# **Nurse Advice** Line

# List of Audio Health Topics 1.800.249.3619

For emergencies, call 911 or the appropriate local emergency services.



### What is the Health Education Audio Reference Library (HEAR)?

The Health Education Audio Reference Library has pre-recorded messages on topics that provide information you need to help:

- Prevent illness
- Identify warning signs
- Administer self-care

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

### How do you use the Health Education Audio Reference Library (HEAR)?

The Health Education Audio Reference 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 -4digit number for the topic you want to hear
- Call the toll-free number.
- Select the option for the Health Education Audio Reference Library. You will hear the Health Education Audio Reference Library menu. Follow the instructions to select a topic.
- Listen to the recording. Topics are usually 1 to 7 minutes in length.

While listening to the list of topics, you can activate the topic of your choice by pressing the corresponding key on your telephone keypad.

#### **ALLERGIES AND IMMUNE SYSTEM**

1000 Allergies 1002 Food Allergies 1007 Should I Take Allergy Shots for Allergic Rhinitis and Allergic Asthma? 2338 Allergic Reaction 2770 Drug Allergies

#### **ASTHMA**

1981 Asthma in Teens and Adults

#### **BLOOD AND LYMPH**

1460 Swollen Lymph Nodes 1533 Complete Blood Count 2623 Iron Deficiency Anemia 2680 Toxic Shock Syndrome 2756 Rh Sensitization during Pregnancy

#### **BONES, JOINTS AND MUSCLES**

1030 Arthritis
1031 Juvenile Rheumatoid Arthritis
1032 Osteoporosis
1033 Lupus
1034 Rheumatoid Arthritis

1034 Rheumatoid Arthritis 1038 Fibromyalgia

1039 Gout

1450 Low Back Pain 1456 Sports Injuries

1457 Neck Pain

1461 Temporomandibular <sup>™</sup> Disorders

1463 Herniated Disc

1780 Bunions

1784 Plantar Fasciitis

1950 Chronic Fatigue Syndrome

2102 Bursitis

2103 Tendon Injury

2104 Carpal Tunnel Syndrome

2105 Ankle Sprain

2106 Muscle Cramps and Leg Pain

2151 Surgery for Carpal Tunnel Syndrome

2160 Hip Replacement Surgery

2162 Arthroscopy

2163 Should I Have Knee Replacement

Surgery?

2169 Rotator Cuff Disorders 2174 Should I Have Surgery for a

Herniated Disc? 2259 Osteoarthritis

#### **BRAIN AND NERVES**

1060 ALS (Lou Gehrig's Disease)

1061 Alzheimer's Disease

1062 Bell's Palsy

1063 Epilepsy

1064 Encephalitis

1065 Multiple Sclerosis

1066 Parkinson's Disease

1067 Stroke

1068 Guillain-Barrè Syndrome

1069 Bipolar Disorder

1071 Dementia

1080 Dyslexia

1081 Stroke Rehabilitation

1250 Attention Deficit Hyperactivity

Disorder

1404 Tension Headaches

1405 Migraine Headaches

1453 Benign Paroxysmal Positional

Vertigo

1457 Neck Pain

1463 Herniated Disc

1515 Diabetic Neuropathy

1536 CT Scan of the Body

1537 Electroencephalogram

1539 Electromyography and Nerve

**Conduction Studies** 

1542 Magnetic Resonance Imaging

1644 Mènière's Disease

2032 Erection Problems

2052 Anorexia Nervosa

2053 Bulimia Nervosa

2057 Depression

2104 Carpal Tunnel Syndrome

2151 Surgery for Carpal Tunnel

Syndrome

2174 Should I have surgery for a

herniated disc?

