

## PROGRAM OVERVIEWS

December 17, 2007 – March 30, 2008

### Parenting Programs

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#### A Mother's Gift

A unique gift that only new mothers can provide, this program answers all of mom's questions about breastfeeding. Dr. Lillian M. Beard, a Fellow of the American Academy of Pediatrics, offers advice that helps eliminate moms' fears of breastfeeding.

#### Baby Basics

Bringing home a new baby can be daunting. Our program, *Baby Basics*, will help new parents get through the first few months. Parents will learn about immunizations, mothering instincts, and the value of play.

#### Healthy Mother

Baby isn't the only one that needs special care. In our program, *Healthy Mother*, moms will learn how to cope with postpartum depression and how to recover from a C-section.

#### Newborn Care

*Newborn Care* provides new parents with an overview of their newborn's basic needs and helps them begin to bond with their baby. Topics covered include: breastfeeding, formula feeding, bathing, diapering, umbilical cord care, dressing, sleeping, crying and comforting, baby health and safety. This program will help parents anticipate their newborn's needs and may help them to formulate questions for healthcare providers.

### Health & Wellness

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#### Advance Directives: Making Family Health Decisions

Advance Care Planning is the process of thinking about and documenting what types of medical care you want to receive in the last phases of your life. This program discusses the importance of Advance Directives such as Living Wills, Durable Power of Attorney for Healthcare, and Organ Donation and provides practical tips on how to develop a plan for your family.

#### Controlling Your Cholesterol

Studies have well documented the connection between high cholesterol and heart disease. And, despite the growing awareness of this connection, nearly 100 million American adults have cholesterol levels higher than the recommended range. This program explains the significance of LDL and HDL cholesterol. Additionally, it examines how lifestyle and diet can affect cholesterol, as well as the importance of screenings,

particularly among lower income people. Also featured in this program will be the role medical therapy plays in helping to lower levels, and current and new drug treatments that are available.

#### Coping with Low Back Pain

Four out of five people will have back pain at some time in their lives. Our program, *Coping with Low Back Pain*, discusses the causes of the pain and when to seek treatment. We'll separate myth from fact and discuss how to manage back pain with specialists at the New England Baptist Hospital, Dartmouth-Hitchcock Medical Center, and the Rehabilitation Center of Chicago.

#### Healthy Aging

Thanks to numerous medical breakthroughs people are living longer today than ever before. That means that older Americans need to learn more about aging and what they can do to take care of themselves. *Healthy Aging* looks at nutrition, exercise, diagnostic tests and other tips to maintain the best quality of life possible.

#### Hospital Stays: What You Need to Know

One out of ten Americans will stay in a hospital at one point during the coming year. This can be an overwhelming experience for a patient from check-in to the actual stay in the facility. Who is available to help with this process? In this step-by-step view of hospital stays and the appropriate procedures for the patient, we will review the proper medical procedures for preparation and the protocol followed by area hospitals.

#### Managing High Cholesterol

This program features multiple ways to help you take charge of your cholesterol levels. You'll learn the relationship between cholesterol and cardiovascular disease and how to lower your elevated cholesterol level through diet, exercise and medication. Dr. Roger Blumenthal of Johns Hopkins Medical Center discusses his ideas about managing high cholesterol. Don't miss it.

#### Nutritional Needs: Prescription for Health

With obesity on the rise and more fast food available than you can keep tabs on, it's more important than ever to understand how nutrition influences your health. This program shows you how to make better food choices, limit portions, and manage special dietary needs. Sound nutrition when combined with physical activity can truly make a difference in not only how you look but also how you feel.

### **Obesity: Winning the Battle**

America is fast becoming the land of the free and the home of the fat. In fact, nearly 2/3 of the population is considered overweight and 35% obese. This disease often starts in childhood and can lead to severe complications for those who remain obese in their adult years. This program reviews various forms of obesity and the causes linked to this disease. We tell you what you need to do to lose 25 pounds in 90 days and explore dangerous fad diets. Most of all, through patient stories, we show you how other people are losing weight and keeping it off.

### **Preventing Flu and Pneumonia**

What are the best ways to prevent influenza and pneumonia? In our program, *Preventing Flu and Pneumonia*, we'll highlight various ways to avoid getting the flu, and prevent acquiring pneumonia during a hospital stay.

