

BabyTalk

Caring For Your Baby

There's a lot to do to take care of your precious little one and you want to know how to do everything just right. This program discusses bathing, feeding, and crying. There's also a special segment on shaken baby syndrome and what you can do to make sure it doesn't happen to your baby.

Grandparenting: Enriching Lives

Maya Angelou hosts this program that focuses on the important grandparent, parent, and child relationships. Highlights include the effect grandparents can have on the lives of their grandchildren, ideas for staying connected even when far away; and practical suggestions and inspiration that will benefit the entire family.

The First Few Days

In this program we'll review both Mom and baby care right after birth. We'll find out how to keep Mom feeling good and explore baby care basics like swaddling, diapering, and feeding. This program is a "must see" for all new parents.

The First Few Weeks

Going home from the hospital is a big event for new parents. This program features lots of information you need to know before you leave the hospital. It covers car seat fundamentals, cord care, taking temperatures and an immunization review. It also features help for Mom if she's suffering postpartum depression.

Understanding Their World

At first babies are very mysterious creatures because you can never tell exactly what's going on with them. Don't

worry; soon you'll be able to read your baby. This program explores how to establish a routine, how baby communicates and Dad's role with your new baby.

Health & Wellness

Breathe Easy: Asthma & Allergies in Women

Asthma and allergies are not unique to women, but women appear to suffer from these conditions at a greater rate than men. Why?

Find out the answer on Breathe Easy: Asthma & Allergies in Women. This program explores the link between allergies and asthma, uncovers the most common triggers, and reveals how to allergy-proof your home. Also, see why untreated asthma can be extremely dangerous, and learn about the latest treatments.

Cholesterol: Enhancing the Good, Managing the Bad

Knowing our cholesterol levels is very basic to our overall good health. Nearly half of us have a problem with high cholesterol. We should all be aware by now of the health benefits of knowing our cholesterol levels. Our overall cholesterol score is an indicator of our risk of heart attack. We'll learn that our overall lifestyle can help us control our cholesterol levels. And that today, there are many new testing techniques to determine our risk factors. Several medications have been developed to control our bad cholesterol levels.

Cholesterol: Keep the Level Down

Controlling cholesterol levels can significantly decrease the risk of

coronary heart disease, which is the leading cause of death in the U.S. This episode discusses the very latest in techniques used to determine cholesterol levels, dangers and risk factors, and new guidelines to help reduce the prevalence of high blood cholesterol. It also examines new drugs available that are more effective and have fewer side effects than those previously used to lower cholesterol.

Cholesterol: Managing The Numbers

In this program, viewers learn more about the causes of cholesterol and the means by which we can help control this factor to maintain optimum heart health. Patients who have faced heart disease will share their insight as to their methods for maintaining their cholesterol level and ultimately better life conditions.

Controlling Allergies

Allergies can be more than sniffing or sneezing. For some, their conditions are so serious that they may have to curtail their normal activities. This program features discussions with leading allergists, who may offer hope to those who experience severe attacks.

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 available.

Exercise & Nutrition

They say you are what you eat, but how many of us consider what we consume each day? Our eating and exercise habits can be dramatic either leading us towards unhealthy behaviors or towards a more positive, healthier way of life. Success stories are the highlight. We will hear from top fitness and nutrition experts who provide their insight regarding strategies to achieve optimum health -- for example, how diet and a lack of exercise can contribute to the development of diabetes but that if you make substantial changes to your diet and include 30 minutes a day of exercise, you can keep diabetes in check.

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.

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.

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.

Rheumatoid Arthritis: Taking Control

Many people consider arthritis to be a sign of old age. But there is a debilitating form of this condition that strikes much earlier. More than 2 million Americans suffer from Rheumatoid Arthritis - many of them are people in their 20's and 30's. And it's estimated

that nearly 130,000 children suffer from a juvenile form of the disease. For those victims, pain and stiffness can be life-altering - turning a once active lifestyle into days filled with chronic pain, fatigue and an uncertain future. This program explores the roles of diet and exercise along with new medications that may be able to transform the lives of people with this disease.

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.

Cancer

Breast Cancer: New Reasons For Hope

Breast cancer is probably the disease women fear the most. However, there are new reasons for hope, particularly for those diagnosed with advanced breast cancer, where the disease has spread to other places in their bodies. Treatments, especially those made available in the past few years, are helping women with advanced breast cancer live longer and fuller lives. Beyond the traditional therapies, there are next generation treatments that are making the cancer easier to live with and helping doctors more effectively fight the common side effects of cancer treatment.

Cancer & Nutrition

As children, many of us were taught that a balanced diet and a good night's sleep were the key ingredients to a healthy life. And while this may be an oversimplification of the facts, medical science has proven time and again that good nutritional habits offer only positive benefits to one's overall health and well being. This program is a must see for anyone interested in learning more about the link between nutrition and good health.

