination Before Exercise
4141	Preventing Sports Injuries
4142	Rice: Rest, Ice, Compression, Elevation
4143	Rowing
4144	Runner's Knee (Patellofemoral Pain Syndrome)
4145	Running Injuries

4146	Running or Jogging
4147	Running Shoes: Finding the Right Fit
4148	Shin Pain (Shin Splints)
4149	Shoulder Injuries
4150	Sports Drinks
4151	Stairclimbing Machines
4152	Step Training
4153	Strength Training
4154	Stretching
4155	Swimming and Water Exercise
4157	Tendonitis
4158	Tennis Elbow (Lateral Epicondylitis)
4159	Training Heart Rates
4160	Vitamin and Mineral Supplements for Athletes
4161	Walking
4162	Walking Injuries
4163	Wrist Sprain
	EYES AND VISION
4200	Cataract
4201	Cataract Extraction Surgery
4202	Color Blindness
4203	Common Vision Problems
4204	Contact Lens Care: Gas Permeable Lenses
4205	Contact Lens Care: Soft Contact Lenses
4206	Corneal Abrasions
4207	Crossed or Misaligned Eyes (Strabismus)
4208	Double Vision
4209	Eye Allergy (Allergic Conjunctivitis)
4210	Eye Care
4211	Eye Exam

AudioHealth Library® Directory of Topics

4212	Eye Symptoms Demanding Immediate Attention
4213	Eyelid Cyst (Chalazion)
4214	Eyestrain
4215	Flashes and Floaters
4216	Glaucoma
4217	Lazy Eye (Amblyopia)
4218	Pinkeye (Viral or Bacterial Conjunctivitis)
4219	Retinal Detachment
4220	Something in Your Eyes
4221	Stye
4222	Sunglasses
4223	Types of Contact Lenses
	FAMILY HEALTH
4300	Adoption
4301	Anger Management for Parents
4305	Cerebral Palsy
4307	Child Spacing
4308	Children's Insecurities
4309	Communicating with Your Teen
4310	Cystic Fibrosis
4313	Discipline and Punishment
4314	Down Syndrome
4316	Family Communication
4320	Finding and Choosing Child Care
4321	Hemophilia
4322	In Vitro Fertilization
4323	Infertility
4328	Parenting Roles
4329	Preventing Separation Anxiety
4333	Sibling Relationships
4334	Sickle Cell Anemia

4335	Single Parenting
4337	Spina Bifida
4338	Talking with Your Child About Drinking and Drugs
4340	Talking with Your Kids About Sex
4344	Your Child's Self-Esteem
	GENERAL HEALTH
4400	Alcohol and Health
4401	Altitude Sickness
4402	Anemia
4403	Blood Donation Procedure
4404	Blood Transfusions
4405	Choosing a Primary Care Provider
4406	Chronic Fatigue Syndrome
4407	Communication in Intimate Relationships
4408	Dealing with Disfigurement
4409	Detecting a Hearing Loss
4410	Excessive Hair Growth (Hirsutism)
4411	Exercise Reduces Stress
4412	Fever Management
4413	Financial Concerns
4414	Hearing Aids
4415	Hearing Impaired: Assistive Devices
4416	Hiccups
4417	Home Healthcare
4418	Hospice
4419	Occupational Therapy
4420	Physical Therapy
4421	Restless Legs Syndrome
4422	School Disruptions and Chronic Illness
4423	Secondhand Smoke
4424	Speech Therapy

AudioHealth Library® Directory of Topics

4425	Stress
4426	Stress Management
4427	Stress Management: Deep Breathing
4428	Stress Management: Mental Imaging
4429	Stress Management: Progressive Muscle Relaxation
4430	Talking with Your Healthcare Provider
4431	Telephone Assistive Devices
4432	Temporomandibular Joint Syndrome (TMJ)
4433	The Stresses of Chronic Illness
4435	Transfusion with Your Own Blood
4436	Vital Signs: Temperature, Pulse, Respiration, and BP
4437	Water: Essential for Good Health
	INFECTIOUS DISEASES
4501	Canker Sores
4502	Cellulitis
4503	Chlamydial Infection in Men
4504	Chlamydial Infection in Women
4505	Cold Sores (Fever Blisters)
4506	Common Cold
4507	Dengue Fever
4508	Fifth Disease
4509	Food Poisoning: Salmonellosis
4510	Genital Herpes
4511	Genital Warts
4512	Gonorrhea
4513	Group A Streptococcus
4514	Hand-Foot-And-Mouth Disease
4515	Herpes Encephalitis
4517	HIV Infection from Blood Transfusions
4518	HIV/AIDS: Workplace Issues

