

Healthy Roads Media MPEG Files (for video-on-demand and closed-circuit television systems)

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List current as of 11/16/09

Topic	Document	Languages Available	
Abuse	Domestic Violence (Intro)	1	
	Domestic Violence hurts the whole family	1,2,4,5,17,18	
	Child Abuse (Intro)	1	
Asthma	Asthma (Intro)	1	
	Asthma in Children (Intro)	1	
	Asthma and Children- A Guide to Coping	1,2,17,20	
Cancer	Breast Cancer (Intro)	1	
	Prostate Cancer (Intro)	1, 2	
	Colorectal Cancer (Intro)	1	
	What is Colorectal Cancer?	1,11,20	
	Who is at Risk for Colorectal Cancer?	1,11,20	
	5 Screening Tests for Colorectal Cancer	1,11,20	
Children and Infants	ADHD (Intro)	1	
	Adoption (Intro)	1	
	Adolescence	1,5,15,18	
	Breastfeeding Your Baby	1,2	
	Bullying (Intro)	1	
	Car Seat Safety	1,2,8,17,18	
	Cerebral Palsy (Intro)	1	
	Child Care (Intro)	1	
	Circumcision (Intro)	1,2	
	Cleft Lip and Palate (Intro)	1	
	Down Syndrome (Intro)	1	
	Ear Infections (Intro)	1	
	Fifth Disease (Intro)	1	
	Infancy	1,4,5,14,15,16,18	
	Obesity in Childhood (Intro)	1,2	
	Premature Babies (Intro)	1	
	Dental	Child Dental Health (Intro)	1,2
		Dentures (Intro)	1
		Getting older? Why your teeth and gums are important for good health	1,2,4,5,17
Diabetes	Diabetes (Intro)	1	
	Diabetes and Pregnancy (Intro)	1	
	Diabetes Complications (Intro)	1	
	Diabetes-Are you at risk for the world's fastest growing disease?	1,2,4,5,17,18	
	Control Your Diabetes 1 – The Basics	1,2,3,5,18	
	Control Your Diabetes 2 – Diet and Exercise	1,2,3,5,18	
	Control Your Diabetes 3 – Medicines and Glucose #	1,2,3,5,18	
	Diabetic Eye Problems (Intro)	1	
	Diabetic Kidney Problems (Intro)	1	
	Diabetic Nerve Problems (Intro)	1	
	How Can Diabetes Hurt My Feet?	1,2,3,18	
	Diabetes-How Do I Take Care of my Feet?	1,2,3,18	
	Diseases and Conditions	Alcoholism (Intro)	1,2
Allergy (Intro)		1	
Alzheimer's (Intro)		1	
Appendicitis (Intro)		1	
Arthritis (Intro)		1	
Back Pain (Intro)		1	
Cataract (Intro)		1	
Learn Your Cholesterol #		1,2, 9	
Cold Sores (Intro)		1	
COPD (Intro)		1	
Deep Vein Thrombosis (Intro)		1	
E. Coli Infections (Intro)		1	
Epilepsy (Intro)		1	
Eye Diseases (Intro)		1	
Gallbladder Diseases (Intro)		1	
Gout (Intro)		1	
Hay Fever (Intro)		1	
Head Lice (Intro)		1	
Medical Tests		Hepatitis A (Intro)	1
		Hepatitis C (Intro)	1, 2
		Hernia (Intro)	1
	Infectious Mononucleosis (Intro)	1	
	Irritable Bowel Syndrome (Intro)	1	
	Kidney Failure (Intro)	1	
	Liver Diseases (Intro)	1	
	Lung Diseases (Intro)	1	
	Lupus (Intro)	1	
	Macular Degeneration (Intro)	1	
	Migraine (Intro)	1	
	Motion Sickness (Intro)	1	
	Multiple Sclerosis (Intro)	1	
	Obesity (Intro)	1	
	Osteoporosis (Intro)	1	
	About Your Pain	1,2,8,17,18	
	Stroke	1,2, 9	
	Surviving the Cold and Flu Season	1,2,4,5,17	
	Take Steps - Prevent High Blood Pressure	1,2,5,9,18,20	
	Thyroid Diseases (Intro)	1	
	Urinary Tract Infections (Intro)	1,2	
	Warts (Intro)	1	
	Whooping Cough (Intro)	1	
	Yeast Infections (Intro)	1	
	Emergencies	Using the 911 Emergency Phone System	1,2,5,18
		Carbon Monoxide Poisoning (Intro)	1
		Recognizing Medical Emergencies	1,2,5,18
		What to Expect in the Emergency Room	1,2,5,18
	Heart	Angina (Intro)	1
		Arrhythmia (Intro)	1
		Cardiac Arrest (Intro)	1
		Protect Your Heart – Lower Your Blood Cholesterol	1,2,9
		Coronary Artery Disease (CAD)	1,2,9
		Congenital Heart Defects (Intro)	1
		Heart Attack	1,2, 9
		Heart Failure	1,2,9
		Heart Valve Diseases (Intro)	1
		Immunization (Short format)	Chickenpox Vaccine (VIS 1/10/07)
	DTaP Vaccine (1-5/17/07 & 2-7/30/01)		1,2
	Hib Vaccine (VIS 12/16/98)		1,2
H1N1 Flu Vaccine –Inactivated (10/2/09)	1		
H1N1 Flu Vaccine –Inactivated (10/2/09)	1		
Hepatitis A Vaccine (VIS 3/21/06)	1,2		
Hepatitis B Vaccine (VIS 7/11/01)	1,2		
Inactivated Influenza Vaccine (VIS 8/11/09)	1, 2		
MMR Vaccine (VIS 31/15/03)	1,2,3,4,7,8,17, 18		
PPSV Vaccine (VIS 4/16/09)	1,2		
Injuries and Wounds	Polio Vaccine (VIS 1/1/00)	1,2,3,4,7,8,17, 18	
	Td Vaccine (VIS 6/10/94)	1,2	
	Ankle Sprain	1,2,8,17,18	
	Bone Fractures	1,2,8,17,18	
	Burns (Intro)	1	
	Concussion (Intro)	1	
	Falls (Intro)	1	
	Foot Injuries and Disorders (Intro)	1	
	Hand Injuries and Disorders (Intro)	1	
	Insect Bites and Stings (Intro)	1	
Medical Tests	Knee Injuries and Disorders (Intro)	1	
	Pressure Sores (Intro)	1	
	Blood Transfusion & Donation (Intro)	1	
	Chest X-Ray	1, 2	
	Colonoscopy (Intro)	1	
	CT Scans (Intro)	1	
	Diagnostic Imaging (Intro)	1	
Endoscopy (Intro)	1		

