

AUDIO HEALTH LIBRARY DIRECTIONS AND TOPICS



The Audio Health Library lets you listen to the subjects that matter to you.

Here is how to use the Audio Health Library:

1. Choose the topic you want to hear from the list on the following pages. Write down the topic and its ID number so you will have it handy when you call. The ID number is listed next to each subject.
2. Call the toll-free telephone number at 1-800-606-9880 and press 2. If you are hearing impaired, call the Kentucky Relay Service at 1-800-648-6057. You will be connected to the nurse advice line.
3. Enter the 4-digit topic code for the topic you want to hear. Each message will play up to 5 minutes long.

For example: Susan wants to learn more about Type 1 Diabetes. She called 1-800-606-9880 and pressed "2." Then she entered "1508," the 4-digit code for Type 1 Diabetes. Susan stayed on the phone and listened to the recording. After the call, Susan felt like she knew a lot more about the disease.

Health Message Topics

Allergies

- 1000 Allergies
- 2338 Allergic Reaction
- 1007 Allergy Shots
- 2770 Drug Allergies
- 1002 Food Allergies

Asthma

- 1981 Asthma in Teens/Adults

Blood and Lymph

- 1533 Complete Blood Count
- 2623 Iron Deficiency Anemia
- 1460 Swollen Lymph Nodes
- 2680 Toxic Shock Syndrome

Bone, Muscle and Joint Problems

- 2105 Ankle Sprain
- 1030 Arthritis

- 2162 Arthroscopy
- 1780 Bunions
- 2104 Carpal Tunnel Syndrome
- 2151 Carpal Tunnel Syndrome Surgery
- 1950 Chronic Fatigue Syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1463 Herniated Disc
- 2174 Herniated Disc Surgery
- 2160 Hip Replacement Surgery
- 2163 Knee Replacement Surgery
- 1450 Low Back Pain
- 2106 Muscle Cramps/Leg Pain
- 1457 Neck Pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1784 Plantar Fasciitis
- 1034 Rheumatoid Arthritis
- 2169 Rotator Cuff Disorders

- 1456 Sports Injuries
- 2103 Tendon Injury
- 1461 TM Disorders (TMJ)

Brain and Nerves

- 1060 ALS (Lou Gehrig's)
- 1250 Attention Deficit Hyperactivity Disorder
- 1062 Bell's Palsy
- 1453 Benign Paroxysmal Positional Vertigo
- 1069 Bipolar Disorder
- 1536 CT Scan of the Body
- 1515 Diabetic Neuropathy
- 1080 Dyslexia
- 1537 Electroencephalogram
- 1539 Electromyography/Nerve Conduction Studies
- 1064 Encephalitis
- 1063 Epilepsy
- 1068 Guillain-Barré Syndrome
- 1542 Magnetic Resonance Imaging
- 1644 Ménière's Disease
- 1405 Migraine Headaches
- 1065 Multiple Sclerosis
- 1457 Neck Pain
- 1066 Parkinson's Disease
- 1067 Stroke
- 1081 Stroke Rehabilitation
- 1404 Tension Headaches

Cancer

- 1531 Breast Biopsy
- 1105 Cancer Pain
- 1110 Colon Polyps
- 1113 Colorectal Cancer
- 1124 Lung Cancer
- 1111 Ovarian Cancer
- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen Test
- 1129 Skin Cancer, Melanoma
- 1120 Women's Cancers

Children's Health

- 2436 Alcohol Effects on a Fetus
- 1250 Attention Deficit Hyperactivity Disorder
- 1251 Bed-Wetting
- 1254 Chickenpox
- 1240 Child Abuse/Neglect
- 1278 Childhood Rashes
- 1256 Circumcision
- 1257 Colic
- 1258 Croup
- 1230 Domestic Violence
- 2165 Ear Tubes
- 1455 Fever, Age 4+
- 1253 Fever, Age 3/Younger
- 1267 Fifth Disease
- 1268 Growth/Development of the Newborn
- 1269 Hand-Foot-and-Mouth Disease
- 1837 Healthy Eating for Children
- 1279 Immunizations
- 1272 Impetigo
- 1031 Juvenile Rheumatoid Arthritis
- 1274 Measles/Rubeola
- 1275 Mumps
- 1462 Nausea/Vomiting, Age 4+
- 1261 Newborn Rashes
- 1280 Pinworms
- 1259 Reye Syndrome
- 1283 Roseola
- 1284 Rubella/German Measles
- 1287 Sudden Infant Death Syndrome (SIDS)
- 1288 Teething
- 1247 Temper Tantrums
- 1289 Thumb-Sucking
- 1292 Thrush
- 1290 Toilet Training
- 1293 Urinary Tract Infections
- 2757 Weaning