4519	HIV-1 Antibody Test (Elisa and Western Blot)
4521	Infectious Mononucleosis
4522	Influenza
4523	Legionnaires' Disease
4524	Lice
4525	Lyme Disease
4526	Pinworms
4527	Rheumatic Fever
4528	Ringworm
4529	Roseola
4530	Rubella
4531	Scabies
4532	Severe Acute Respiratory Syndrome (SARS)
4534	Shingles (Herpes Zoster)
4535	Skin Infection
4536	Skin or Soft Tissue Abscess
4537	Syphilis
4538	Tetanus
4539	Trichomoniasis
4540	Tuberculosis (TB)
4541	Viral Hepatitis
4542	West Nile Virus
	MEDICATIONS
4250	Ace Inhibitors
4251	Antacids
4252	Antibiotics
4253	Antidepressant Medicines
4254	Antidiarrheal Medicines
4255	Anti-Inflammatory Medicines
4256	Ask About Your Medicines
4257	Beta Blockers

AudioHealth Library® Directory of Topics

4258	Calcium Channel Blockers
4259	Corticosteroids
4260	Cough Medicine
4261	Decongestants Versus Antihistamines
4262	Diuretics
4263	Drug Interactions
4264	Generic and Brand-Name Drugs
4265	Growth Hormone Supplements
4266	High Blood Pressure Medicines
4267	Laxative Abuse
4273	Medicines to Have on Hand
4268	Medicines: Using Them Safely
4269	Nitroglycerin and Other Nitrates
4270	Over-The-Counter Medicines
4271	Sleeping Pills
4272	Smoking and Drug Interaction
4274	Tetanus Vaccine
4275	Tranquilizers
4276	Vasodilators
	MEN'S HEALTH
4600	Enlarged Prostate (Benign Prostatic Hyperplasia)
4602	Hair Loss
4605	Penile Inflammation
4607	Prostate Problems
4608	Prostatectomy
4609	Routine Healthcare for Men
4611	Testicular Self-Examination
	NUTRITION AND WEIGHT CONTROL
4700	Caffeine in Your Diet
4701	Calcium
4702	Carbohydrates

4703	Dealing with Feelings About Food
4704	Diabetes: Food Management
4705	Dieting and Eating Out
4706	Eating Basics for Children
4707	Eating Healthy Snacks
4708	Exercise to Stay Healthy
4709	Fat in Your Diet
4710	Fat-Free Foods
4711	Fiber in Your Diet
4730	Food Diary Use
4712	Grains in the Diet
4713	Healthy Weight Gain
4714	Losing Weight
4715	Nutrition for Diabetics: Eating Out
4716	Nutrition for Diabetics: Food Labels
4717	Nutrition for Diabetics: Protein
4718	Nutrition for Diabetics: Use of Alcohol
4719	Obesity
4720	Overcoming Binge Eating
4721	Overweight Child
4722	Overweight or Overfat?
4723	Protein
4724	Reading Food Labels
4725	Salt in the Diet
4726	Sugar in Our Diets
4727	Sugar Substitutes
4728	The Healthy Diet
4729	USDA Food Guide Pyramid
4731	Vegetarian Diet
4732	Vitamins
4733	Weight Loss Diets
	PREVENTIVE HEALTH
4650	Back Pain Prevention: Body Medhanics

AudioHealth Library® Directory of Topics

4651	Bathroom Safety
4652	Cancer Prevention and Nutrition
4653	Childproofing Your Home
4654	Controlling Cholesterol
4655	Diet for a Healthy Mouth
4656	Drowning Prevention
4657	Exercise to Stay Healthy
4658	Exercises for the Workplace
4660	Heart Disease: Prevention
4661	Home Safety Tips
4662	How Noise Affects Hearing
4663	Immunization Schedule: Children
4664	Immunizations: Adults
4665	Lift It Right
4666	Medicines: Using Them Safely
4667	Obesity
4659	Personal Health Management
4668	Poison Prevention
4669	Preventing Burns and Scalds
4670	Preventing Falls
4671	Protecting Yourself from Cancer
4672	Routine Healthcare for Men
4673	Routine Healthcare for Women
4674	Safety Seats for Children
4675	Stress and Its Effects on the Body
4676	Water: Essential for Good Health
	RESPIRATORY HEALTH
4800	Acute Bronchitis
4801	Asthma
4802	Breathing Exercises
4803	Bronchiolitis
4804	Bronchoscopy
4805	Chronic Bronchitis