### **Preventing High Cholesterol**

This program explains what cholesterol is, what the ideal cholesterol levels are and how good nutrition and exercise play a role in keeping cholesterol levels in check. Author Dr. Neil Stone of Northwestern University discusses the latest cholesterol guidelines. Learn much more about cholesterol basics in *Preventing High Cholesterol*.

### **Physical Activity: Improving Your Health**

Lack of physical activity is a major risk factor for diabetes, heart disease, and osteoporosis, but our aging population finds it more and more difficult to incorporate exercise in their daily lives. This program gives you the latest on discovering exercise that works for you whether you are healthy or have limiting physical conditions. You'll learn the role physical activity plays in your recovery, how to keep exercising, and how to make it part of your life.

### **Smoking Cessation: One Day at a Time**

This program focuses on why it's so hard to quit smoking, strategies on what you can do to stop, psychological aspects of this addiction and where to find more help. Tune in for this thought-provoking program.

### **Staying Safe in the Hospital: Patient Essentials**

With the ever-increasing complexity of medical treatments, hospital procedures and medications, learning to prevent falls and hospital-acquired infections can be vital information in saving your life or the life of a loved one. Topics include communicating effectively with hospital staff and the critical need for every patient to have a healthcare advocate. Be a

partner with your healthcare team and help keep yourself in good health.

### **Taking Medications: A to Z**

Did you know that there are over 3,000 medications on the market to treat various health disorders including cancer, heart disease, diabetes, mental illness, and Alzheimer's disease? The real concern for patients is how do they know which prescription is right, but it is not a numbers game. In this program, we take a look at what you need to know about prescription drugs including valuable patient information, the proper use of prescription drugs and how to tell if the medications are not working.

### **Tests That Can Save Your Life**

Only 1 in 3 adults receive all the recommended health screening measures. Despite the clear benefits associated with early disease detection many patients put off what can be life saving tests. Our program, *Tests That Can Save Your Life*, stresses the importance of early disease detection through medical screening. Routine testing can find underlying health problems before they become apparent. In doing so, the patient's chance of survival becomes greater. Learn the medical screening guidelines issued by The American Academy of Family Physicians, and find out who should be screened earlier than recommended.

## **Cancer**

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### **Breast Cancer: New Reasons for Hope**

More women are surviving breast cancer than ever before. In our program, *Breast Cancer: New Reasons for Hope*, we'll look at ways to prevent, treat, and manage this all too common disease.

### **Cancer and Nutrition**

In our program, *Cancer and Nutrition*, we discover the importance of good nutrition during cancer treatment. A proper diet will effect your treatment and recovery. Learn why you should contact your medical professional early on about your dietary requirements. Become empowered, as you are educated about your disease and its treatment.

### **Cancer Related Fatigue**

Cancer and its treatment can be difficult to manage, including the associated physical fatigue. In our program, *Cancer Related Fatigue*, we'll look at what causes this extreme fatigue and provide tips on how to cope with it.

### Living with Cancer

Cancer, it's always bad news to hear a doctor say "You have cancer.", but cancer today is not what it was decades ago. Cancer is becoming a chronic infection, something that patients can live with for many years, like high blood pressure or diabetes. In this program, you'll meet patients who are fighting the good fight, you'll hear what their secrets are to staying strong, happy, and, relatively healthy.

### Living with Prostate Cancer

One in six American men will develop prostate cancer. Our program looks at early detection of prostate screening and how to reduce your risk of prostate cancer. We'll also explore the many treatment options men now have as well as the emotional impact of the disease.

### Lung Cancer: Improving Survival

Only 15 of every 100 people diagnosed with lung cancer will be a long-term survivor, but there are many in the healthcare industry that are looking to change those daunting statistics. Our program, *Lung Cancer: Improving Survival*, produced in collaboration with the National Cancer Institute explores new treatments that can make a difference as well as steps to help prevent this deadly disease. Join our experts from Rush University Medical School, Indiana University and Holy Name Hospital to learn more.

### Preventing Colon Cancer

*Preventing Colon Cancer* looks at the substantial number of lives that can be saved through simple screening and cancer awareness. The program features interviews from expert physicians from Memorial Sloan-Kettering, the University of San Francisco and the Jay Monahan Gastroenterological Center at the Weill Medical College. Learn more about how to prevent colon cancer and what you can do if you are diagnosed with it.

