



LIBRARY

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KEY WORD

TYPE	TITLE	DESCRIPTION
ARTHRITIS		
PAMPHLET	ARTHRITIS ANSWERS	PRACTICAL HELP FROM THE ARTHRITIS FOUNDATION
BOOK	RAISING A CHILD WITH ARTHRITIS	A PARENTS GUIDE
PAMPHLET	TAKE CONTROL. WE CAN HELP	RESEARCH, EDUCATION & SPECIAL EVENTS
BLOOD PRESSURE		
PAMPHLET	BLOOD PRESSURE	KEEPING IT UNDER CONTROL
VIDEO	CARDIOVASCULAR WELLNESS	HOW TO MONITOR YOUR BLOOD PRESSURE
PRINT OUT	THE HEART TRUTH FOR WOMEN	RECIPES AND CONTROLLING HIGH BLOOD PRESSURE
PRINT OUT	YOUR GUIDE TO LOWERING BLOOD PRESSURE	RISK FACTORS; PREVENTION; TARGET WEIGHT; EATING RIGHT; SODIUM; MEDICATIONS
CANCER		
BOOK	100 QUESTIONS & ANSWERS ABOUT BREAST CANCER	CAUSES; PREVENTION & TREATMENT

KEY WORD

TYPE	TITLE	DESCRIPTION
BOOK	EATING HINTS	EATING – BEFORE, DURING & AFTER TREATMENT
BOOK	WHAT YOU NEED TO KNOW ABOUT CANCER	INFO; CAUSES; SCREENINGS; EARLY DETECTION
CANCER PAIN		
BOOK	UNDERSTANDING CANCER PAIN	WAYS TO HANDLE PAIN
CARDIAC ARREST		
PAMPHLET	WHAT DO YOU DO	BE PREPARED FOR EMERGENCIES WITH HEARTSAVER FACTS
PAMPHLET	WHEN EVERY SECOND COUNTS	GUIDE TO SUDDEN CARDIAC ARREST & THE NEED FOR EARLY DEFIBRILLATION
CHOLESTEROL		
PRINT OUT	HIGH BLOOD CHOLESTEROL	WHAT YOU NEED TO KNOW
PAMPHLET	UNDERSTANDING AND CONTROLLING CHOLESTEROL	UNDERSTAND & CONTROLLING CHOLESTEROL
CPR		
PAMPHLET	CARDIOPULMONARY RESUSCITATION	ABC OF CPR
DIABETES		
PRINT OUT	DIABETES	WOMEN'S HEALTH TAKE TIME TO CARE FOR YOURSELF FOR THOSE WHO NEED YOU
PAMPHLET	DIABETES	FACTS FOR EVERYONE

KEY WORD

TYPE	TITLE	DESCRIPTION
NOTE BOOK	HELPING THE STUDENT WITH DIABETES SUCCEED	GUIDE FOR SCHOOL PERSONNEL
PRINT OUT	IF YOU HAVE DIABETES YOU ARE AT HIGH RISK FOR HEART ATTACK & STROKE	CONTROL THE ABC'S OF DIABETES (A1C, BLOOD PRESSURE, CHOLESTEROL)
BOOK	LIVING YOUR LIFE WITH DIABETES	SELF-CARE HANDBOOK
PRINT OUT	TAKE CARE OF YOUR FEET FOR A LIFETIME	A GUIDE FOR PEOPLE WITH DIABETES
PRINT OUT	TAKE CARE OF YOUR HEART; MANAGE YOUR DIABETES	MANAGE YOUR BLOOD GLUCOSE; BLOOD PRESSURE; CHOLESTEROL
PRINT OUT	THE POWER TO CONTROL DIABETES IS IN YOUR HANDS	BLOOD SUGAR TESTING
PRINT OUT	TIPS FOR HELPING A PERSON WITH DIABETES	DIABETES IS TOUGH; HELPING A LOVED ONE WITH DIABETES; WHERE TO GO FOR HELP
PRINT OUT	TIPS FOR KIDS WITH TYPE 2 DIABETES	WHAT IS DIABETES; EAT HEALTHY; BE ACTIVE
PRINT OUT	WHAT I NEED TO KNOW ABOUT EATING AND DIABETES	
BINDER	YOUR GAME PLAN FOR PREVENTING TYPE 2 DIABETES	FAT & CALORIE COUNTER & INFORMATION FOR PATIENTS
DIET		
PAMPHLET	AN EATING PLAN FOR HEALTHY AMERICANS	EATING PLAN FOR HEALTHY AMERICANS