2400 Insomnia

#### **CANCER**

1105 Cancer Pain

1110 Colon Polyps

1111 Ovarian Cancer

1113 Colorectal Cancer

1120 Women's Cancers

1124 Lung Cancer

1128 Prostate Cancer

1129 Skin Cancer, Melanoma

1130 Skin Cancer, Nonmelanoma

1531 Breast Biopsy

1545 Prostate-Specific Antigen Test

1841 Be Tobacco Free

2240 Hospice Care

2245 Care at the End of Life

#### **CHILDREN'S HEALTH**

1031 Juvenile Rheumatoid Arthritis

1230 Domestic Violence

1240 Child Abuse and Neglect

1247 Temper Tantrums

1250 Attention Deficit Hyperactivity

Disorder

1251 Bed-Wetting

1254 Chickenpox

1259 Reye SyndroMe

1264 Ear Infections

1272 Impetigo

1274 Measles or Rubeola

**1275 Mumps** 

1278 Childhood Rashes

1279 Immunizations

1280 Pinworms

1283 Roseola

1284 Rubella or German Measles

1288 Teething

1289 Thumb-Sucking

1290 Toilet Training

1292 Thrush

1293 Urinary Tract Infections in Children

1455 Fever, Age 4 and Older

1462 Nausea and Vomiting, Age 4

and Older

1837 Healthy Eating for Children

2165 Far Tubes

#### **DIABETES**

1500 Type 2 Diabetes

1501 Type 2 Diabetes: Living With

Complications

1502 Type 2 Diabetes: Living With the

Disease

1503 Type 2 Diabetes: Recently

Diagnosed

1504 Gestational Diabetes

1506 Home Blood Sugar Monitoring

1508 Type 1 Diabetes

1512 Prediabetes

1515 Diabetic Neuropathy

1516 Diabetic Retinopathy

#### **DIGESTION**

1110 Colon Polyps

1113 Colorectal Cancer

1257 Colic

1402 Food Poisoning

1403 Inquinal Hernia

1407 Viral and Bacterial Infection

1451 Constipation

1452 Antidiarrheals

1454 Diarrhea, Age 12 and Older

1536 CT Scan of the Body

1540 Barium Enema

1541 Upper Gastrointestinal Series

1600 Appendicitis

1603 Ulcerative Colitis

1605 Diverticulosis

1608 Gallstones

1609 Rectal Problems

1610 Heartburn

1611 Irritable Bowel Syndrome (IBS)

1612 Gastroesophageal Reflux Disease

1613 Peptic Ulcer Disease

1618 Crohn's Disease

1827 Hepatitis C

1952 Hepatitis A

1953 Hepatitis B

2000 Bulking Agents and Laxatives

2154 Laparoscopic Gallbladder Surgery

for Gallstones

2158 Surgery for Hemorrhoids

2159 Laparoscopic Inguinal Hernia Repair

2164 Laparoscopy

2757 Weaning

# DISEASE AND INJURY PREVENTION

1295 Early Disease Detection

1544 Pelvic Exam and Pap Test

1904 Heart Attack Prevention

2204 Travel Health

## EAR, NOSE AND THROAT

1264 Ear Infections

1453 Benign Paroxysmal Positional

Vertigo

1459 Strep Throat

1560 Tonsillitis

1640 Earwax

1641 Labyrinthitis

1643 Swimmer's Ear

1644 Mènière's Disease

1646 Hearing Loss

1648 Laryngitis 2165 Ear Tubes

2171 Tonsillectomy and Adenoidectomy

## **EYES AND VISION**

1112 Polycystic Ovary Syndrome

1516 Diabetic Retinopathy

1700 Eye Problems

1702 Vision Tests

1703 Contact Lens Care

1705 Eye Injuries

1708 Pinkeve

1709 Cataracts

1710 Color Blindness

1711 Age-Related Macular Degeneration

1712 Glaucoma

1713 Strabismus

1716 Should I Have Laser Surgery for

Nearsightedness?

