Healthwise® Video Library Topic List

Reach and teach more people with more than 575 videos from the Healthwise Video Library

**Allergies**  
How to Give Yourself an Epinephrine Shot  
Managing Seasonal Allergies

**Alzheimer's Disease**  
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: 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 Dry Powder Inhaler *  
Using a Metered-Dose Inhaler With a Mask  
Spacer *  
Using an Inhaler and 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, Activity, and Medicine  
Back Pain: Self-Massage With a Tennis Ball  
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  
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 Heparin Shot  
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? *

**Carpal Tunnel Syndrome**
Carpal Tunnel Syndrome: A Few Tips for Preventing It

**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: Keeping Your Quality of Life
COPD: Take This Chance to Quit Smoking *
COPD: Taking Medicines After a Flare-Up
COPD: Time To Decide About Smoking *
COPD: Try A New Quit-Smoking Strategy *
COPD: You Can Still Be Active
COPD: What Happens to Your Lungs

**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
Fever: Here’s Help *
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 *
Diabetes: You Can Slow Kidney Damage *
How Others Manage Diabetes *
How to Give a Glucagon Shot
Insulin: Giving an Injection in the Arm Using a Syringe *
Insulin: How to Prepare a Mixed Dose *
Insulin: How to Prepare a Single Dose *
Type 2 Diabetes

End of Life
Advance Care Planning: The Need for Ongoing Conversations
Advance Care Planning: Thinking About Hospice
Advance Care Planning: Treatment Choices Near the End of Life
Advance Directives
Choosing a Health Care Agent

Epilepsy
Epilepsy: Tips for Keeping Your Child Safe
How to Help Someone During a Seizure

Ergonomics
Ergonomics: Exercises to Do While Sitting
Ergonomics: Setting Up Your Work Area
Ergonomics: Using Your Computer

Eye, Ear, Nose, and Throat Problems
Cataract Surgery
Ear Infections In Children

Sindusitis
Sore Throat: Here’s Help *
Tubes for Ear Infections
Taking Care of Pinkeye at Home
Vision Problems: Aids to Help You Cope
Vision Problems: Making Your Home Safer
Why Get Screened for Glaucoma? *

Falls Prevention
Getting Up Safely After a Fall
Preventing Falls in Older Adults
Preventing Falls: Get an Eye Exam
Preventing Falls: Leg Lifts
Preventing Falls: Make Your Home Safe
Preventing Falls: Medicine Safety
Preventing Falls: The Four Fall Stoppers
Preventing Falls: Two Good Exercises
Preventing Falls: Use a Home Safety Checklist

First Aid
Blister Care
Care for a Skin Wound
Care for Minor Burns
How to Drain Blood From Under a Nail
How to Stop a Nosebleed
How to Wear a Sling
How to Wrap a Sprained Ankle
Insect Bites and Stings: Here’s Help *
Poison Ivy, Oak, or Sumac: What to Do First
RICE: Rest, Ice, Compression, Elevation

Gastroenterology
Bowel Resection
Colonoscopy
Colostomy
Constipation: Here’s Help *
Diarrhea: Here’s Help *
Ileostomy

Get Active
Fitness: How Active Should You Be?
Fitness: Increasing Your Core Stability
Getting Active
Getting Started With Flexibility and Stretching
How to Do Curl-Ups
How to Do the Bird Dog Exercise
How to Do the Bridging Exercise
How to Do the Hamstring Stretch in a Doorway
How to Do the Hip Flexor Stretch
How to Do the Pelvic Tilt Exercise
How to Do the Press-Up Exercise
How to Do the Single Knee-to-Chest Exercise
How to Do the Wall Sit Exercise
Measuring Your Exercise Intensity *
Older Adults: Be Inspired to Get Active
Older Adults: Getting Active After A Health Scare
Older Adults: Making Physical Activity a Routine *
Older Adults: Overcoming Barriers to Fitness
Seated Exercises for Older Adults

**Headaches**
- Headaches: Avoiding Triggers
- Headaches: Keeping a Diary
- Rebound Headaches
- Taking Medicine to Stop a Migraine

