



Number 506

AudioHealth Library®



What is the AudioHealth Library®?

Health care questions and concerns are present even when symptoms are not. The AudioHealth Library® is available to help you and your family educate yourselves about many common and chronic illnesses and diseases – 24 hours a day, 7 days a week.

Pre-recorded messages on topics provide the information you need to help:

- Prevent illness
- Identify warning signs
- Administer self care

How do you use the AudioHealth Library®?

The AudioHealth Library® is easy to use. Simply call the same toll-free number you call to speak with a nurse. You can call anytime for information on a variety of health care topics. If you are calling from a touchtone phone, just follow the directions below. If you are calling from a dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic.

Call instructions:

- Look up the 4-digit number for the topic you want to hear.
- Call the toll-free number.
- Select the option for the AudioHealth Library®. You will hear the AudioHealth Library® menu. Follow the instructions to select a topic.
- Listen to the recording. Topics are usually 2 to 5 minutes in length.

While listening to a topic, you can activate the following options by pressing the corresponding key on your telephone keypad.

- | | |
|--------------------------------------|--------------------------------------------------------|
| # - to end the call | 4 - to end this topic and enter another topic # |
| 3 - to jump forward 6 seconds | 2 - to replay last 6 seconds |
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For life-threatening or limb-threatening emergencies, call 911 or the appropriate local emergency services.

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4274	Tetanus Vaccine	4718	Nutrition for Diabetics: Use of Alcohol
4275	Tranquilizers	4719	Obesity
4276	Vasodilators	4720	Overcoming Binge Eating
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4608	Prostatectomy	4726	Sugar in Our Diets
4609	Routine Healthcare for Men	4727	Sugar Substitutes
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4701	Calcium	4732	Vitamins
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4654	Controlling Cholesterol
4655	Diet for a Healthy Mouth
4656	Drowning Prevention
4657	Exercise to Stay Healthy
4658	Exercises for the Workplace
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4661	Home Safety Tips
4662	How Noise Affects Hearing
4663	Immunization Schedule: Children
4664	Immunizations: Adults
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4667	Obesity
4659	Personal Health Management
4668	Poison Prevention
4669	Preventing Burns and Scalds
4670	Preventing Falls
4671	Protecting Yourself from Cancer
4672	Routine Healthcare for Men
4673	Routine Healthcare for Women
4674	Safety Seats for Children
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4804	Bronchoscopy
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4806	Chronic Obstructive Pulmonary Disease (COPD)
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4906	Cardiopulmonary Resuscitation (CPR)
4907	Chemical Terrorism Agents
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4909	Choking Prevention
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4912	Electrical Shock
4913	Electricity: Preventing Injuries
4914	Eye Symptoms Demanding Immediate Attention

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4916	First Aid for Second-Degree Burns	4854	Cellulitis
4917	First Aid for Third-Degree Burns	4855	Cold Sores (Fever Blisters)
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4919	Food Poisoning: Botulism	4857	Dandruff
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4921	Food Poisoning: Salmonellosis	4859	Hives
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4929	Puncture Wounds	4867	Sjogren's Syndrome
4930	Rape	4868	Skin Infection
4931	Rape Prevention	4869	Skin Lesions
4932	Rice: Rest, Ice, Compression, Elevation	4870	Skin or Soft Tissue Abscess
4933	Safety Glasses and Goggles	4871	Sunburn
4934	Scrapes and Scratches	4872	Tanning Beds
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4936	Snakebites		SURGERY
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4938	Sore Throat	5001	Body Contouring
4939	Spider Bites and Scorpion Stings	5002	Breast Enlargement (Augmentation Mammoplasty)
4940	Splinters	5003	Breast Reconstruction
4941	Sunburn	5004	Breast Reduction (Reduction Mammoplasty)
4942	Tetanus Vaccine	5005	Eyelid Surgery (Blepharoplasty)
4943	Tick Bites	5006	Facelifts
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5009	Nose Reconstruction (Rhinoplasty)	5102	Barium Enema
5010	Skin Resurfacing	5103	Barium X-Ray Exam: Esophagus and Stomach
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5050	Abdominal Cramps	5106	Blood: Iron Test
5051	Constipation	5107	Bone Marrow Biopsy
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5057	Fever	5113	Colposcopy of the Vagina and Cervix
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5061	Irritability	5117	Cystoscopy
5062	Loss of Appetite	5118	Diagnostic Laparoscopy
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5064	Memory Loss	5120	Electrocardiogram (ECG or EKG)
5065	Nausea and Vomiting	5121	Electroencephalogram (EEG)
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5068	Rectal Bleeding	5124	Fluoroscopy
5069	Shortness of Breath	5125	Heart Catheterization
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5071	Swallowing Difficulty (Dysphagia)	5127	Magnetic Resonance Imaging (MRI)
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5073	Urinary Incontinence	5129	Pap Smear (Cervical Smear)
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5132	Thyroid Scan	5204	Bartholin's Gland Cyst
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5134	Thyroxine (T4) Test	5209	Bleeding Between Menstrual Periods (Metrorrhagia)
5135	Ultrasound Scanning	5210	Breast Infection (Mastitis)
5136	Urine Culture	5211	Breast Self-Exam
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5351	Bladder Infection (Cystitis)	5217	Choosing a Healthcare Provider for Your Pregnancy
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5353	Chronic Kidney Failure (Chronic Renal Insufficiency)	5219	D&C, Diagnostic (Dilation and Curettage)
5354	Functional Urinary Incontinence	5220	D&C, Therapeutic (Dilation and Curettage)
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5356	Kegel Exercises for Bladder Control	5223	Diabetes in Pregnancy
5357	Kidney Infection (Pyelonephritis)	5225	Diet During Pregnancy
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5365	Urinary Tract Infection in Men	5234	Exercise During Pregnancy
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