

## Aging

### Growing Older, Staying Well

DVD: DVDGER001 V02

Book: GER-B V05

Worksheet: GER-W V05

## Back Pain

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

DVD: ALBP-D V06

Booklet: ALBP-B V06

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

DVD: CLBP-D V05

Booklet: CLBP-B V08

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

DVD: HDC-D V05

Booklet: HDC-B V05

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

DVD: SST-D V04

Booklet: SST-B V04

## Bones and Joints

### Managing Mild to Moderate Knee Osteoarthritis

Booklet: EKOA-B V05

### Treatment Choices for Hip Osteoarthritis

DVD: HIP-D V08

Booklet: HIP-B V08

### Treatment Choices for Knee Osteoarthritis

DVD: KOA-D V08

Booklet: KOA-B V09

## Breast Cancer

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

DVD: BCR-D V06

Booklet: BCR-B V07

### Ductal Carcinoma In Situ: Choosing Your Treatment

Booklet: DCIS-B V06

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

DVD: BCS-D V09

Booklet: BCS-B V08

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

DVD: BCM-D V04

Booklet PDF: BCM-B V10

(both available online only)

## Cardiovascular

### Heart Tests: Learning About Your Choices

Booklet PDF: CHDT-B V04 (available online only)

### Living with Coronary Heart Disease

DVD: DVDCHDL001 V04

Booklet: CHDL-B V07

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

DVD: CHF-D V04

Booklet: CHF-B V07

### Treatment Choices for Peripheral Artery Disease

Booklet PDF: PAD001B V03 (available online only)

### Treatment Choices for Stable Angina

DVD: CHDA-D V04

Booklet: CHDA-B V04

### Chronic Conditions

#### Living Better with Chronic Pain

DVD: CPM-D V04

Booklet: CPM-B V07

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

DVD: DVDDIA001 V03

Booklet: DIA-B V06

Worksheet: 4114-1118

Spanish booklet PDF: DIAES-B V06

Spanish DVD: DVDDIAES001 V03

(both Spanish versions available online only)

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

DVD: DVDSLPO01 V03

Booklet: SLP-B V04

### Colon Cancer

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

DVD: CRC-D V06

Booklet: CRC-B V08

### End-of-Life Decisions

Advance Directives (online only; no booklet)

#### Looking Ahead: Choices for Medical Care When You're Seriously Ill

DVD: DVDMCSI001 V02

Booklet: MCSI-B V05

### Mental Health

#### Coping with Symptoms of Depression

DVD: DEP-D V07

Booklet: DEP-B V10

#### Help for Anxiety: Treatments That Work

DVD: DVDANX001 V03

Booklet: ANX-B V05

### Prostate Health

#### Benign Prostatic Hyperplasia: Choosing Your Treatment

DVD: BPH-D V07

Booklet: BPH-B V08

#### Is a PSA Test Right for You?

DVD: PSA-D V09

Booklet: PSA-B V10

#### Treatment Choices for Localized Prostate Cancer

Booklet PDF: PCA-B V04 (available online only)

### Shared Decision Making

#### Getting the Healthcare That's Right for You

Booklet: IHC-B V06

Worksheet: IHC-W V08

### Weight Management

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

DVD: WLS-D V06

Booklet: WLS-B V08

### Women's Health

#### Managing Menopause: Choosing Treatments for Menopause Symptoms

DVD: MEN-D V07

Booklet PDF: MEN-B V06

(both available online only)

#### Treatment Choices for Abnormal Uterine Bleeding

DVD: BUCA-D V08

Booklet: BUCA-B V09

#### Treatment Choices for Uterine Fibroids

DVD: BUCF-D V08

Booklet: BUCF-B V09