## Diabetes

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### Diabetes: Prevention

Diabetes diagnoses are on the rise. However, you can do a number of things to help prevent diabetes or delay the onset of it. Our program, *Diabetes: Prevention*, shows the critical role a healthy lifestyle plays in keeping diabetes at bay. Featured physicians are from the University of North Carolina and the University of Texas Health Science Center.

### Diabetes: Treatments

Although diabetes is a life-long disease requiring lifestyle changes, with careful management, it doesn't have to be a devastating illness. In our program, *Diabetes: Treatments*, physicians from the National Institutes of Health and the Oregon Science and Health University discuss the latest treatments available and coping techniques designed to help maintain a good quality of life.

### Diabetes: Avoiding Complications

Not long ago there was a preconceived notion that if you had developed diabetes you would eventually suffer complications. Today a patient with diabetes doesn't necessarily have to lose a limb or require kidney dialysis. In our program, *Diabetes: Avoiding Complications*, physicians from the National Institutes of Health, the University of North Carolina, and the University of Texas Health Science Center in San Antonio provide a comprehensive look at coping with diabetes and avoiding, or at least delaying, its complications.

### Managing Your Diabetes

Serious complications of advanced diabetes, such as blindness, amputation and kidney dialysis, can be devastating but are avoidable with proper management. This program explains exactly what diabetes is, its role in cardiovascular disease, and new treatments to help maintain your quality of life.

## Heart Disease & Stroke

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### Angina: When to Get Help

This program explains what angina is and how important it is to recognize it as a symptom of heart disease. The program highlights the continuum of coronary artery disease and what measures you need to take if you develop symptoms that suggest angina. Most importantly, it helps you know when to get help.

### Congestive Heart Failure: Beating the Odds

Each year, nearly 500,000 patients are diagnosed with congestive heart failure. However, the term "failure" doesn't mean that the heart has stopped working, merely that it is not pumping adequately. In this program, we'll look at exactly what this disease encompasses, how it's treated and what you can do to help prevent it.

### Controlling Hypertension

Hypertension is a disease that affects over 50 million people in the United States. Often times, people are unaware that they have the disease because the symptoms are typically silent. In this program, we'll explore exactly what hypertension is, who is at risk, what you can do to help prevent it and how to manage it once it's discovered.

### Heart Disease: Recognizing the Risks

For more than half of the people who have coronary artery disease, the first symptom they experience is either a heart attack or sudden cardiac death. In this program, we'll learn what warning signs to look for, what you need to do to prevent heart disease, and how to manage the condition if you already have it.

### Heart Disease: Women at Risk

This program highlights the risks and symptoms of heart disease that are unique to women. Our program also explores the role hormone replacement therapy plays in heart disease and discusses ways to treat and manage cardiovascular illness. Featured physicians include JoAnn Manson from Brigham and Women's Hospital in Boston, Richard Stein from Beth Israel Hospital in New York City, and Jennifer Mieres from North Shore University Hospital in New York City.

### Irregular Heartbeats: Restoring the Rhythm

Did you know that there might be a cure for your racing heart, pounding chest and fainting spells? Recent clinical studies and advances in medical technology have led to new treatments that can control or eliminate many abnormal heart rhythms. *Irregular Heartbeats: Restoring the Rhythm* discusses how to recognize arrhythmia and what to do if you have it.

### Leg Pain: When to Act

Peripheral Arterial Disease takes many older people by surprise. Often the first symptom is leg pain during physical activity, but if not caught early, it can lead to more serious problems. Our program, *Leg Pain: When to Act*, discusses how Peripheral Arterial Disease can be recognized and what to do if you develop it. Experts from the Brigham and Women's Hospital, Temple University, and Massachusetts General Hospital weigh in on this surprisingly common disease.

### Stroke Care: Every Minute Counts

Someone has a stroke every 45 seconds. This program explores the risk factors and symptoms of a stroke and when to get help. Our program delves into how strokes are treated and the many avenues for rehabilitation. Dr. Larry Goldstein

from Duke University Medical Center in Durham, North Carolina and Dr. Marc Mayberg from the Seattle Neuroscience Institute and Chairman of the Stroke Council for the American Heart Association, lead the discussions.

## Lung Disease

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### Asthma: One Breath at a Time

One in 15 people living in the United States suffers from Asthma. Our program, *Asthma: One Breath at a Time*, looks at the causes, treatments and management of this disease. This program features physicians from the American Lung Association, the Cleveland Clinic Florida, and Harvard Medical School.