1717 Floaters and Flashes

2152 Cataract Surgery

#### **FIRST AID**

1253 Fever, Age 3 and Younger

1255 Choking Rescue Procedure

1260 Dehydration

1270 How to Take a Temperature

1451 Constipation

1454 Diarrhea, Age 12 and Older

1455 Fever, Age 4 and Older

1456 Sports Injuries

1458 Nosebleeds

1705 Eye Injuries

1750 Animal and Human Bites

1751 Insect and Spider Bites and Stings

1752 Snakebites

1754 Tick Bites

1755 Blisters

1758 Your Home Health Center

1759 Heat-Related Illnesses

1761 Burns

1762 Cuts

1763 Poisoning

1764 Puncture Wounds

1766 Removing Splinters

1781 Calluses and Corns

2000 Bulking Agents and Laxatives

2001 Pain Relievers

2002 Decongestants

2003 Cough Preparations

2007 Cold and Allergy Remedies

2105 Ankle Sprain

2203 Rescue Breathing and CPR

2256 Hypothermia

2332 Boils

2333 Cold Sores

2337 Cold Temperature Exposure

#### **FITNESS AND EXERCISE**

1833 Fitness

1836 Physical Activity for Older Adults

2709 Exercise during Pregnancy

#### **GENES AND CHROMOSOMES**

1112 Polycystic Ovary Syndrome

#### **GENETIC CONDITIONS**

1112 Polycystic Ovary Syndrome

#### **HEADACHES**

1404 Tension Headaches 1405 Migraine Headaches

#### **HEALTHY EATING**

1837 Healthy Eating for Children

1853 Healthy Eating

2251 Healthy Aging

2623 Iron Deficiency Anemia

2708 Diet during Pregnancy

2751 Breast-Feeding

2753 Bottle-Feeding

2757 Weaning

#### **HEALTHY WEIGHT**

1834 Healthy Weight

1837 Healthy Eating for Children

#### **HEART AND CIRCULATION**

1067 Stroke

1081 Stroke Rehabilitation

1532 Exercise Electrocardiogram

1534 Chest X-Ray

1538 Electrocardiogram

1542 Magnetic Resonance Imaging

1832 High Cholesterol

1900 Chest Pain

1901 Heart Attach and Unstable Angina

1903 Causes of Heart Attack

1904 Heart Attack Prevention

1907 Heart Failure

1908 Atrial Fibrillation (Irregular

Heartbeats)

1909 High Blood Pressure

(Hypertension)

1910 Mitral Valve Prolapse

1911 Pacemakers

1912 Varicose Veins

1915 Cardiac Rehabilitation

#### **HEART PROBLEMS**

1532 Exercise Electrocardiogram

1534 Chest X-Ray

1536 CT Scan of the Body

1538 Electrocardiogram

1542 Magnetic Resonance Imaging

1832 High Cholesterol

1900 Chest Pain

1901 Heart Attack and Unstable Angina

1903 Causes of Heart Attack

1904 Heart Attack Prevention

1907 Heart Failure

1908 Atrial Fibrillation (Irregular Heartbeats)

1909 High Blood Pressure

(Hypertension)

1910 Mitral Valve Prolapse

1911 Pacemakers

1915 Cardiac Rehabilitation

#### **HORMONES**

1112 Polycystic Ovary Syndrome

1500 Type 2 Diabetes

1501 Type 2 Diabetes: Living With

Complications

1502 Type 2 Diabetes: Living With the

Disease

1503 Type 2 Diabetes: Recently

Diagnosed

1508 Type 1 Diabetes

2550 Hypothyroidism

2651 Hormone Therapy

#### **IMMUNE SYSTEM**

1000 Allergies

1007 Should I Take Allergy Shots for Allergic Rhinitis and Allergic Asthma?

1033 Lupus

1034 Rheumatoid Arthritis

1279 Immunizations

1957 HIV Infections and AIDS

1959 Living with HIV Infection

2336 Atopic Dermatitis

2338 Allergic Reaction

2770 Drug Allergies

#### INFANT AND TODDLER HEALTH

1230 Domestic Violence

1240 Child Abuse and Neglect

1247 Temper Tantrums

1250 Attention Deficit Hyperactivity

Disorder

1251 Bed-Wetting

1253 Fever, Age 3 and Younger

1254 Chickenpox

1256 Circumcision

1257 Colic

1258 Croup

1259 Reye Syndrome

1261 Newborn Rashes and Skin

Conditions

1264 Ear Infections

1267 Fifth Disease

1268 Growth and Development of the

Newborn

1272 Impetigo

1274 Measles or Rubeola

1275 Mumps

1278 Childhood Rashes

1279 Immunizations

1280 Pinworms

1283 Roseola

1284 Rubella or German Measles

1287 Sudden Infant Death Syndrome

(SIDS)

1288 Teething

1289 Thumb-Sucking

1290 Toilet Training

1292 Thrush

1293 Urinary Tract Infections in Children

1837 Healthy Eating for Children

2165 Ear Tubes

2436 Alcohol Effects on a Fetus

2751 Breast-Feeding

2753 Bottle-Feeding

2754 Labor, Delivery, and Postpartum

Period

2756 Rh Sensitization during Pregnancy

2757 Weaning

#### **LUNGS AND AIRWAYS**

1000 Allergies

1002 Food Allergies

1007 Should I Take Allergy Shots for

Allergic Rhinitis and Allergic Asthma

1124 Lung Cancer

1255 Choking Rescue Procedure

1258 Croup

1400 Colds

1401 Influenza

1406 Sinusitis

1407 Viral and Bacterial Infection

1408 Avian Influenza (Bird Flu)

1534 Chest X-Ray

1536 CT Scan of the Body

1542 Magnetic Resonance Imaging

1546 Lung Function Tests

1648 Laryngitis

1841 Be Tobacco Free

1956 Tuberculosis (TB)

1965 West Nile Virus

1976 Chronic Obstructive Pulmonary

Disease (COPD)