Diabetes

- 1515 Diabetic Neuropathy
- 1516 Diabetic Retinopathy
- 1504 Gestational Diabetes
- 1506 Home Blood Sugar Monitoring
- 1512 Prediabetes
- 1508 Type 1 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

Digestion

- 1452 Antidiarrheals
- 1600 Appendicitis
- 1540 Barium Enema
- 2000 Bulking Agents/Laxatives
- 1257 Colic
- 1110 Colon Polyps
- 1113 Colorectal Cancer
- 1451 Constipation
- 1618 Crohn's Disease
- 1536 CT Scan of Body
- 1454 Diarrhea, Age 12+
- 1605 Diverticulosis
- 1402 Food Poisoning
- 1608 Gallstones
- 1612 Gastroesophageal Reflux Disease
- 1610 Heartburn
- 1952 Hepatitis A
- 1953 Hepatitis B
- 1403 Inguinal Hernia
- 1611 Irritable Bowel Syndrome (IBS)
- 2164 Laparoscopy
- 2154 Laparoscopic Gallbladder Surgery for Gallstones
- 2159 Laparoscopic Inguinal Hernia Repair
- 1613 Peptic Ulcer Disease
- 1609 Rectal Problems

- 2158 Surgery for Hemorrhoids
- 1603 Ulcerative Colitis
- 1541 Upper Gastrointestinal Series
- 1407 Viral/Bacterial Infection

Disease/Injury Prevention

- 1295 Early Disease Prevention
- 2204 Travel Health

Ear, Nose and Throat

- 1453 Dizziness and Vertigo
- 1264 Ear Infections
- 2165 Ear Tubes
- 1640 Earwax
- 1646 Hearing Loss
- 1648 Laryngitis
- 1641 Labrynthitis
- 1459 Strep Throat
- 1643 Swimmer's Ear
- 2171 Tonsillectomy/Adenoidectomy
- 1560 Tonsillitis

Eye and Vision

- 1709 Cataracts
- 2152 Cataract Surgery
- 1710 Color Blindness
- 1703 Contact Lenses
- 1516 Diabetic Retinopathy
- 1708 Eye Inflammations
- 1705 Eye Injuries
- 1700 Eye Problems
- 1717 Floaters and Flashes
- 1712 Glaucoma
- 1711 Macular Degeneration
- 1716 Nearsightedness - Laser Surgery
- 1708 Pinkeye
- 1713 Strabismus
- 1707 Styes
- 1702 Vision Tests

First Aid and Emergencies

1750 Animal/Human Bites
2105 Ankle Sprain
1755 Blisters
2332 Boils
2000 Bulking Agents/Laxatives
1761 Burns
1781 Calluses/Corns
1255 Choking Rescue Procedure
2333 Cold Sores
2337 Cold Temperature Exposure
1451 Constipation
2003 Cough Preparations
1762 Cuts
2002 Decongestants
1260 Dehydration
1454 Diarrhea, Age 12+
1705 Eye Injuries
1759 Heat-Related Illnesses
1758 Home Health Center
1270 How to Take a Temperature
2256 Hypothermia
1751 Insect Bites/Stings
1458 Nosebleeds
2001 Pain Relievers
1763 Poisoning
1764 Puncture Wounds
1766 Removing Splinters
2203 Rescue Breathing/CPR
1456 Sports Injuries
1752 Snakebites
1754 Tick Bites

Fitness and Exercise

1833 Fitness

Headaches

1405 Migraine Headaches
1404 Tension Headaches

Healthy Eating/Weight

2052 Anorexia Nervosa
2708 Diet During Pregnancy
1831 Dietary Guidelines for Americans-2005
2251 Healthy Aging
1853 Healthy Eating
1837 Healthy Eating for Children
1834 Healthy Weight
2623 Iron Deficiency Anemia