	Genetic Testing (Intro)	1
	Laboratory Tests (Intro)	1
	Mammogram	1,2,8,17,18
	Mammography (Intro)	1
	MRI Scans (Intro)	1
	Newborn Screening (Intro)	1
	Prenatal Testing (Intro)	1
	Ultrasound (Intro)	1
	X-Rays (Intro)	1
Medicines	Antibiotics (Intro)	1,2
	Cancer Chemotherapy (Intro)	1
	Cold and Cough Medicines (Intro)	1
	Coumadin®/warfarin - Introduction	1,2
	Coumadin®/warfarin - What it is and What it Does	1,2
	Coumadin®/warfarin - How to Take	1,2
	Coumadin®/warfarin - Blood Tests	1,2
	Coumadin®/warfarin - Possible Side Effects	1,2
	Coumadin®/warfarin - Stay Safe	1,2
	Coumadin®/warfarin - Other Medications	1,2
	Coumadin®/warfarin - Diet	1,2
	Coumadin®/warfarin - Share Information with Other Doctors	1,2
	Coumadin®/warfarin - Medical Conditions Treated	1,2
	Diabetes Medicines (Intro)	1
	Pain Relievers (Intro)	1,2
	Statins (Intro)	1
	Take Medicine Safely	1,2,5,15,18
Mental Health	Anxiety (Intro)	1,2,17,18
	Asperger Syndrome (Intro)	1
	Autism (Intro)	1,2,17,18
	Bipolar Disorder (Intro)	1,2,17,18
	Dementia (Intro)	1
	Depression (Intro)	1
	Mental Health (Intro)	1,2,17,18
	ObsessiveCompulsiveDisorder(OCD)(Intro)	1,2,17,18
	Panic Disorder (Intro)	1,2,17,18
	Postpartum Depression (Intro)	1,2,17,18
	Post Traumatic Stress Disorder (PTSD) – A Real Illness	1,2,4,5,6,14,17,18
	Schizophrenia (Intro)	1,2,17,18
	Suicide (Intro)	1,2,17,18
Nutrition	Cut Down on Fat – Not on taste!	1,2,9
	Cut Down on Salt and Sodium	1,2,9,20
	Dietary Fiber (Intro)	1
	Food Allergy (Intro)	1
Other	Hearing Aids (Intro)	1
	Water Pollution (Intro)	1
Personal Health Issues	Advance Directives (Intro)	1
	Assisted Living (Intro)	1
	End of Life Issues (Intro)	1
Pregnancy and Reproduction	AIDS and Pregnancy (Intro)	1
	Birth Control (Intro)	1
	Cesarean Section (Intro)	1
	Fetal Alcohol Syndrome (Intro)	1
	High Risk Pregnancy (Intro)	1
	Prenatal Care	1,2,18
Sexual Health Issues	Chlamydia Infections (Intro)	1,2
	Genital Warts (Intro)	1
	Gonorrhea (Intro)	1,2
	Syphilis (Intro)	1
Smoking	Kick the Smoking Habit!	1,2,5,9,18
Staying Healthy	SpeakUp-Prevent ErrorsChild’sCare(Basics)	1
	SpeakUp-Prevent ErrorsChild’sCare(Meds)	1
	SpeakUp-Prevent ErrorsChild’sCare(Hospital)	1
	SpeakUp-Prevent ErrorsChild’sCare(Surgery)	1
	SpeakUp-Prevent ErrorsChild’sCare(LabTest)	1
	SpeakUP - Prevent Errors in Your Care (Part1)	1,2,18
	SpeakUP - Prevent Errors in Your Care (Part2)	1,2,18

