Healthwise® Audio Library
Topic List by Category 1.8

### English Topics by Category

#### Allergies
- al1000 Allergies
- al1002 Food Allergies
- al1007 Should I Take Allergy Shots for Allergic Rhinitis and allergic asthma?
- al2338 Allergic Reaction
- al2770 Drug Allergies

#### Asthma
- al1981 Asthma in Teens and Adults

#### Blood and Lymph
- al1460 Swollen Lymph Nodes
- al1533 Complete Blood Count
- al2623 Iron Deficiency Anemia
- al2680 Toxic Shock Syndrome
- al2756 Rh Sensitization During Pregnancy

#### Bones, Joints and Muscles
- al1030 Arthritis
- al1031 Juvenile Rheumatoid Arthritis
- al1032 Osteoporosis
- al1033 Lupus
- al1034 Rheumatoid Arthritis
- al1038 Fibromyalgia
- al1039 Gout
- al1450 Low Back Pain
- al1456 Sports Injuries
- al1457 Neck Pain
- al1461 Temporomandibular (TM) Disorders
- al1463 Herniated Disc
- al1780 Bunions
- al1784 Plantar Fasciitis
- al1950 Chronic Fatigue Syndrome
- al2103 Tendon Injury
- al2104 Carpal Tunnel Syndrome
- al2105 Ankle Sprain
- al2106 Muscle Cramps And Leg Pain
- al2151 Surgery For Carpal Tunnel Syndrome
- al2160 Hip Replacement Surgery
- al2162 Arthroscopy
- al2163 Should I Have Knee Replacement Surgery?
- al2169 Rotator Cuff Disorders
- al2174 Should I have surgery for a herniated disc?
- al2259 Osteoarthritis

### Brain and Nerves
- al1060 ALS (Lou Gehrig's Disease)
- al1061 Alzheimer's Disease
- al1062 Bell's Palsy
- al1063 Epilepsy
- al1064 Encephalitis
- al1065 Multiple Sclerosis
- al1066 Parkinson's Disease
- al1067 Stroke
- al1068 Guillain-Barré Syndrome
- al1069 Bipolar Disorder
- al1071 Dementia
- al1080 Dyslexia
- al1081 Stroke Rehabilitation
- al1250 Attention Deficit Hyperactivity Disorder
- al1404 Tension Headaches
- al1405 Migraine Headaches
- al1453 Benign Paroxysmal Positional Vertigo
- al1457 Neck Pain
- al1463 Herniated Disc
- al1515 Diabetic Neuropathy
- al1536 CT Scan of the Body
- al1537 Electroencephalogram
- al1539 Electromyography and Nerve Conduction Studies
- al1542 Magnetic Resonance Imaging
- al1644 Ménière's Disease
- al2032 Erection Problems
- al2052 Anorexia Nervosa
- al2057 Depression
- al2104 Carpal Tunnel Syndrome
- al2151 Surgery For Carpal Tunnel Syndrome
- al2174 Should I have surgery for a herniated disc?
- al2400 Insomnia

### Cancer
- al1105 Cancer Pain
- al1110 Colon Polyps
- al1111 Ovarian Cancer
- al1113 Colorectal Cancer
- al1120 Women's Cancers
- al1124 Lung Cancer
- al1128 Prostate Cancer
- al1129 Skin Cancer, Melanoma
- al1531 Breast Biopsy
- al1545 Prostate-Specific Antigen Test

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"I believe that patients who use the Informed Health Line make better choices regarding their health and their health care."