Heart & Circulation

1067 Stroke
1081 Stroke Rehabilitation
1532 Exercise Electrocardiogram
1534 Chest X-Ray
1536 CT Scan of the Body
1538 Electrocardiogram
1832 High Cholesterol
1900 Chest Pain
1901 Heart Attack/Unstable Angina
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

Hormones

2679 Dysfunctional Uterine Bleeding
2651 Hormone Therapy
2550 Hypothyroidism
1112 Polycystic Ovary Syndrome

Immune System

2336 Atopic Dermatitis
1957 HIV Infection/AIDS
1279 Immunizations

- 1959 Living with HIV Infection
- 1033 Lupus
- 1034 Rheumatoid Arthritis

Lungs and Airways

- 1983 Acute Bronchitis
- 1408 Avian Influenza (Bird Flu)
- 1534 Chest X-Ray
- 1255 Choking Rescue Procedure
- 1976 Chronic Obstructive Pulmonary Disease (COPD)
- 1400 Colds
- 2007 Cold and Allergy Remedies
- 2003 Cough Preparations
- 1258 Croup
- 2002 Decongestants
- 1409 H1N1 Influenza (Swine Flu)
- 1401 Influenza
- 1648 Laryngitis
- 1546 Lung Function Tests
- 1986 Pneumonia
- 1406 Sinusitis
- 2403 Sleep Apnea
- 2406 Snoring
- 1956 Tuberculosis (TB)
- 1407 Viral/Bacterial Infection
- 1965 West Nile Virus

Men's Health

- 2034 Benign Prostatic Hyperplasia (BPH)
- 2032 Erection Problems
- 2033 Infertility
- 2036 Male Genital Problems/Injuries
- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen Test
- 2167 Transurethral Resection of Prostate
- 2173 Vasectomy

Mental & Behavioral Issues

- 1838 Alcohol/Drug Problems
- 1250 Attention Deficit Hyperactivity Disorder
- 1069 Bipolar Disorder
- 1240 Child Abuse/Neglect
- 1071 Dementia
- 2057 Depression
- 1230 Domestic Violence
- 2059 Grief/Grieving
- 2400 Insomnia
- 2051 Obsessive-Compulsive Disorder
- 2055 Panic Attacks/
Panic Disorder
- 1070 Schizophrenia
- 2063 Social Anxiety Disorder
- 1845 Stress Management
- 2066 Suicidal Thoughts/Threats
- 2435 Teen Alcohol/Drug Abuse
- 2428 Treatment for Alcohol Use Problems

Pregnancy and Childbirth

- 2436 Alcohol Effects on Fetus
- 2714 Amniocentesis
- 2600 Birth Control
- 2753 Bottlefeeding
- 2751 Breastfeeding
- 2720 Cesarean Section
- 1535 Chorionic Villus Sampling
- 2752 Complications after Delivery
- 2704 Danger Signs During Pregnancy
- 2708 Diet During Pregnancy
- 2157 Episiotomy
- 2709 Exercise During Pregnancy
- 1504 Gestational Diabetes
- 2701 Home Pregnancy Tests
- 2700 How to Have a Healthy Baby
- 2033 Infertility
- 2754 Labor, Delivery & Postpartum Period

2755 Mastitis while Breastfeeding
2717 Miscarriage
1211 Multiple Pregnancy: Twins or More
2750 Postpartum Depression
2426 Precautions During Pregnancy
2705 Pregnancy
1548 Ultrasound for Normal Pregnancy
2756 Rh Sensitization During Pregnancy
2710 Rubella & Pregnancy
2719 Stretch Marks
2706 Symptoms/Stages of Pregnancy
2707 Symptoms/Stages of Labor

Senior Health

1711 Age-Related Macular Degeneration
1061 Alzheimer's Disease
2245 Care at the End of Life
1071 Dementia
2240 Hospice Care
2251 Healthy Aging
2261 Ingrown Toenail
1836 Physical Activity for Older Adults
2006 Prevent Medical Errors
2004 Prevent Medication Errors
1462 Nausea/Vomiting
1291 Urinary Tract Infections