Cancer Related Fatigue

For the majority of cancer patients, debilitating fatigue is one of the most overlooked and undertreated symptoms of the disease. Seventy-eight percent of cancer patients experience fatigue during the course of their illness. More than half

feel extremely tired almost daily. Treatment is available that can help those who are fighting cancer increase their energy levels and feel more like their usual selves. The stories of three of these courageous patients are being told in an upcoming television documentary.

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

Prostate cancer is the most common cancer in men in the U.S., with about 180,000 new cases diagnosed every year. It's also the second leading cause of cancer death in men. What are the symptoms and stages of prostate cancer? Who is most likely to get it? Does heredity play a role? What about diet? What new diagnostic methods are available? What are the relative effectiveness of treatment options such as surgery, hormone therapy, radiation and chemotherapy? What new clinical trials are showing encouraging results? These questions and more are explored in this program. Men living with the condition will also talk about their feelings, the side effects they've experienced, and how they influenced their treatment decisions.

Lung Cancer: Improving Survival

Lung Cancer, now the number one cancer killer in the nation, claims over

160,000 lives each year. This devastating illness has increased an alarming 160% among women in the last decade, leaving breast cancer a distant second cause of cancer death. Experts attribute the rise in female lung cancer rates to its leading cause – cigarette smoking. An astonishing 85% of all cases can be traced to the genetic damage caused by cigarette smoking, making it potentially a very preventable disease.

Preventing Colon / Rectal Cancer

Often people with colon/rectal cancer don't know it. And by the time they're experiencing symptoms, it is often after the disease has seriously progressed. In this program, we will explore medications and lifestyle choices that may help reduce the risk of developing colorectal cancer and also take a look at new medicines that can more effectively help treat the disease after it has been diagnosed.

Diabetes

Diabetes: A National Epidemic

Diabetes is a very common, very costly and very serious disease that is reaching epidemic proportions. More than 2,000 people are diagnosed with Diabetes every day. There are 16 million Americans with Diabetes and health care costs related to treating it exceed \$100 billion. Fully one third of people with Diabetes don't even know they have it.

Diabetes: Achieving A Healthier Lifestyle

Millions of Americans are living with type 2 diabetes - a chronic metabolic disorder that develops when the body is unable to effectively control the level of

glucose, or sugar in the blood. In some type 2 diabetics, the pancreas decreases production of insulin, the hormone crucial to convert glucose into energy, and injections may be necessary. In most others, sufficient insulin is produced but their bodies resist it and blood sugar levels are likewise abnormal - a process called insulin resistance.

Although type 2 diabetes can occur at any age, most of its victims are over 45 and significantly overweight. Today, we know that the primary means to control type 2 diabetes and prevent its dangerous complications are proper nutrition and exercise. In fact, weight loss alone can help bring blood sugar levels back to normal. For those experiencing insulin resistance, oral medications and combination therapy may be prescribed in addition to healthy lifestyle changes.

Diabetes: Taking Control

There are whole segments of the population who are genetically predisposed to Diabetes. Currently, there are 135 million people with Diabetes and by the year 2025, doctors are expecting this figure to more than double to over 300 million. Healthcare providers are warning us of a costly national epidemic. Left untreated, Diabetes can be serious and life-threatening, but it is a very controllable disease. With the proper medical treatment, which varies by patient, people with Diabetes can live long, relatively normal lives. Diet, exercise and self-awareness are three major tools for fighting Diabetes.

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](#)

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 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

Heart disease is the number one killer of American women. It causes more deaths than all forms of cancer, diabetes and accidents combined. Many women believe they are immune to heart attacks, but first time attacks are actually more deadly in women than in men. In this program we examine what heart disease is, explore the risk factors and drug therapies, and take the viewer inside the operating room to see what medical procedures are most effective. We offer insight into ways to naturally lower cholesterol and blood pressure, and see how simple lifestyle changes can help women reduce their risks of both heart attack and stroke.

Irregular Heartbeats: Restoring The Rhythm

Did you know that there may 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. New medical devices can significantly prolong the life of those at risk for fatal heart rhythm disorders. Most arrhythmias are not life threatening, but unfortunately some can be serious enough to cause sudden death. Millions of people worldwide have a heart rhythm disorder, but many are not aware of these life-saving therapies.

Leg Pain: When To Act

Peripheral Vascular Disease, also known as PVD, is the number one cause of amputations in the U.S. PVD is disease of the arteries and veins outside of the heart, especially conditions that interfere with adequate flow of blood to or from the extremities, such as atherosclerosis. Diagnosing and treating PVD early is extremely important, as PVD is highly predictive of heart disease. Depending on the location and severity of the blocked arteries, treatment options include medications, bypass surgery, and dilating the arteries by balloon angioplasty or stenting. After the necessary medical and surgical intervention, continuing self-care is an important part of the treatment plan.