4806	Chronic Obstructive Pulmonary Disease (COPD)
4807	Collapsed Lung: Injury-Related
4808	Collapsed Lung: Non-Injury-Related
4809	Cough
4810	Emphysema
4811	Pneumonia
4812	Pulmonary Embolism
4813	Pulmonary Function Tests
4814	Shortness of Breath
4815	Sleep Apnea
4816	Sleep Apnea: Infants
4817	Snoring
4818	Thoracentesis
4819	Using Oxygen at Home
	SAFETY AND EMERGENCY PREPAREDNESS
4900	Animal and Human Bites
4901	Anthrax
4902	Bee Stings
4903	Biological Terrorism Agents
4904	Blisters
4905	Bruises
4906	Cardiopulmonary Resuscitation (CPR)
4907	Chemical Terrorism Agents
4908	Chemical Warning Labels
4909	Choking Prevention
4910	Dehydration
4911	Driving Responsibly
4912	Electrical Shock
4913	Electricity: Preventing Injuries
4914	Eye Symptoms Demanding Immediate Attention

AudioHealth Library® Directory of Topics

4915	First Aid for First-Degree Burns
4916	First Aid for Second-Degree Burns
4917	First Aid for Third-Degree Burns
4918	Food Poisoning
4919	Food Poisoning: Botulism
4920	Food Poisoning: E. Coli Infection
4921	Food Poisoning: Salmonellosis
4922	Frostbite
4923	Heart Attack: Early Warning Signs
4924	Heat Illness
4925	Home First Aid Supplies
4926	Home Security
4927	Hypothermia
4928	Poisoning
4929	Puncture Wounds
4930	Rape
4931	Rape Prevention
4932	Rice: Rest, Ice, Compression, Elevation
4933	Safety Glasses and Goggles
4934	Scrapes and Scratches
4935	Smallpox Vaccine
4936	Snakebites
4937	Something in Your Eyes
4938	Sore Throat
4939	Spider Bites and Scorpion Stings
4940	Splinters
4941	Sunburn
4942	Tetanus Vaccine
4943	Tick Bites
	SKIN HEALTH
4850	Acne
4851	Blisters
4852	Boils and Carbuncles

4853	Canker Sores
4854	Cellulitis
4855	Cold Sores (Fever Blisters)
4856	Contact Dermatitis
4857	Dandruff
4858	Eczema
4859	Hives
4860	Impetigo
4861	Itching
4862	Moles
4863	Plantar Warts
4864	Psoriasis
4865	Rosacea
4866	Seborrhea
4867	Sjogren's Syndrome
4868	Skin Infection
4869	Skin Lesions
4870	Skin or Soft Tissue Abscess
4871	Sunburn
4872	Tanning Beds
4873	Warts
	SURGERY
5000	Anesthesia
5001	Body Contouring
5002	Breast Enlargement (Augmentation Mammoplasty)
5003	Breast Reconstruction
5004	Breast Reduction (Reduction Mammoplasty)
5005	Eyelid Surgery (Blepharoplasty)
5006	Facelifts
5007	Laser Treatment
5008	Liposuction

AudioHealth Library® Directory of Topics

5009	Nose Reconstruction (Rhinoplasty)
5010	Skin Resurfacing
5011	Tummy Tuck
	SYMPTOMS
5050	Abdominal Cramps
5051	Constipation
5052	Cough
5053	Dehydration
5054	Dizziness and Vertigo
5055	Earache
5056	Fatigue
5057	Fever
5058	Heart Palpitations
5059	Heartburn
5060	Insomnia
5061	Irritability
5062	Loss of Appetite
5063	Lymph Nodes: Enlarged
5064	Memory Loss
5065	Nausea and Vomiting
5066	Nervousness
5067	Personality Change
5068	Rectal Bleeding
5069	Shortness of Breath
5070	Skin Lesions
5071	Swallowing Difficulty (Dysphagia)
5072	Tinnitus
5073	Urinary Incontinence
5074	Urination Problems
5075	Wheezing
	TESTS AND EXAMINATIONS
5100	Angiograms
5101	Arterial Blood Gases

5102	Barium Enema
5103	Barium X-Ray Exam: Esophagus and Stomach
5104	Biopsy
5105	Blood (Serum) Glucose Test
5106	Blood: Iron Test
5107	Bone Marrow Biopsy
5108	Bone Scan
5109	Bronchoscopy
5110	Cholesterol: Lipid Panel Test
5111	Colonoscopy
5112	Colorectal Cancer Screening
5113	Colposcopy of the Vagina and Cervix
5114	Complete Blood Count Test (CBC)
5115	Coronary Angiogram
5116	CT Scanning
5117	Cystoscopy
5118	Diagnostic Laparoscopy
5119	Echocardiogram
5120	Electrocardiogram (ECG or EKG)
5121	Electroencephalogram (EEG)
5122	Electromyogram (EMG)
5123	Endoscopic Retrograde Cholangiopancreatography (ERCP)
5124	Fluoroscopy
5125	Heart Catheterization
5126	Holter Monitors
5127	Magnetic Resonance Imaging (MRI)
5128	Mammograms
5129	Pap Smear (Cervical Smear)
5130	Percutaneous Transhepatic Cholangiography (PTHC)
5131	Sigmoidoscopy

