



Pacific Time Program Schedule . September 29, 2008 - December 14, 2008

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|---|---|---|---|---|--|--|
| 12:00 AM 8:00 AM 4:00 PM | Newborn Care | Newborn Care | Newborn Care | Newborn Care | Newborn Care | Newborn Care | Newborn Care |
| 12:30 AM 8:30 AM 4:30 PM | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time | Smoking Cessation: One Day at a Time |
| 1:00 AM 9:00 AM 5:00 PM | Deep Vein Thrombosis: Are You at Risk? | Stroke Care: Every Minute Counts | Deep Vein Thrombosis: Are You at Risk? | Angina: When to Get Help | Deep Vein Thrombosis: Are You at Risk? | Stroke Care: Every Minute Counts | Angina: When to Get Help |
| 1:30 AM 9:30 AM 5:30 PM | A Mother's Gift | A Mother's Gift | A Mother's Gift | A Mother's Gift | A Mother's Gift | A Mother's Gift | A Mother's Gift |
| 2:00 AM 10:00 AM 6:00 PM | Staying Safe in the Hospital: Patient Essentials | Hospital Stays: What You Need to Know | Patient Safety: Protecting Yourself in the Hospital | Hospital Stays: What You Need to Know | Patient Safety: Protecting Yourself in the Hospital | Staying Safe in the Hospital: Patient Essentials | Staying Safe in the Hospital: Patient Essentials |
| 2:30 AM 10:30 AM 6:30 PM | Diabetes: Prevention | Diabetes: Treatments | Diabetes: Avoiding Complications | Diabetes: Prevention | Diabetes: Treatments | Diabetes: Avoiding Complications | Managing Your Diabetes |
| 3:00 AM 11:00 AM 7:00 PM | Preventing High Cholesterol | Managing High Cholesterol | Controlling Your Cholesterol | Preventing High Cholesterol | Managing High Cholesterol | Controlling Your Cholesterol | Preventing High Cholesterol |
| 3:30 AM 11:30 AM 7:30 PM | Baby Basics | Baby Basics | Baby Basics | Baby Basics | Baby Basics | Baby Basics | Baby Basics |
| 4:00 AM 12:00 PM 8:00 PM | Living with Cancer | Preventing Colon Cancer | Lung Cancer: Improving Survival | Breast Cancer: New Reasons for Hope | Cancer Related Fatigue | Cancer & Nutrition | Living with Prostate Cancer |
| 4:30 AM 12:30 PM 8:30 PM | Your Surgery: Before, During and After | Tests That Can Save Your Life | Chronic Care: Improving Quality of Life | Coping with Low Back Pain | Osteoarthritis: Fighting Joint Pain | Controlling Stomach Acid Reflux | Depression: Treatments That Work |
| 5:00 AM 1:00 PM 9:00 PM | Understanding Obesity: The Key to Effective Weight Loss | Hospital Acquired Infections: What You Need to Know | Nutritional Needs: Prescription for Health | Understanding Obesity: The Key to Effective Weight Loss | Hospital Acquired Infections: What You Need to Know | Taking Antibiotics Properly | Physical Activity: Improving Your Health |
| 5:30 AM 1:30 PM 9:30 PM | Healthy Mother | Healthy Mother | Healthy Mother | Healthy Mother | Healthy Mother | Healthy Mother | Healthy Mother |
| 6:00 AM 2:00 PM 10:00 PM | Asthma: One Breath at a Time | Preventing Flu and Pneumonia | Emphysema & Chronic Bronchitis | Nasal Congestion & Controlling Your Allergies | Preventing Flu and Pneumonia | Managing Sinus Problems | Alzheimer's Disease: Hope and Help |
| | Preventing Flu and Pneumonia | Emphysema & Chronic Bronchitis | Nasal Congestion & Controlling Your Allergies | Preventing Flu and Pneumonia | Managing Sinus Problems | Alzheimer's Disease: Hope and Help | Asthma: One Breath at a Time |
| 6:30 AM 2:30 PM 10:30 PM | Managing Chronic Pain | Taking Medications: A to Z | The Journey: Stories of Hope for New Amputees | Managing Side Effects of Anti-Inflammatory Meds | Going Home on Blood Thinners | Advance Directives | Taking Medications: A to Z |
| | Taking Medications: A to Z | The Journey: Stories of Hope for New Amputees | Managing Side Effects of Anti-Inflammatory Meds | Going Home on Blood Thinners | Advance Directives | Taking Medications: A to Z | Managing Chronic Pain |
| 7:00 AM 3:00 PM 11:00 PM | Heart Disease: Recognizing the Risks | Irregular Heartbeats: Restoring the Rhythm | Osteoporosis: Strength for Life | Heart Disease: Women at Risk | Heart Disease: Recognizing the Risks | Healthy Aging | Heart Disease: Women at Risk |
| | Irregular Heartbeats: Restoring the Rhythm | Osteoporosis: Strength for Life | Heart Disease: Women at Risk | Heart Disease: Recognizing the Risks | Healthy Aging | Heart Disease: Women at Risk | Heart Disease: Recognizing the Risks |
| 7:30 AM 3:30 PM 11:30 PM | Leg Pain: When to Act | Congestive Heart Failure: Beating the Odds | Controlling Hypertension | Congestive Heart Failure: Beating the Odds | Controlling Hypertension | Congestive Heart Failure: Beating the Odds | Controlling Hypertension |
| | Congestive Heart Failure: Beating the Odds | Controlling Hypertension | Congestive Heart Failure: Beating the Odds | Controlling Hypertension | Congestive Heart Failure: Beating the Odds | Controlling Hypertension | Leg Pain: When to Act |