KEY WORD

TYPE	TITLE	DESCRIPTION
EATING HEALTHY		
PAMPHLET	LIVING SMART	GUIDE TO EATING HEALTHY & BEING ACTIVE
FAMILY HELP		
PAMPHLET	FAMILY RESOURCE GUIDE	LISTING OF DEPARTMENTS TO HELP FAMILIES
FOOD LABELS		
VIDEO	CARDIOVASCULAR WELLNESS	HEART-HEALTHY SHOPPING
GOOD HEALTH		
PAMPHLET	A LIFETIME OF GOOD HEALTH	YOUR GUIDE TO STAYING HEALTHY FOR WOMEN
NOTE BOOK	DIETARY GUIDELINES FOR AMERICANS	NUTRITION AND YOUR HEALTH
GUIDE TO MANAGING YOU		
BOOK	WOMEN'S HEALTH	
GUMS		
PAMPHLET	HEALTHY GUMS	QUICK GUIDE TO BETTER ORAL HEALTH
GYN EXAM		
PAMPHLET	WOMAN TO WOMAN	HOW TO GET THE MOST FROM YOUR FIRST (OR NEXT) GYN EXAM
HEALTH		
PAMPHLET	HEALTH RISK	HOW DO YOU RATE AS A HEALTH RISK

KEY WORD

TYPE	TITLE	DESCRIPTION
HEALTHY EATING		
VIDEO	CARDIOVASCULAR WELLNESS	HEART- HEALTHY EATING
HEALTHY EXERCISE		
VIDEO	CARDIOVASCULAR WELLNESS	HEART-HEALTHY EXERCISE
HEALTHY LIVING		
PAMPHLET	TAKE OFF DAYTON	BE ACTIVE; ENJOY LIFE; EAT RIGHT
HEART		
PAMPHLET	A HEALTHY HEART	STRIPPING AWAY THE BARRIERS TO A HEALTHY HEART
PAMPHLET	SIX STEPS TO A HEALTHY HEART	HEALTHY HEART
NOTE BOOK	THE HEALTHY HEART HANDBOOK FOR WOMEN	HEART TRUTH, FINDING RISK & TAKING CONTROL
BOOK	TO YOUR HEALTH	THE CHOLESTEROL LOW DOWN
HEART ATTACK		
VIDEO	CARDIOVASCULAR WELLNESS	ARE YOU AT RISK FOR HEART ATTACK
PRINT OUT	FREQUENTLY ASKED QUESTIONS ABOUT HEART ATTACK	RECOGNIZING; TREATMENT; PREVENTION; WHERE TO GO FOR MORE INFO
PRINT OUT	WOMEN: WARNING! IT COULD BE A HEART ATTACK	WHAT YOU SHOULD KNOW; HEART FACTS

KEY WORD

TYPE	TITLE	DESCRIPTION
HEART DISEASE		
PAMPHLET	ABOUT YOUR BYPASS SURGERY	GUIDE TO UNDERSTANDING CORONARY ARTERY BYPASS GRAFT SURGERY
VIDEO	CARDIOVASCULAR WELLNESS	DO YOU HAVE HEART DISEASE
VIDEO	CARDIOVASCULAR WELLNESS	SMOKE SIGNALS: CIGARETTES & HEART DISEASE
PRINT OUT	CORONARY HEART DISEASE	FACTS ABOUT CORONARY HEART DISEASE
PAMPHLET	HOW DO YOU GO RED	WOMEN & HEART DISEASE
PAMPHLET	UNDERSTANDING ANGINA	GUIDE TO CHEST DISCOMFORT FROM HEART DISEASE
PAMPHLET	YOUR HEART VALVE SURGERY	HEART VALVE SURGERY
PAMPHLET	YOUR PTCA	GUIDE TO PERCUTANEOUS TRANSLUMINAL CORONARY ANGIOPLASTY
HEART RHYTHM		
PAMPHLET	YOUR CHILD'S ABNORMAL HEART RHYTHM	GUIDE FOR PARENTS OF CHILDREN WITH HEART RHYTHM DISTURBANCES
IMMUNE SYSTEM		
BOOK	THE IMMUNE SYSTEM - HOW IT WORKS	HOW IT WORKS
MEN		
PAMPHLET	MEN EAT 9 A DAY, BECAUSE THEY'RE COUNTING ON YOU	FRUITS & VEGETABLES