AudioHealth Library® Directory of Topics

5132	Thyroid Scan
5133	Thyroid-Stimulating Hormone (TSH) Test
5134	Thyroxine (T4) Test
5135	Ultrasound Scanning
5136	Urine Culture
5137	Urine Tests
5138	X-Rays
	URINARY AND GENITAL SYSTEMS
5350	Acute Kidney Failure (Acute Renal Insufficiency)
5351	Bladder Infection (Cystitis)
5352	Blood in Urine (Hematuria)
5353	Chronic Kidney Failure (Chronic Renal Insufficiency)
5354	Functional Urinary Incontinence
5355	Indwelling Catheter Care
5356	Kegel Exercises for Bladder Control
5357	Kidney Infection (Pyelonephritis)
5358	Kidney Stones
5359	Lithotripsy for Kidney Stones
5360	Overflow Incontinence
5361	Urge Incontinence
5362	Urinary Catheterization
5363	Urinary Incontinence
5364	Urinary Obstruction
5365	Urinary Tract Infection in Men
5366	Urinary Tract Infection in Women
	WOMEN'S HEALTH
5200	Abdominal Hysterectomy
5201	Abuse and Violence - Adults
5202	Amniocentesis
5203	Atrophic Vaginitis

5204	Bartholin's Gland Cyst
5205	Benign Ovarian Tumor
5209	Bleeding Between Menstrual Periods (Metrorrhagia)
5210	Breast Infection (Mastitis)
5211	Breast Self-Exam
5213	Cervical Dysplasia
5214	Cervical Polyps
5215	Cervicitis
5216	Cesarean Section
5217	Choosing a Healthcare Provider for Your Pregnancy
5218	Chorionic Villus Sampling (CVS)
5219	D&C, Diagnostic (Dilation and Curettage)
5220	D&C, Therapeutic (Dilation and Curettage)
5221	Danger Signs in Pregnancy
5223	Diabetes in Pregnancy
5225	Diet During Pregnancy
5226	Diethylstilbestrol (DES)
5227	Drug, Alcohol, and Tobacco Use During Pregnancy
5228	Ectopic Pregnancy
5230	Endometrial Biopsy
5231	Endometriosis
5232	Episiotomy
5233	Exercise After Delivery
5234	Exercise During Pregnancy
5237	Feminine Hygiene
5238	Fetal Alcohol Syndrome
5239	Fibrocystic Breast Changes
5240	Genetic Screening Before or During Pregnancy

AudioHealth Library® Directory of Topics

5241	Getting Ready for Pregnancy
5242	Hair Loss in Women
5243	Hot Flashes
5244	Hysteroscopy
5245	Infertility
5247	Labor and Delivery
5248	Mammograms
5249	Menopausal Hormone Therapy
5250	Menopause
5251	Menstrual Cramps
5252	Miscarriage
5253	Missed Menstrual Periods (Amenorrhea)
5254	Morning Sickness
5256	Nipple Discharge (Galactorrhea)
5257	Normal Growth of a Baby During Pregnancy
5259	Ovarian Cysts
5260	Overcoming Fear of Childbirth
5261	Ovulation Abnormalities
5262	Painful Intercourse
5263	Pelvic Examination
5264	Pelvic Inflammatory Disease
5265	Pelvic Support Problems
5266	Postmenopausal Bleeding
5267	Postpartum Care
5268	Postpartum Complications
5269	Postpartum Depression
5270	Preeclampsia
5271	Pregnancy Tests
5272	Premenstrual Dysphoric Disorder (PMDD)
5273	Premenstrual Syndrome (PMS)

5274	Prenatal Care
5275	Prenatal Tests
5276	Routine Healthcare for Women
5277	Ruptured Membranes
5281	Skin Conditions During Pregnancy
5282	Smoking During Pregnancy
5284	Stress Incontinence in Women
5285	Tipped Uterus
5286	Toxic Shock Syndrome
5287	Travel When You Are Pregnant
5288	Uterine Fibroids
5290	Vaginal Cysts, Polyps, and Warts
5291	Vaginal Hysterectomy
5292	Vaginal Hysterectomy with Laparoscopy
5293	Vaginitis
5294	Vulvar Dystrophy
5295	Vulvitis
5296	Working During Pregnancy
5297	Yeast Infection (Candidiasis)
	TRICARE BENEFICIARIES ONLY - WOMEN, INFANTS AND CHILDREN (WIC) OVERSEAS
5195	Women, Infants and Children (WIC) Overseas