1983 Acute Bronchitis

1986 Pneumonia

2002 Decongestants

2003 Cough Preparations

2007 Cold and Allergy Remedies

2403 Sleep Apnea

2406 Snoring

2770 Drug Allergies

#### **MEN'S HEALTH**

1128 Prostate Cancer

1230 Domestic Violence

1256 Circumcision

1545 Prostate-Specific Antigen Test

1848 Sexually Transmitted Diseases

2032 Erection Problems

2033 Infertility

2034 Benign Prostatic Hyperplasia,

or BPH

2036 Male Genital Problems and Injuries

2167 Transurethral Resection of the

Prostate

2173 Vasectomy

2307 Chlamydia

2308 Genital Herpes

2309 Genital Warts

2310 Gonorrhea

2311 Syphilis

2315 Trichomoniasis

2600 Birth Control

# MENTAL AND BEHAVIORAL ISSUES

1069 Bipolar Disorder

1070 Schizophrenia

1071 Dementia

1230 Domestic Violence

1240 Child Abuse and Neglect

1250 Attention Deficit Hyperactivity

Disorder

1838 Alcohol and Drug Problems

1845 Stress Management

2051 Obsessive-Compulsive Disorder

2052 Anorexia Nervosa

2053 Bulimia Nervosa

2055 Panic Attacks and Panic Disorder

2057 Depression

2059 Grief and Grieving

2063 Social Anxiety Disorder

2066 Suicidal Thoughts or Threats

2428 Treatment for Alcohol Use

Problems

2435 Teen Alcohol and Drug Abuse

#### PREGNANCY AND CHILDBIRTH

1211 Multiple Pregnancy: Twins or More

1504 Gestational Diabetes

1535 Chorionic Villus Sampling

1548 Ultrasound for Normal Pregnancy

2033 Infertility

2157 Episiotomy

2426 Precautions during Pregnancy

2436 Alcohol Effects on a Fetus

2600 Birth Control

2700 How to Have a Healthy Baby

2701 Home Pregnancy Tests

2704 Danger Signs during Pregnancy

2705 Pregnancy

2706 Symptoms and Stages of

Pregnancy

2707 Symptoms and Stages of Labor

2708 Diet during Pregnancy

2709 Exercise during Pregnancy

2710 Rubella and Pregnancy

2714 Amniocentesis

2717 Miscarriage

2719 Stretch Marks from Pregnancy

2720 Cesarean Section

2750 Postpartum Depression

2752 Complications after Delivery

2754 Labor, Delivery, and Postpartum Period

2756 Rh Sensitization during Pregnancy

#### **SENIOR HEALTH**

1061 Alzheimer's Disease

1071 Dementia

1291 Urinary Tract Infections in Teens

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1462 Nausea and Vomiting, Age 4

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1536 CT Scan of the Body

1711 Age-Related Macular Degeneration

1836 Physical Activity for Older Adults

2004 Prevent Medication Errors

2006 Prevent Medical Errors

2240 Hospice Care

2245 Care at the End of Life

2251 Healthy Aging

2261 Ingrown Toenail

### SEXUAL HEALTH

1848 Sexually Transmitted Diseases

1957 HIV Infection and AIDS

2039 Sexual Problems in Women

2173 Vasectomy

2307 Chlamydia

2308 Genital Herpes

2309 Genital Warts

2310 Gonorrhea

2311 Syphilis

2315 Trichomoniasis

2600 Birth Control

2678 Menstrual Cramps

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1107 Mammogram

1111 Ovarian Cancer

1112 Polycystic Ovary Syndrome

1128 Prostate Cancer

1211 Multiple Pregnancy: Twins or More 1256 Circumcision 1531 Breast Biopsy 1535 Chorionic Villus Sampling 1536 CT Scan of the Body

1542 Magnetic Resonance Imaging 1544 Pelvic Exam and Pap Test 1545 Prostate-Specific Antigen Test 1848 Sexually Transmitted Diseases

2032 Erection Problems

2033 Infertility

2034 Benign Prostatic Hyperplasia, or BPH

2036 Male Genital Problems and Injuries

2156 Dilation and Curettage

2157 Episiotomy 2164 Laparoscopy

2167 Transurethral Resection of the

Prostate

2172 Tubal Ligation and Tubal Implants

2173 Vasectomy 2307 Chlamydia 2308 Genital Herpes 2309 Genital Warts 2310 Gonorrhea

2311 Syphilis

2312 Pelvic Inflammatory Disease

2315 Trichomoniasis 2640 Bacterial Vaginosis 2643 Vaginal Yeast Infections

2650 Menopause and Perimenopause

2670 Missed or Irregular Periods

2672 Endometriosis 2673 Uterine Fibroids 2674 Hysterectomy

2675 Dysfunctional Uterine Bleeding

2677 Functional Ovarian Cysts

2678 Menstrual Cramps

2702 Abortion 2717 Miscarriage

2720 Cesarean Section

2723 Pelvic Organ Prolapse

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2752 Complications after Delivery

