

## Aging

### Growing Older, Staying Well

DVD: DVDGER001 V02

Book: GER-B V05

Worksheet: GER-W V05

## Back Pain

### Acute Low Back Pain: Managing Your Pain Through Self-Care

DVD: DVDALBP001 V05

Booklet: ALBP001B V05

### Chronic Low Back Pain: Managing Your Pain and Your Life

DVD: DVDCLBP001 V04

Booklet: CLBP001B V07

### Herniated Disc: Choosing the Right Treatment for You

DVD: DVDHDC002 V05

Booklet: HDC002B V05

### Spinal Stenosis: Choosing the Right Treatment for You

DVD: SST-D V04

Booklet: SST-B V04

## Bones and Joints

### Managing Mild to Moderate Knee Osteoarthritis

Booklet: EKOA001B V04

### Treatment Choices for Hip Osteoarthritis

DVD: DVDHIP001 V08

Booklet: HIP001B V08

### Treatment Choices for Knee Osteoarthritis

DVD: DVDKOA001 V08

Booklet: KOA001B V09

## Breast Cancer

### Breast Reconstruction: Is It Right for You?

DVD: BCR-D V06

Booklet: BCR-B V07

### Ductal Carcinoma In Situ: Choosing Your Treatment

Booklet: DCIS-B V06

### Early-Stage Breast Cancer: Choosing Your Surgery

DVD: DVDBCS001 V08

Booklet: BCS001B V07

### Living with Metastatic Breast Cancer: Making the Journey Your Own

DVD: BCM-D V04

Booklet PDF: BCM-B V10

(both available online only)

## Cardiovascular

### Heart Tests: Learning About Your Choices

Booklet PDF: CHDT001B V04 (available online only)

### Living with Coronary Heart Disease

DVD: DVDCHDL001 V04

Booklet: CHDL-B V07

### Living with Heart Failure: Helping Your Heart Day-to-Day

DVD: DVDCHF001 V03

Booklet: CHF001B V06

### Treatment Choices for Peripheral Artery Disease

Booklet PDF: PAD001B V03 (available online only)

### Treatment Choices for Stable Angina

DVD: DVDCHDA V04

Booklet: CHDA001B V04

### Chronic Conditions

#### Living Better with Chronic Pain

DVD: CPM-D V04

Booklet: CPM-B V07

#### Living with Diabetes: Making Lifestyle Changes to Last a Lifetime

DVD: DVDDIA001 V03

Booklet: DIA001B V05

Worksheet: 4114-1118

Spanish booklet PDF: DIAES001B V05

(Both Spanish available online only)

#### Sleeping Better: Help for Long-Term Insomnia

DVD: DVDSLPO01 V03

Booklet: SLP-B V04

### Colon Cancer

#### Colon Cancer Screening: Deciding What's Right for You

DVD: CRC-D V06

Booklet: CRC-B V08

### End-of-Life Decisions

#### Looking Ahead: Choices for Medical Care When You're Seriously Ill

DVD: DVDMCSI001 V02

Booklet: MCSI-B V05

### Mental Health

#### Coping with Symptoms of Depression

DVD: DVDDEP001 V06

Booklet: DEP001B V09

#### Help for Anxiety: Treatments That Work

DVD: DVDANX001 V03

Booklet: ANX001B V05

### Prostate Health

#### Benign Prostatic Hyperplasia: Choosing Your Treatment

DVD: BPH-D V07

Booklet: BPH-B V08

#### Is a PSA Test Right for You?

DVD: DVDPSA001 V08

Booklet: PSA001B V09

#### Treatment Choices for Localized Prostate Cancer

Booklet PDF: PCA002B V03 (available online only)

### Shared Decision Making

#### Getting the Healthcare That's Right for You

DVD: DVDIHC002 V02A

Booklet: IHC002B V05

Worksheet: IHC002W V07

### Weight Management

#### Weight Loss Surgery: Is It Right for You?

DVD: DVDWLS001 V06

Booklet: WLS001B V07

### Women's Health

#### Managing Menopause: Choosing Treatments for Menopause Symptoms

DVD: DVDMEN001 V07

Booklet PDF: MEN001B V06

(both available online only)

#### Treatment Choices for Abnormal Uterine Bleeding

DVD: DVDBUCA001 V08

Booklet: BUCA001B V09

#### Treatment Choices for Uterine Fibroids

DVD: DVDBUCF001 V08

Booklet: BUCF001B V09