### Emphysema and Chronic Bronchitis: Coming Up for Air

Chronic Bronchitis and Emphysema, sometimes called Chronic Obstructive Pulmonary Disease, or COPD, is the fourth leading cause of death in the United States. A majority of cases result from smoking, but there are ways to lessen its impact even in long time smokers. *Emphysema and Chronic Bronchitis: Coming Up For Air* discusses how to prevent this disease and ways to manage it.

### Nasal Congestion and Controlling Your Allergies

It's not terminal, but it is a disease that negatively affects the quality of daily life. Allergic Rhinitis, sometimes called Hay Fever, is an aggravating disease that more than 50 million people in America suffer from. This program looks at the status of this disease today, the latest treatments, and how personal awareness makes a difference.

## Other Diseases & Conditions

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### Chronic Care: Improving Quality of Life

Sooner or later, most of us will face the need to deal with a chronic illness. And finding the best resources and assistance to handle the complex issues of a long-term condition can be difficult. This program explores the many options available including homecare and professional care. It looks at the problems from all angles and provides the tools to make these critical decisions.

### Controlling Stomach Acid Reflux

Living with undesirable acid reflux is an everyday occurrence for many Americans. But it doesn't have to be that way. In our program, *Controlling Stomach Acid Reflux*, you'll learn what

causes it, types of treatments, and ways to keep it under control.

### **Deep Vein Thrombosis: Are You at Risk?**

Deep Vein Thrombosis, or DVT, is a condition where blood clots form in the deep veins of the leg. If the clot travels through the bloodstream to the lungs, it can cause serious complications and even death. Once largely unrecognized, it is now becoming a more common condition. Our program, *Deep Vein Thrombosis: Are You at Risk?*, explores ways to avoid getting DVT and treatments for those already suffering from it.

### **Depression: Treatments That Work**

The most important element of treating depression is recognizing the condition and seeking treatment for it. Along with the National Institute of Mental Health and experts from the Duke University Medical Center and the Georgetown University School of Medicine, our program, *Depression: Treatments That Work*, explores the various types of depression, ways to help loved ones suffering from depression, and the latest in treatments.

### **Managing Chronic Pain**

Chronic pain is the leading cause of adult disability in the United States. Those suffering from pain have a diminished ability to concentrate, do their jobs, exercise, socialize, and perform daily tasks or even sleep. *Managing Chronic Pain* helps teach patients how to manage their pain and regain control of their lives.

### **Managing Sinus Problems**

Persistent congestion, postnasal drip, pressure around the eyes and cheekbones are all symptoms of sinusitis. Learn about the most common symptoms of sinusitis, new diagnostic techniques and surgical procedures used to correct the condition.

### **Managing Side Effects of Anti-Inflammatory Medications**

Many chronic pain sufferers rely on anti-inflammatory drugs to keep pain at bay. But sometimes the very medication that helps can hurt in other ways. In our program, *Managing Side Effects of Anti-Inflammatory Medications*, you'll learn what steps you can take to prevent that from happening to you.

### **Osteoarthritis: Fighting Joint Pain**

More than 20 million people in the United States have osteoarthritis, and as they age, the risk of developing the disease increases. This program looks at some of the causes of osteoarthritis and how it's treated. We'll look at the roles that

exercise, medication, and sometimes surgery play in coping with the pain of this disease.

### **Osteoporosis: Strength for Life**

According to an estimate from the National Osteoporosis Foundation, there are almost 34 million people who are at risk for osteoporosis. Are you are at risk? In our program, *Osteoporosis: Strength For Life*, you'll learn if you are at risk for this condition and its prevention and treatment. Our program discusses the role nutrition and exercise play, and features physicians from the Mineral Metabolism Laboratory at the Yale School of Medicine and the Illinois Bone and Joint Institute.

### **The Journey: Hope For New Amputees**

Fourroux Prosthetics brings *The Journey: Hope For New Amputees* to The Patient Channel. This program shares amputee stories and discusses what new amputees need to consider during this very emotional time.

### **Your Surgery: Before, During and After**

*Your Surgery: Before, During and After* highlights critical things you need to know if you are facing surgery. You'll learn what to do before you go in for elective surgery, things to watch out for while you are still in the hospital, and how to manage when you get home. Learn how to help make your surgery safe.