Healthwise® Video Library Topic List

Reach and teach more people with more than 500 videos from the Healthwise Video Library

**Allergies**
- How to Give an Epinephrine Shot to a Child
- How to Give Yourself an Epinephrine Shot
- Understanding and Managing 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: 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 Dry Powder Inhaler *
- Using a Metered-Dose Inhaler With a Mask 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 *
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
Carpal 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: 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: Giving an Injection in the Belly *
- Insulin: How to Prepare a Mixed Dose *
- Insulin: How to Prepare a Single Dose *
- Type 2 Diabetes

**End of Life**
- Advance Directives
- End of Life: The Need for Ongoing Conversations
- End of Life: Thinking About Hospice
- End of Life: Treatment Options You Can Choose

**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, and Nose Problems**
- Cataract Surgery
- Ear Infections In Children
- Sinusitis
- Sore Throat: Here’s Help
- Tubes for Ear Infections
- Taking Care of Pinkeye at Home

**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

**Vision Problems**
- Aids to Help You Cope
- Making Your Home Safer
- Why Get Screened for Glaucoma? *

**Type 2 Diabetes**
- End of Life
- Advance Directives
- End of Life: The Need for Ongoing Conversations
- End of Life: Thinking About Hospice
- End of Life: Treatment Options You Can Choose
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?
Want 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
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
Preventing Falls in the Hospital
Preventing Problems After Surgery
Taking Care of a Cast or Splint
Taking Care of Stitches
What Is a Hospital Patient Advocate?
Your Hospital Stay: Going Home

Incontinence
Pelvic Exercises for Urinary Incontinence
Urinary Incontinence: Talk to Your Doctor

Knee Issues
ACL Reconstruction Surgery
Deciding About Knee Replacement Surgery
Knee Arthritis: Nonsurgical Treatments
Knee Arthritis: What Can I Expect?
Knee Arthritis: What is Knee Replacement Surgery?
Knee Arthritis: What is Osteoarthritis
Knee Arthritis: Treatments
Knee Arthroscopy
Knee Arthroscopy: Recovering at Home
Knee Replacement: Recovery
Knee Replacement Surgery
Knee Replacement Surgery: Pros and Cons
Knee Replacement Surgery: How Others Decided
Knee Replacement: When Can You Be Active Again?
Meniscus Surgery

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
Managing Your Medicines
Saving Money on Medicine
What Are Opioids?
Why Are Blood Tests Needed With Some Medicines?

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
Kangaroo Care for Your Baby and You
Learning About the NICU
NICU: Getting Ready to Take Your Baby Home
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?
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

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?
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

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
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
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 *
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.