KEY WORD

TYPE	TITLE	DESCRIPTION
MENOPAUSE		
PAMPHLET	MENOPAUSE	KNOW THE FACTS
PACEMAKER		
PAMPHLET	LIVING WITH YOUR PACEMAKER	LIVING WITH YOUR PACEMAKER
PHYSICAL ACTIVITY		
PAMPHLET	JUST MOVE	GUIDE TO PHYSICAL ACTIVITY
PHYSICALLY ACTIVE		
PAMPHLET	SMART STEPS	GUIDE TO BEING MORE PHYSICALLY ACTIVE
RECIPES		
BOOK	DOWN HOME HEALTHY COOKING	RECIPES & HEALTHY COOKING TIPS
NOTE BOOK	HEART-HEALTHY HOME COOKING	AFRICAN AMERICAN STYLE
NOTE BOOK	KEEP THE BEAT	HEART HEALTHY RECIPES FROM THE NATIONAL HEART, LUNG & BLOOD INSTITUTE
BOOK	LOW-FAT FAVORITE RECIPES	COOKING FOR A HEALTHY HEART
NOTE BOOK	PLATILLOS LATINOS SABROSOS Y SALUDABLES	DELICIOUS HEART-HEALTHY LATINO RECIPES
BOOK	RECIPES FOR A HEALTHY HEART	RECIPES

KEY WORD

TYPE	TITLE	DESCRIPTION
RHEUMATIC FEVER		
PAMPHLET	YOUR CHILD AND RHEUMATIC FEVER	RHEUMATIC FEVER
SELF CARE		
BOOK	HEALTHWISE HANDBOOK	PREVENTION; HOME TREATMENT; WHEN TO CALL A DOCTOR FOR OVER 200 HEALTH PROBLEMS
SELF-CARE		
NOTE BOOK	FAMILY SELF-CARE HANDBOOK	SELF-CARE FOR FAMILY – CHILDREN – SENIORS
SMOKING		
BOOK	CLEARING THE AIR	QUIT SMOKING TODAY
NOTE BOOK	WINNING THE FIGHT AGAINST TOBACCO	EDUCATION, HOW TO QUIT & COMMUNITY ORGANIZATION
SMOKING – QUITTING		
PAMPHLET	SMOKING	FACTS & TIPS FOR QUITTING
PAMPHLET	WHY DO YOU SMOKE	UNDERSTANDING WHY YOU SMOKE
STROKE		
PAMPHLET	EVERY SECOND COUNTS	GUIDE TO RECOGNIZING THE SIGNS OF STROKE
PAMPHLET	HAVE YOU HEARD THE LATEST	GUIDE TO KNOWING & REDUCING YOUR RISK OF STROKE
PAMPHLET	LIVING WITH ATRIAL FIBRILLATION	GUIDE TO MANAGING A KEY STROKE RISK FACTOR

KEY WORD

TYPE	TITLE	DESCRIPTION
PAMPHLET	SEX AFTER STROKE	GUIDE TO INTIMACY AFTER STROKE
PAMPHLET	THE POWER OF KNOWLEDGE	GUIDE TO REDUCING YOUR CHANCES OF HAVING A STROKE
PAMPHLET	WHO WE ARE	AWARENESS, SUPPORT & TREATMENT FOR STROKE SURVIVORS & CAREGIVERS
WEIGHT		
PAMPHLET	MANAGING YOUR WEIGHT	GUIDE TO HELP YOU REACH & MAINTAIN A HEALTHY WEIGHT
WELLNESS		
PAMPHLET	ABOUT WELLNESS	WHAT EVERYONE SHOULD KNOW
WOMEN		
BOOK	EVERY WOMAN	THE ESSENTIAL GUIDE FOR HEALTHY LIVING
PAMPHLET	PLAN TO LIVE WELL	A HEALTH DATEBOOK FOR WOMEN AGED 21 TO 50 YEARS
BOOK	THE BOOK	SPEAKING OF WOMEN'S HEALTH