**Healthy Eating and Healthy Weight**
- BMI, Waist Size, and Your Health
- Deciding About Weight-Loss Surgery
- Five Ingredients for Healthy Eating
- Five Tips for Healthy Eating
- Healthy Eating: Getting Back on Track
- Healthy Eating Pays Off
- Healthy Eating: Resisting Temptation in Social Situations
- Healthy Eating: What Will Make It Work for You?
- Healthy Weight: Find Your Inspiration *
- Healthy Weight: Make Your Plan *
- 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 *
- Coronary Artery Disease: Your Risk for Heart Attack
- Deciding About Coronary Angiogram
- Heart Health: Finding Support for Healthy Changes *
- Heart Health: Where Will You Be in 5 Years?
- Heart-Healthy Diet *
- Heart Valve Replacement Surgery
- How a Heart Attack Happens
- How to Prevent a Second Heart Attack
- Is It A Heart Attack?
- Learning About Risk for Heart Attack and Stroke
- Low-Dose Aspirin to Prevent a Heart Attack *
- Open-Heart Surgery: Returning Home *
- Pacemaker Placement
- 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)
- What is Atrial Fibrillation?
- What Platelets Do
- Why Beta-Blockers Are Important After a Heart Attack
**Herniated Disc**  
Back Surgery for Herniated Disc  
Deciding About Herniated Disc Surgery  
Herniated Disc Surgery: How Others Decided  
Home Treatment for Herniated Disc Pain  

**High Blood Pressure**  
Deciding About Taking Blood Pressure Medicine  
High Blood Pressure: Make the Most of Home Monitoring  
High Blood Pressure: 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**  
Cholesterol: Choosing a Heart-Healthy Life  
Cholesterol: How It Raises Your Risk  
Cholesterol Numbers: What They Mean for Your Health  
Cholesterol Test: Understanding the Test  

**Hip Issues**  
Deciding About Hip Replacement Surgery  
Hip Fracture Surgery  
Hip Repair Surgery: Returning Home  
Hip Replacement Surgery  
Hip Replacement Surgery: How Others Decided  
Hip Replacement Surgery: Returning Home  
Hip Replacement: When Can You Be Active Again?  

**Hospital and Discharge Care**  
After a Hospital Stay: Managing Appointments  
Avoiding Infections in the Hospital  
Blood Transfusion  
Caring for a Drain After Surgery  
Caring for Your Feeding Tube  
Caring for Your Implanted Port  
Caring for Your PICC or Central IV Line  
Caring for Your Stoma and Ostomy Bag  
Caring for Your Urinary Catheter  
Getting Help When You Leave The Hospital  
Getting Treatment Through a PICC or Central Line  
Hospital Isolation Rooms  
In the Hospital: How To Get the Best Care  
In the Hospital: Three Tips for a Healthier Stay  
Lymph Node Dissection: Self-Care at Home  
Managing Pain While You’re in The Hospital  
Negative Pressure Wound Therapy  

**Medical Tests**  
Bronchoscopy  
Complete Blood Count (CBC) Test: Understanding the Test  
Exercise Electrocardiogram (Stress Test)  
HIV: Understanding the Test  
Thyroid Blood Test: Understanding the Test  
Thyroid Scan: Understanding the Test  
Urine Test: Understanding the Test  

**Medicines**  
ACE Inhibitors and ARBS: Helping Blood Flow Better  
Antidepressants: Keeping Your Life in Balance  
Beta Blockers: Helping Your Heart Relax  
Diuretics: Making Them Easier To Take  
Managing Your Medicines  
Metformin and You: A Winning Strategy  
Saving Money on Medicine  
What Are Opioids?
Why Are Blood Tests Needed With Some Medicines?
Your Corticosteroid Inhaler: Making It Easier to Breathe

Mobility Aids
Using a Cane
Using a Walker
Using Crutches

Newborn Care
After the NICU: Caring for Your Baby at Home
Breast-Feeding: Getting Your Baby to Latch *
Caring for Your Newborn: Diapers *
Caring for Your Newborn: Feeding *
Caring for Your Newborn: Sleeping *
Caring for Your Newborn: Umbilical Cord *
Caring for Yourself While Your Baby is in the NICU
How to Calm a Crying Baby *
Infant CPR
Jaundice in Newborns
Kangaroo Care for Your Baby and You
Learning About Circumcision
Learning About the NICU
NICU: Getting Ready to Take Your Baby Home
Safe Sleep for Infants
Using a Rubber Bulb to Clear a Baby’s Nose *

Peripheral Arterial Disease
Angioplasty for Peripheral Arterial Disease

Positive Thinking
Changing Negative Thoughts
How to Stop Negative Thoughts
Positive Thinking
Positive Thinking: Susan’s Story

