

## Aging

### Growing Older, Staying Well

DVD: DVDGER001 V02

Booklet: GER001B V04

## Back Pain

### Acute Low Back Pain: Managing Your Pain Through Self-Care

DVD: DVDALBP001 V04A

Booklet: ALBP001B V04A

### Chronic Low Back Pain: Managing Your Pain and Your Life

DVD: DVDCLBP001 V03

Booklet: CLBP001B V06

### Herniated Disc: Choosing the Right Treatment for You

DVD: DVDHDC002 V04

Booklet: HDC002B V04

### Spinal Stenosis: Choosing the Right Treatment for You

DVD: DVDSST002 V03A

Booklet: SST002B V03A

## Bones and Joints

### Managing Early-Stage Knee Osteoarthritis

Booklet: EKOA001B V03

### Protecting Your Bones: Preventing Another Fracture

Booklet PDF: OST001B V05 (available online only)

### Treatment Choices for Hip Osteoarthritis

DVD: DVDHIP001 V06A

Booklet: HIP001B V06A

Spanish DVD: DVDHIPES001 V07

Spanish booklet: HIPES001B V06

### Treatment Choices for Knee Osteoarthritis

DVD: DVDKOA001 V06A

Booklet: KOA001B V07A

Spanish DVD: DVDKOAES001 V07

Spanish booklet: KOAES001B V07

### Treatment Choices for Torn Meniscus: After Age 40

Booklet: TME001B V04

## Breast Cancer

### Breast Reconstruction: Is It Right for You?

DVD: DVDBCR001 V05

Booklet: BCR001B V06

### Ductal Carcinoma In Situ: Choosing Your Treatment

DVD: DVDDCIS001 V06

Booklet: DCIS001B V05

### Early-Stage Breast Cancer: Choosing Your Surgery

DVD: DVDBCS001 V07

Booklet: BCS001B V06

### Living with Metastatic Breast Cancer: Making the Journey Your Own

DVD: DVDBCM001 V02

Booklet PDF: BCM001B V08

(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 V03

Booklet: CHDL001B V05

### Living with Heart Failure: Helping Your Heart Day-to-Day

DVD: DVDCHF001 V02A

Booklet: CHF001B V05A

### Treatment Choices for Peripheral Artery Disease

Booklet PDF: PAD001B V02 (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 V04 (available online only)

## Chronic Conditions

### Living Better with Chronic Pain

DVD: DVDCPM001 V03

Booklet: CPM001B V06

### Living with Diabetes: Making Lifestyle Changes to Last a Lifetime

DVD: DVDDIA001 V02A

Booklet: DIA001B V04A

Worksheet: DIA001WDG V04

Spanish DVD: DVDDIAES001 V02

Spanish booklet: DIAES001B V04

Spanish worksheet: DIAES001WDG V04

### Sleeping Better: Help for Long-Term Insomnia

DVD: DVDSL001 V03

Booklet: SLP001B V03

## Colon Cancer

### Colon Cancer Screening: Deciding What's Right for You

DVD: DVDCRC001 V04

Booklet: CRC001B V06

## 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: MCSI001B V04

## Mental Health

### Coping with Symptoms of Depression

DVD: DVDEP001 V05

Booklet: DEP001B V08

### Help for Anxiety: Treatments That Work

DVD: DVDANX001 V03

Booklet: ANX001B V04

## Prostate Health

### Benign Prostatic Hyperplasia: Choosing Your Treatment

DVD: DVDBPH001 V06A

Booklet: BPH001B V06A

### Hormone Therapy: When the PSA Rises After Prostate Cancer Treatment

DVD: DVDPCHT001 V06

Booklet: PCHT001B V07

### Is a PSA Test Right for You?

DVD: DVDPSA001 V08

Booklet: PSA001B V08

### 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 V02

Booklet: IHC002B V04

Worksheet: IHC002W V06

## Vision

### Cataracts: Is Surgery Right for You?

Booklet PDF: CAT001B V02 (available online only)

## Weight Management

### Weight Loss Surgery: Is It Right for You?

DVD: DVDWLS001 V05

Booklet: WLS001B V06

## 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 V06

Booklet: BUCA001B V07

### Treatment Choices for Uterine Fibroids

DVD: DVDBUCF001 V06A

Booklet: BUCF001B V07A