Healthwise® Video Library
Topic List

**Allergies**
How to Give an Epinephrine Shot to a Child
How to Give Yourself an Epinephrine Shot
Alzheimer’s Disease

**Anesthesia**
Anesthesia: Epidural for Childbirth
Anesthesia: Peripheral Nerve Block
Anesthesia: Spinal
Epidural Anesthesia
General Anesthesia

**Anxiety**
Anxiety: How to Change Anxious Thoughts
Anxiety: Is Treatment Right for You?
Anxiety: Paying Attention to How You’re Doing
Anxiety: Treatment Options
Anxiety: What Is It?

**Appendectomy**
Appendectomy: Before Your Surgery
Appendectomy: Returning Home

**Arthritis**
Arthritis: Making Everyday Activities Easier
Exercising Safely With Arthritis
Hot and Cold Therapy for Arthritis

**Asthma**
Asthma Action Plan
Asthma: Myths About Inhaled Steroids
Asthma: The Importance of Controller Medicines
Asthma: Using an Inhaler and Spacer
Asthma: What Happens In Your Lungs
Checking Peak Flow
Dealing With Asthma Triggers
How to Use a Nebulizer With a Mask
Stories from People Controlling Their Asthma
Using a Metered-Dose Inhaler With a Spacer
Using a Metered-Dose Inhaler Without a Spacer

**Back Pain**
Acupuncture and Massage for Back Pain
Back Pain: Getting In and Out of Bed
Back Pain: Have a Maintenance Plan
Back Pain Needs Time, Medicine, and Activity
Back Pain: Strengthening Your Core
Heat or Ice for Low Back Pain
Low Back Pain: Keep It From Coming Back
Low Back Pain: Keep Moving
Proper Lifting to Protect Your Back
Proper Sitting and Lifting for a Healthy Back
Self-Massage With a Tennis Ball
Tests for Low Back Pain

**Benign Paroxysmal Positional Vertigo (BPPV)**
Vertigo: The Epley Maneuver
Vertigo: Head Movements That Help

**Blood Clots**
How to Give a Herparin Shhot
Preventing Blood Clots in Leg Veins
Preventing Deep Vein Thrombosis (DVT) After Surgery
Safe Use of Non-Warfarin Blood Thinners
Taking Warfarin Safely
Warfarin: Why Taking It Is Worth It
What Is Clot-Busting (Thrombolytic) Treatment?
What Is Deep Vein Thrombosis (DVT)?

**Breast Cancer**
Breast Cancer: Help for Skin Changes From Radiation
Breast Reconstruction: How Others Decided
Deciding About Breast Reconstruction After Mastectomy
Lumpectomy
Lumpectomy: Returning Home
Mastectomy
Mastectomy: Returning Home
Shoulder and Arm Exercises After Breast Surgery
Cancer
Advanced Cancer: Finding Hope
Bone Marrow Transplant: Before Your Procedure
Bone Marrow Transplant: Returning Home
Cancer: Adjusting Over Time
Cancer: Dealing With Stress
Cancer: Finding Peace in Spirituality
Cancer: Finding Your Strength
Cancer: Help for Fatigue
Cancer: How It Affects Your Relationships
Cancer: How to Talk to Your Children
Cancer: Life After Treatment
Cancer: Preparing for Hair Loss From Chemotherapy
Cancer Treatment: Help for When You Feel Sick or Lose Your Appetite
Cancer Treatment: Help for Mouth and Throat Problems
Cancer: Understanding Your Feelings
Cancer: Your Support Network
Cancer: When You First Find Out
Childhood Leukemia: Treatment Options
Childhood Leukemia: What is ALL?
Childhood Leukemia: What is AML?
Childhood Leukemia: Working with Your Care Team
Colon Cancer: Screening Tests and What the Results Mean
Protecting Your Skin From The Sun
Skin Cancer Prevention: Checking Your Skin
What Is Chemotherapy?
What Is Radiation Therapy?
Carcin Tunnel Syndrome
Carcin Tunnel Syndrome: A Few Tips for Preventing It
Carcin Tunnel Syndrome: Stretches
Chronic Obstructive Pulmonary Disease (COPD)
Avoiding COPD Triggers
COPD: Clearing Your Lungs
COPD: Eating Well for Strength and Energy
COPD: Exercises for Building Strength
COPD: Exercises for Easier Breathing
COPD: How To Use a Nebulizer
COPD: Keep Your Quality of Life
COPD: Take This Chance to Quit Smoking
COPD: Taking Your Medicines After a Flare-Up
COPD: Time To Decide About Smoking
COPD: Try A New Quit-Smoking Strategy
COPD: You Can Still Be Active
What Happens to Your Lungs in COPD
Chronic Pain
Chronic Low Back Pain: Time for Something New
Chronic Pain and Opiates: Know What's Safe
Chronic Pain: Finding Your Strength
Chronic Pain: How Medicines Can Help You Manage It
Chronic Pain: Managing Pain With Healthy Thinking
Chronic Pain: Tracking How You're Doing
Chronic Pain: Treatments Other Than Medicine
Living With Chronic Pain
Colds, Flu, and Lung Issues
Benefits of Flu Shots
How to Use an Incentive Spirometer
Pneumonia: Self-Care
Pneumococcal Vaccine
Using a Dry Powder Inhaler
Why You Don't Need Antibiotics for Bronchitis
Depression
Counseling for Depression
Depression Is Common
Depression Medicine Side Effects
Depression Medicine: Deciding to Quit
Depression Medicines
Depression: Balancing Brain Chemicals
Depression: Cost of Medicine
Depression: How It Affects Your Body
Depression: Mood Check-In to Prevent a Relapse
Depression: Outside Looking In
Depression: Rating Your Mood
Depression: Social Support and Recovery
Depression: Using Your Inner Strengths
Medicines for Depression
Stories From People Recovering From Depression
Stories From People With Recurring Depression
Stories From People With New Depression
The Pain-Mood Connection
Treatment for Depression
Diabetes
Diabetes and Exercise
Diabetes and Wound Care
Diabetes and Your Heart
Diabetes: A1c Test
Diabetes: Benefits of Blood Sugar Testing
Diabetes: Daily Foot Care
Diabetes: Finger-Stick Test
Diabetes: Food and Your Blood Sugar
Diabetes: How Others Stay Motivated
Diabetes: How to Build Your Plate
Diabetes: Insulin's Role
Diabetes: Planning for a Healthy Pregnancy
Diabetes: Planning Your Next Steps
Diabetes: Preparing for Pregnancy
Diabetes: Preparing for Surgery
Diabetes: Stay in Your Target Range
Diabetes: Testing Your Blood Sugar
Healthy Weight: What Works
Healthy Weight: When Success Slows Down
Making Meals With Less Sodium
Positive Thinking for Weight Control
Weight and Your Mind
What is a Vitamin K Diet?