Neil Schlackman, M.D.
V.P. of Medical Delivery,
Aetna U.S. Healthcare
Children's Health
al1031 Juvenile Rheumatoid Arthritis
al1230 Domestic Violence
al1240 Child Abuse and Neglect
al1247 Temper Tantrums
al1250 Attention Deficit Hyperactivity Disorder
al1251 Bed-Wetting
al1259 Reye Syndrome
al1260 Chickenpox
al1280 Immunizations
al1282 Roseola
al1284 Rubella, or German Measles
al1285 Measles or Rubeola
al1287 Mumps
al1288 Childhood Rashes
al1290 Toilet Training
al1292 Thrush
al1293 Urinary Tract Infections in Children
al1455 Fever, Age 4 and Older
al1462 Nausea And Vomiting, Age 4 And Older
al1504 Tonsillectomy and Adenoidectomy

Diabetes
al1500 Type 2 Diabetes
al1501 Type 2 Diabetes: Living With Complications
al1502 Type 2 Diabetes: Living With the Disease
al1503 Type 2 Diabetes: Recently Diagnosed
al1504 Gestational Diabetes
al1505 Home Blood Sugar Monitoring
al1506 Type 1 Diabetes
al1512 Prediabetes
al1515 Diabetic Neuropathy
al1516 Diabetic Retinopathy

Digestion
al1110 Colon Polyps
al1113 Colorectal Cancer
al1257 Colic
al1402 Food Poisoning
al1403 Inguinal Hernia
al1407 Viral and Bacterial Infection
al1451 Constipation
al1452 Antidiarrheals
al1454 Diarrhea, Age 12 and Older
al1536 CT Scan of the Body
al1540 Barium Enema
al1541 Upper Gastrointestinal Series

Eyes and Vision
al1516 Diabetic Retinopathy
al1700 Eye Problems
al1702 Vision Tests
al1703 Contact Lens Care
al1705 Eye Injuries
al1708 Pinkeye
al1709 Cataracts
al1710 Color Blindness
al1711 Age-Related Macular Degeneration
al1712 Glaucoma
al1713 Strabismus
al1716 Should I Have Laser Surgery for Nearsightedness?
al1717 Floaters and Flashes
al2152 Cataract Surgery
Immune System
[al1000] Allergies
[al1007] Rhinitis and Allergic Asthma?
[al1033] Lupus
[al1279] Immunizations
[al1957] HIV Infection and AIDS
[al1959] Living With HIV Infection
[al2336] Atopic Dermatitis
[al2338] Allergic Reaction
[al2770] Drug Allergies

Infant and Toddler Health
[al1230] Domestic Violence
[al1240] Child Abuse and Neglect
[al1247] Temper Tantrums
[al1250] Attention Deficit Hyperactivity Disorder
[al1251] Bed-Wetting
[al1253] Fever, Age 3 and Younger
[al1254] Chickenpox
[al1256] Circumcision
[al1257] Colic
[al1258] Croup
[al1259] Reye Syndrome
[al1261] Newborn Rashes and Skin Conditions
[al1264] Ear Infections
[al1267] Fifth Disease
[al1268] Growth and Development of the Newborn
[al1269] Hand-Foot-and-Mouth Disease
[al1272] Impetigo
[al1274] Measles or Rubeola
[al1275] Mumps
[al1278] Childhood Rashes
[al1279] Immunizations
[al1280] Pinworms
[al1283] Roseola
[al1284] Rubella, or German Measles
[al1287] Sudden Infant Death Syndrome (SIDS)
[al1288] Teething
[al1289] Thumb-Sucking
[al1290] Toilet Training
[al1292] Thrush
[al1293] Urinary Tract Infections in Children
[al1837] Healthy Eating for Children
[al2165] Ear Tubes
[al2436] Alcohol Effects on a Fetus
[al2751] Breast-Feeding
[al2753] Bottle-Feeding
[al2754] Labor, Delivery, and Postpartum Period
[al2756] Rh Sensitization During Pregnancy
[al2757] Weaning