2754 Labor, Delivery, and Postpartum Period

2755 Mastitis While Breast-Feeding

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Conditions

1267 Fifth Disease

1269 Hand-Foot-and-Mouth Disease

1273 Lice

1278 Childhood Rashes

1296 Scabies

1707 Styes and Chalazia 1750 Animal and Human Bites

1751 Insect and Spider Bites and Stings

1752 Snakebites 1754 Tick Bites 1755 Blisters 1761 Burns

1761 Burns

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2343 Rashes 2344 Psoriasis

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2719 Stretch Marks from Pregnancy

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#### **SUBSTANCE ABUSE**

1838 Alcohol and Drug Problems 2428 Treatment for Alcohol Use Problems

2435 Teen Alcohol and Drug Abuse 2436 Alcohol Effects on a Fetus

#### **TEEN HEALTH**

1031 Juvenile Rheumatoid Arthritis 1250 Attention Deficit Hyperactivity Disorder

1259 Reye Syndrome

1274 Measles or Rubeola

1275 Mumps

1284 Rubella, or German Measles

1291 Urinary Tract Infections in Teens and Adults

1462 Nausea and Vomiting, Age 4 and Older

1951 Infectious Mononucleosis

1981 Asthma in Teens and Adults

2053 Bulimia Nervosa

2435 Teen Alcohol and Drug Abuse

#### **URINARY SYSTEM**

1128 Prostate Cancer

1251 Bed-Wetting

1291 Urinary Tract Infections in Teens and Adults

1293 Urinary Tract Infections in Children

1407 Viral and Bacterial Infection

1536 CT Scan of the Body

1542 Magnetic Resonance Imaging

1545 Prostate-Specific Antigen Test

1547 Abdominal Ultrasound

1848 Sexually Transmitted Diseases

2034 Benign Prostatic Hyperplasia,

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2155 Cystoscopy

2164 Laparoscopy

2167 Transurethral Resection of the

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2257 Urinary Incontinence in Women

2307 Chlamydia 2310 Gonorrhea 2311 Syphilis

2570 Chronic Kidney Disease

2576 Kidney Stones

#### **WISE HEALTH CONSUMER**

1202 Caregiver Tips

1800 Making Wise Health Decisions

1801 Work in Partnership with Your

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1802 Finding a Doctor Who Will Be a

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1830 Healthy Living

1835 The Mind-Body Connection

1841 Be Tobacco Free

1964 Stress Relief and Relaxation

2004 Prevent Medication Errors

2006 Prevent Medical Errors

2204 Travel Health

2503 Shared Decisions about Surgery

2770 Drug Allergies

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1032 Osteoporosis

1107 Mammogram

1111 Ovarian Cancer

1112 Polycystic Ovary Syndrome

1120 Women's Cancers

1211 Multiple Pregnancy: Twins or More

1230 Domestic Violence

1504 Gestational Diabetes

1531 Breast Biopsy

1544 Pelvic Exam and Pap Test

1848 Sexually Transmitted Diseases

2033 Infertility

2039 Sexual Problems in Women

2156 Dilation and Curettage

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2172 Tubal Ligation and Tubal Implants

2307 Chlamydia

2308 Genital Herpes

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2312 Pelvic Inflammatory Disease

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2426 Precautions during Pregnancy

2600 Birth Control

2640 Bacterial Vaginosis

2643 Vaginal Yeast Infections

2650 Menopause and Perimenopause

2651 Hormone Therapy

2670 Missed or Irregular Periods

2672 Endometriosis

2673 Uterine Fibroids

2674 Hysterectomy

2675 Dysfunctional Uterine Bleeding

2677 Functional Ovarian Cysts

2678 Menstrual Cramps

2680 Toxic Shock Syndrome

2700 How to Have a Healthy Baby

2701 Home Pregnancy Tests

2702 Abortion

2704 Danger Signs during Pregnancy

2705 Pregnancy

2706 Symptoms and Stages of

Pregnancy

2707 Symptoms and Stages of Labor

2708 Diet during Pregnancy

2709 Exercise during Pregnancy

2710 Rubella and Pregnancy

2717 Miscarriage

2719 Stretch Marks from Pregnancy

2720 Cesarean Section

2723 Pelvic Organ Prolapse

2724 Premenstrual Syndrome

750 Postpartum Depression

2752 Complications after Delivery

2753 Bottle-Feeding

2754 Labor, Delivery, and Postpartum

Period

2755 Mastitis While Breast-Feeding

2756 Rh Sensitization during Pregnancy