**Heart Failure**
Avoiding Triggers for Sudden Heart Failure
Heart Failure: Being Active
Heart Failure: Checking Your Weight Daily
Heart Failure: Daily Symptom Checks
Heart Failure: How Support Can Help
Heart Failure: Learn to Recognize Symptoms
Heart Failure: Limiting Fluids
Heart Failure: Limiting Sodium
Heart Failure: Medicines to Avoid
Heart Failure: Practice Tracking Sodium
Heart Failure: Self-Care
Heart Failure: Small Steps to Self-Care
Heart Failure: Support After Your Hospital Stay
Heart Failure: Taking an ACE inhibitor or ARB
Heart Failure: Taking Over-the-Counter Medicines Safely
Heart Failure: Track Your Symptoms
Heart Failure: When to Act on Your Symptoms
Heart Failure: When to Call for Help
Heart Failure: Your Reason to Be Active

**Heart Health**
Angioplasty for Coronary Artery Disease
Arrhythmia: Living With a Pacemaker
Arrhythmia: What Is an ICD?
Atrial Fibrillation: Feeling More in Control
Atrial Fibrillation: Living Well
Atrial Fibrillation: Managing Your Symptoms
Beta-Blockers After a Heart Attack
Bypass Surgery for Coronary Artery Disease
Cardiac Rehab: How It Can Help
Cardiac Rehab: What is it?
Catheter Ablation for Atrial Fibrillation
Catheter Ablation for SVT
Coronary Angiogram: How Others Decided
Coronary Angiogram: Returning Home
Coronary Angiogram: What Is It?
Coronary Artery Disease and Depression
Coronary Artery Disease: Aspirin and Heart Attack Risk
Coronary Artery Disease: Being Active
Coronary Artery Disease: Commit to Making an Exercise Plan
Coronary Artery Disease: Every Step Matters
Coronary Artery Disease: Getting Back on Track
Coronary Artery Disease: Making Peace With Medicines
Coronary Artery Disease: Moving Forward

**Coronary Artery Disease**
Women Are at Risk Too
Your Risk for Heart Attack
Deciding About Coronary Angiogram
Finding Support for Healthy Changes
Where Will You Be in 5 Years?
Heart-Healthy Diet
Valve Replacement Surgery
Heart Attack Happens
Second Heart Attack
Is It A Heart Attack?
Risk for Heart Attack and Stroke
Low-Dose Aspirin to Prevent a Heart Attack
Open-Heart Surgery: Returning Home
Pacemaker Placement: About Your Procedure
Pacemaker Placement: Returning Home
Plaque, Platelets, and Heart Attack
Preventing Coronary Artery Disease
Statins Are Important After a Heart Attack
Statins: Overcoming Barriers to Taking Them
Statins: Should You Take Them to Lower Your Risk?
Taking Statins: How Others Decided
Transcatheter Aortic Valve Replacement (TAVR)
Atrial Fibrillation?
Platelets Do
Beta Blockers Are Important After a Heart Attack