Stroke Care: Every Minute Counts

Every 45 seconds, someone in the United States suffers a stroke or "brain attack," the sudden interruption of blood flow to a portion of the brain. Stroke is the nation's third leading cause of death, and also one of the leading causes of adult disability. Over the course of a lifetime, four out of every five American families will have to deal with the devastating impact caused by stroke. Fortunately, due to a series of encouraging medical breakthroughs during the past several years, we now have options available both to prevent and treat stroke. Researchers have identified health risk factors that can be modified to lessen the odds of having a stroke, and medications or surgery may be a preventive option in some cases.

[Lung Disease](#)**Asthma: One Breath At A Time**

Asthma is a serious, allergy-related

breathing difficulty characterized by gasping, coughing, wheezing and sometimes a frightening inability to take a breath. Children suffer greatly with asthma, but many people are unaware that this disease affects adults as well. Breakthroughs with treatments have made the fight for breath an easier one with understanding of particularly damaging allergens and hereditary backgrounds. If you or a family member suffer with Asthma, you need to watch this program to learn of the research that has produced new and better ways to treat it.

Emphysema & Chronic Bronchitis: Coming Up For Air

COPD is an umbrella term used to describe major lung diseases where airflow is reduced including emphysema and chronic bronchitis. The result is lots of coughing, shortness of breath, chest tightness and increased mucus production. And in severe cases, less oxygen and more carbon dioxide. Smoking is the culprit for 90 percent of all cases of COPD. Nearly half of the people diagnosed with COPD get short of breath while doing such mundane things as washing, dressing or doing light housework. A third get breathless just having a conversation or sitting or lying down. The symptoms of COPD are globally under-recognized and sufferers of this condition tend to underestimate the severity of their symptoms. Do you have the symptoms?

Nasal Congestion & 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. Watch Allergic Rhinitis: Taking Charge beginning this Fall.

Other Diseases & Conditions

Depression: Mind Over Myths

“It’s so painful, you can’t even imagine.” “It’s the closest thing to hell that there is.” “It’s a chore to be alive.” This is how people with depression describe their condition. According to the World Health Organization, depression is the number one cause of disability in the U.S. today, with an economic cost exceeding \$44 billion. Contrary to popular belief, depression is not a personality flaw or character weakness. It is a medical illness that more than 20 million Americans experience every year. Depression is highly treatable, more than 80% significantly improve and lead productive lives. The tragedy is that nearly 20% of those untreated or improperly treated take their own lives.

Depression: Treatments That Work

What separates Clinical Depression from just "having a case of the blues?" What causes it? Does our fast-paced lifestyle play a role?

While 80% of all depression sufferers could be successfully treated if they would just see an appropriate physician or mental health professional, unfortunately any type of mental illness is still tainted by a societal stigma. New treatments today encompass a multitude of combined therapies -- from

psychotherapy to medications to a new type of brain stimulating therapy.

Managing Chronic Pain

In many illnesses, the stumbling block to a useful recovery isn’t the disease itself as much as it is the unrelenting pain that accompanies it. This program helps clarify when to get help and where. In addition to traditional pain medications, we also look at coping strategies and alternative ways to help fight chronic pain. Learn how to get help and end the suffering.

Managing Sinus Problems

Persistent congestion, postnasal drip, pressure around the eyes and cheekbones... it feels like a bad cold that won't go away, but chances are it's sinusitis. This program details the most common symptoms of sinusitis, along with new diagnostic techniques and surgical procedures that are now widely used to correct the condition.

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

Osteoporosis doesn’t just attack women when they’re very old... women are losing bone density in their thirties, forties & fifties, setting themselves up for a devastating and seriously debilitating condition that could substantially affect their quality of life. In this program, we examine what

causes osteoporosis, what can be done now to prevent it, and we evaluate the treatments available to stop bone loss after the disease has been diagnosed.

Preventing Leg Vein Problems

This program concentrates on this not uncommon, but often under-recognized condition that can cause serious illness and even death. Yet, there are ways to prevent it. Recognizing its symptoms and taking measures to reverse its course can make a huge difference in health, both in and out of the hospital. Tune in and learn more about deep vein thrombosis (DVT).

Relieving Recurrent Heartburn

Almost everyone has suffered from heartburn at one time or another in their lives. But for many people, heartburn may actually be a symptom of Gastroesophageal Reflux Disease or GERD – a potentially serious digestive disorder. This program raises public awareness of the symptoms and treatment for reflux disease and spotlights gastroenterologists as experts in managing digestive disorders.