Post-Traumatic Stress Disorder (PTSD)
PTSD: Signs and Symptoms
PTSD: Treatment Options
PTSD: Having a Plan
PTSD: Finding Yourself Again
PTSD: Checking In With Yourself

Prediabetes
Prediabetes: Healthy Changes You Can Make *
Prediabetes: Which Path Will You Take? *

Pregnancy and Delivery
Big Baby: Vaginal Tears
Big Baby: What if My Baby’s Shoulder Gets Stuck?
Big Baby: Problems When Labor is Induced *
Big Baby: What’s Happening at the End of Pregnancy? *

Gestational Diabetes: Activity
Gestational Diabetes: Avoiding Type 2 Diabetes
Gestational Diabetes: Eating Well *
Gestational Diabetes: Medicines
Gestational Diabetes: Reducing Risk
Gestational Diabetes: Testing Blood Sugar
Gestational Diabetes: What Causes It?
Gestational Diabetes: What Is It?
Grief: Coping After Stillbirth
High Blood Pressure During Pregnancy
Pregnancy: Dealing With Back Pain *
Pregnancy: Eating the Right Foods *
Pregnancy: How to Exercise Safely *
Pregnancy: Learning About Doctors and Midwives *
Managing Morning Sickness *
Pregnancy: Your First Weeks *
Signs of Labor *
VBAC: Choosing a Hospital
VBAC or C-Section: What Birth Experience Feels Right for You?
VBAC: Safe Labor After a Cesarean
VBAC: Why Alex Chose a Vaginal Birth
VBAC: Why Rachel Chose a Cesarean Birth

Prostate
Prostatectomy Surgery
Prostatectomy: Returning Home

Renal Dialysis
Dialysis: Caring for Your Vascular Access at Home
Dialysis: Living Better with Dialysis
Dialysis: What Is It?
Dialysis: Your Vascular Access
Hemodialysis Access: When Is the Right Time?

Shoulder Issues
Rotator Cuff Surgery
Rotator Cuff Surgery: Returning Home
Shoulder Replacement Surgery
Shoulder Replacement Surgery: Returning Home

Sleep
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 *
Quit Smoking: How to Tell Your Friends
Quitting Smoking: Dealing With a Slip-Up *
Quitting Smoking: Have Your Own Reason *
Quit 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?
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 *

Stress
Building Resilience
How Your Body Reacts to Stress *
Mindfulness: Breathing Practice
Overcoming Barriers to Practicing Mindfulness
Relaxation Exercise: Deep Breathing
Relaxation Exercise: Guided Imagery
Stress and Coping: Mindfulness Can Help
Stress Management: Progressive Muscle Relaxation
Stress Management: Relaxing Your Muscles
Stress Management: Roll Breathing
Stress Management: Using Yoga to Relax
What is Mindfulness?

Stroke
After a Stroke: Taking an Antiplatelet
After a Stroke: Taking a Blood Thinner for A-fib
After A Stroke: Your Self-Care Plan
Deciding About a Carotid Artery Procedure
Carotid Artery Stenting
Carotid Endarterectomy
Stroke: Know the Signs and Act FAST
Stroke Prevention: Should You Have a Carotid Artery Procedure?
Stroke Recovery: Finding What Inspires You
Stroke Recovery: Using Support to Stay Positive
Stroke Symptoms
Stroke: Understanding Your Emotions
Stroke: What Is Stroke Rehab?
Stroke: What's Your Risk?
What Is A Stroke?
What is a TIA?

Substance Use
Alcohol: How to Deal with a Slip-Up *
Alcohol: Taking Action
Alcohol: The Space It Takes Up in Your Life
Alcohol: Time for a Change?
Alcohol: Treatment Options
Drug Addiction: Treatment Options
Drug Withdrawal: What to Expect
How and When to Use Naloxone
Prescription Medicine Misuse: Could You Have a Problem?
Prescription Medicine Misuse: Getting Back on Track
Prescription Medicine Misuse: Setting Goals for Quitting
Prescription Medicine Misuse: Support for Recovery
Prescription Medicine Misuse: Treatment Options

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?

Tracheostomy
Caring for Your Tracheostomy
Tracheostomy Surgery
Tracheostomy: Returning Home

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 Coronary Artery 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 With a Spacer *
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 *

* Videos in Spanish.

Video topic list is subject to change without notice.