**Herniated Disc**
Back Surgery for Herniated Disc
Deciding About Herniated Disc Surgery
Disc Surgery: How Others Decided
Home Treatment for Herniated Disc Pain

**High Blood Pressure**
Deciding About Taking Blood Pressure Medicine
Make the Most of Home Monitoring
The DASH Diet
Lifestyle Changes to Lower Blood Pressure
Medicine for High Blood Pressure
Taking Blood Pressure at Home
Taking Blood Pressure Medicine: How Others Decided
The Effects of High Blood Pressure

**High Cholesterol**
Choosing a Heart-Healthy Life
How It Raises Your Risk
Numbers: What They Mean for Your Health

**Hip Issues**
Deciding About Hip Replacement Surgery
Fracture Surgery
Hip Repair Surgery: Returning Home
Replacement Surgery
Hip Replacement Surgery: How Others Decided
Replacement Surgery: Returning Home
Stress Management: Progressive Muscle Relaxation
Stress and Coping: Mindfulness Can Help
Relaxation Exercise: Guided Imagery
Relaxation Exercise: Deep Breathing
Overcoming Barriers to Practicing Mindfulness
What is Mindfulness?

Stress
Lack of Sleep
Sleep and Your Health
Sleep Apnea: Having Trouble With CPAP?
Sleep Apnea: How Is It Treated?
Sleep Apnea: How Treatment Can Improve Your Life
Sleep Apnea: Time to Get Checked
Sleep Apnea: Using CPAP
Sleep Apnea: What Is it?
Sleep Importance
Sleeping Better
Sleep Problems: Getting Past Barriers to Powering Down
Sleep Problems: Make a Plan to Power Down
What Is a Sleep Study?

Smoking
Beat Your Smoking Triggers
How Secondhand Smoke Affects Your Child
Nicotine and the Brain
Quit Smoking, Keep Your Social Life: Four Stories
Quit Smoking, Keep Your Social Life: How to Tell Your Friends
Quitting Smoking: Dealing With a Slip-Up
Quitting Smoking: Have Your Own Reason
Quitting Smoking: How Medicines Can Help
Quitting Smoking: It May Take Many Tries
Quitting Smoking: Medicines Increase Success Rates
Quitting Smoking: Medicines to Help With Cravings
Quitting Smoking: The Rewards Start Now
Parent or Smoker: How Does Your Child See You?
See Yourself as a Nonsmoker
Smoker's Cough: What Do You Tell Yourself?

Spinal Stenosis
Back Surgery for Spinal Stenosis
Deciding About Spinal Stenosis Surgery
Spinal Stenosis: Home Treatment and Physical Therapy
Spinal Stenosis Surgery: How Others Decided

Support
A Good Support System Is Important
Caregiving: Take Care of Yourself Too
Tips for Finding a Therapist

Teens
Acne: Here's Help
Teens and Healthy Eating: What Gets in Your Way?
Teens: Get Moving!
Teens: Overweight? You're in Charge
Teens: Who Do You See in the Mirror?

Using Oxygen
Using Oxygen Therapy at Home
Using Oxygen: Tips for Cannula and Skin Care
Using Oxygen When Away From Home
Varicose Veins
How to Put on Compression Stockings

Weight-Loss Treatment
Gastric Sleeve Surgery
Gastric Sleeve Surgery: Returning Home
Laparoscopic Gastric Banding
Laparoscopic Gastric Banding: Returning Home
Roux-En-Y Gastric Bypass
Roux-En-Y Gastric Bypass: Returning Home
Weight-Loss Surgery: How Others Decided

Wise Consumer
Choosing a Health Care Agent
Creating a Personal Health Record
Make the Most of Your Doctor Visit
Work Closely With Your Doctor

Women's Health
Benefits of a Pap Test
Deciding About a Hysterectomy for Abnormal Uterine Bleeding
Endometrial Ablation
Hormone Therapy for Abnormal Uterine Bleeding
Hysterectomy
Hysterectomy for Abnormal Uterine Bleeding: How Others Decided
Hysterectomy: Returning Home
Osteoporosis: After Your Fracture
Preventing Heart Disease in Women: First Steps
Tubal Ligation
Tubal Ligation: Returning Home
Urinary Tract Infection: Here's Help
Vaginal Yeast Infection: Here's Help
Why Get a Chlamydia Test?

Your Child's Health
Asthma Action Plan for Your Child
Asthma: Helping a Young Child Take Medicine
Asthma: Is Your Child Using the Rescue Inhaler Too Often?
Asthma: Keeping Your Child Out of the Hospital
Car Seat Safety
Children and Cough and Cold Medicines
Helping Your Child Deal With Asthma
Long-Acting Bronchodilators for Your Child
Managing a Croup Attack
Preparing Your Child For A Hospital Stay
Teaching Your Child to Use an Inhaler Without a Spacer
Teenagers: Feeling Different Because of Asthma
Why Children Don't Need Antibiotics for Colds or Flu
Why Get Your Child Immunized?
Why Get Your Older Child or Teen Immunized?