	Stay Active and Feel Better	1	
	Clean Hands Save Lives	1, 2	
	Sun Exposure (Intro)	1	
	Tips for a Healthy Life for Men and Women	1	
	Watch Your Weight	1,2,9	
	Substance Abuse	Cocaine (Intro)	1
Inhalants (Intro)		1	
Methamphetamine (Intro)		1	
Symptoms	Abdominal Pain (Intro)	1	
	Breathing Problems (Intro)	1	
	Bruises (Intro)	1	
	Chest Pain (Intro)	1	
	Choking (Intro)	1	
	Constipation (Intro)	1	
	Cough (Intro)	1	
	Diarrhea (Intro)	1	
	Dizziness and Vertigo (Intro)	1	
	Edema (Intro)	1	
	Fainting (Intro)	1	
	Fever (Intro)	1	
	Gas (Intro)	1	
	GI Bleeding (Intro)	1	
	Headache (Intro)	1	
	Heartburn (Intro)	1,2	
	Hives (Intro)	1	
	Hypoglycemia (Intro)	1	
	Hypothermia (Intro)	1	
	Itching (Intro)	1	
	Jaundice (Intro)	1	
	Moles (Intro)	1	
	Muscle Cramps (Intro)	1	
	Pain (Intro)	1	
	About Your Pain	1,2,8,10,17,18	
	Pelvic Pain (Intro)	1	
	Sciatica (Intro)	1	
	Seizures (Intro)	1	
	Tonsils and Adenoids (Intro)	1	
	Tremor (Intro)	1	
	Vaginal Bleeding (Intro)	1	
	Tuberculosis	Do I Need a TB Test?	1,2,4,8,12,17,18,19,20
		TB and BCG	1,2,4,8,12,17,18,19,20
STOP TB Infection Before It Makes You Sick		1,2,4,8,12,17,18,19,20	
TB DISEASE –You Need Treatment To Make You Well		1,2,4,8,12,17,18,19,20	
TB & HIV A Dangerous Partnership		1,2,4,8,12,17,18,19,20	
What is a TB test?		1,2,4,8,12,17,18,19,20	
What You Should Know About Taking Tuberculosis Medicines	1,2,4,8,12,17,18,19,20		
Women’s Health	Mastectomy (Intro)	1	

Language Code: English-1, Spanish -2, Amharic-3, Arabic -4, Bosnian -5, Burmese -6, Farsi -7, French -8, Hmong -9, Karen -10, Khmer -11, Korean -12, Kurdish -13, Kirundi -14, Liberian -15, Nepali -16, Russian -17, Somali-18, Tagalog-19, Vietnamese-20