Sexual Health

2600 Birth Control
2307 Chlamydia
2308 Genital Herpes
2309 Genital Warts
2310 Gonorrhea
1957 HIV Infection & AIDS
2678 Menstrual Cramps
2312 Pelvic Inflammatory Disease
2039 Sexual Problems in Women
1848 Sexually Transmitted Diseases
2311 Syphilis

2315 Trichomoniasis
2173 Vasectomy

Skin, Hair & Nails

2330 Acne
2336 Atopic Dermatitis
1755 Blisters
2332 Boils
1761 Burns
1781 Calluses & Corns
1278 Childhood Rashes
2333 Cold Sores
2337 Cold Temperature Exposure
1762 Cuts
2334 Dandruff
1267 Fifth Disease
1002 Food Allergies
2346 Fungal Nail Infections
2031 Hair Loss
1269 Hand-Foot-and-Mouth-Disease
1785 Ingrown Toenail
1751 Insect Bites/Stings
1273 Lice
1033 Lupus
1261 Rashes
2344 Psoriasis
2343 Rashes
1766 Removing Splinters
1129 Skin Cancer, Melanoma
1752 Snakebites
2349 Shingles
1707 Styes & Chalazia
2352 Sunburn
1754 Tick Bites
2353 Warts

Substance Abuse

1838 Alcohol & Drug Problems
2436 Fetal Alcohol Effects

- 2435 Teen Alcohol & Drug Abuse
- 2428 Treatment for Alcohol Use Problems

Teen Health

- 1981 Asthma in teens
- 1951 Infectious Mononucleosis
- 2435 Alcohol & Drug Abuse

Urinary System

- 1547 Abdominal Ultrasound
- 2034 Benign Prostatic Hyperplasia/BPH
- 2570 Chronic Kidney Disease
- 2155 Cystoscopy
- 2576 Kidney Stones
- 2164 Laparoscopy
- 1128 Prostate Cancer
- 2167 Transurethral Resection of Prostate
- 2257 Urinary Incontinence
- 1293 Urinary Tract Infections in Children
- 1291 Urinary Tract Infections in Teens & Adults
- 1407 Viral & Bacterial Infection

Wise Health Consumer

- 1841 Be Tobacco Free
- 1202 Caregiver Tips
- 2770 Drug Allergies
- 1802 Finding a Doctor Who Will be a Partner
- 1830 Healthy Living
- 1800 Making Wise Health Decisions
- 1201 Patient's Bill of Rights
- 2503 Share Decisions about Surgery
- 1964 Stress Relief & Relaxation
- 1835 The Mind-Body Connection
- 1801 Work with your Doctor

Women's Health

- 2702 Abortion
- 2640 Bacterial Vaginosis

- 2600 Birth Control
- 1531 Breast Biopsy
- 2704 Danger Signs During Pregnancy
- 2708 Diet During Pregnancy
- 2156 Dilation & Curettage
- 2675 Dysfunctional Uterine Bleeding
- 2672 Endometriosis
- 2157 Episiotomy
- 2709 Exercise During Pregnancy
- 2677 Functional Ovarian Cysts
- 1504 Gestational Diabetes
- 2701 Home Pregnancy Tests
- 2651 Hormone Therapy
- 2700 How to have a Healthy Baby
- 2674 Hysterectomy
- 2033 Infertility
- 1107 Mammogram
- 2650 Menopause & Perimenopause
- 2678 Menstrual Cramps
- 2670 Missed or Irregular Periods
- 1032 Osteoporosis
- 1111 Ovarian Cancer
- 1544 Pelvic Exam & Pap Test
- 2723 Pelvic Organ Prolapse
- 2750 Postpartum Depression
- 2705 Pregnancy
- 1112 Polycystic Ovary Syndrome
- 2724 Premenstrual Syndrome
- 2710 Rubella and Pregnancy
- 2039 Sexual Problems in Women
- 2707 Symptoms & Stages of Labor
- 2706 Symptoms & Stages of Pregnancy
- 2680 Toxic Shock Syndrome
- 2172 Tubal Ligation & Tubal Implants
- 2673 Uterine Fibroids
- 2643 Vaginal Yest Infections
- 1120 Women's Cancers

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