

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 V04

Booklet: HDC002B V04

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 V07

Booklet: HIP001B V07

Spanish DVD: DVDHIPES001 V07

Spanish booklet: HIPES001B V06

Treatment Choices for Knee Osteoarthritis

DVD: DVDKOA001 V07

Booklet: KOA001B V08

Spanish DVD: DVDKOAES001 V07

Spanish booklet: KOAES001B V07

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 V03 (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 Chest Discomfort

DVD: DVDCHDA V03

Booklet: CHDA001B V03

Cerebrovascular

Treatment Choices for Carotid Artery Disease

Booklet PDF: CEA001B V05 (available online only)

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: 4114-0915

Spanish DVD: DVDDIAES001 V03

Spanish booklet: DIAES001B V05

Spanish worksheet: DIAES001WDG V05

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

Advance Directives (Web content, available online only)

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 V04

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

Vision

Cataracts: Is Surgery Right for You?

Booklet PDF: CAT001B V03 (available online only)

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 V06

Booklet PDF: MEN001B V05

(both available online only)

Treatment Choices for Abnormal Uterine Bleeding

DVD: DVDBUCA001 V07

Booklet: BUCA001B V08

Treatment Choices for Uterine Fibroids

DVD: DVDBUCF001 V07

Booklet: BUCF001B V08