Lungs and Airways
[al1000] Allergies
[al1002] Food Allergies

Lungs and Airways
Should I Take Allergy Shots for Allergic Rhinitis and Allergic Asthma?
[al1124] Lung Cancer
[al1255] Choking Rescue Procedure
[al1258] Croup
[al1400] Colds
[al1401] Influenza
[al1405] Sinusitis
[al1407] Viral and Bacterial Infection
[al1408] Avian Influenza (Bird Flu)
[al1409] H1N1 Influenza (Swine Flu)
[al1534] Chest X-Ray
[al1536] CT Scan of the Body
[al1542] Magnetic Resonance Imaging
[al1546] Lung Function Tests
[al1648] Laryngitis
[al1841] Be Tobacco Free
[al1956] Tuberculosis (TB)
[al1965] West Nile Virus
[al1976] Chronic Obstructive Pulmonary Disease (COPD)
[al1983] Acute Bronchitis
[al1986] Pneumonia
[al2002] Decongestants
[al2003] Cough Preparations
[al2007] Cold And Allergy Remedies
[al2403] Sleep Apnea
[al2406] Snoring
[al2770] Drug Allergies

Men's Health
[al1128] Prostate Cancer
[al1230] Domestic Violence
[al1256] Circumcision
[al1545] Prostate-Specific Antigen Test
[al1848] Sexually Transmitted Diseases
[al2032] Erection Problems
[al2033] Infertility
[al2034] Benign Prostatic Hyperplasia, or BPH
[al2036] Male Genital Problems and Injuries
[al2167] Transurethral Resection of the Prostate
[al2173] Vasectomy
[al2307] Chlamydia
[al2308] Genital Herpes
[al2309] Genital Warts
[al2310] Gonorrhea
[al2311] Syphilis
[al2315] Trichomoniasis
[al2600] Birth Control

Mental and Behavioral Issues
[al1069] Bipolar Disorder
[al1070] Schizophrenia
[al1071] Dementia
[al1230] Domestic Violence
[al1240] Child Abuse and Neglect
[al1250] Attention Deficit Hyperactivity Disorder
al1838 Alcohol and Drug Problems
al1845 Stress Management
al2051 Obsessive-Compulsive Disorder
al2052 Anorexia Nervosa
al2055 Panic Attacks and Panic Disorder
al2057 Depression
al2059 Grief and Grieving
al2063 Social Anxiety Disorder
al2066 Suicidal Thoughts or Threats
al2428 Treatment For Alcohol Use Problems
al2435 Teen Alcohol and Drug Abuse

Pregnancy and Childbirth
al1211 Multiple Pregnancy: Twins or More
al1504 Gestational Diabetes
al1535 Chorionic Villus Sampling
al1548 Ultrasound for Normal Pregnancy
al2033 Infertility
al2157 Episiotomy
al2426 Precautions During Pregnancy
al2436 Alcohol Effects on a Fetus
al2600 Birth Control
al2700 How to Have a Healthy Baby
al2701 Home Pregnancy Tests
al2704 Danger Signs During Pregnancy
al2705 Pregnancy
al2706 Symptoms and Stages of Pregnancy
al2707 Symptoms and Stages of Labor
al2708 Diet During Pregnancy
al2709 Exercise During Pregnancy
al2710 Rubella and Pregnancy
al2714 Amniocentesis
al2717 Miscarriage
al2719 Stretch Marks from Pregnancy
al2720 Cesarean Section
al2750 Postpartum Depression
al2752 Complications After Delivery
al2754 Labor, Delivery, and Postpartum Period
al2756 Rh Sensitization During Pregnancy

Senior Health
al1061 Alzheimer's Disease
al1071 Dementia
al1291 Urinary Tract Infections in Teens and Adults
al1462 Nausea And Vomiting, Age 4 And Older
al1536 CT Scan of the Body
al1711 Age-Related Macular Degeneration
al1836 Physical Activity for Older Adults
al2004 Prevent Medication Errors
al2006 Prevent Medical Errors
al2240 Hospice Care
al2245 Care at the End of Life
al2251 Healthy Aging
al2261 Ingrown Toenail

Sexual and Reproductive Organs
al1107 Mammogram

Sexual Health
al1848 Sexually Transmitted Diseases
al1957 HIV Infection and AIDS
al2039 Sexual Problems in Women
al2173 Vasectomy
al2307 Chlamydia
al2308 Genital Herpes
al2309 Genital Warts
Skin, Hair and Nails

- Food Allergies
- Lupus
- Skin Cancer, Melanoma
- Newborn Rashes and Skin Conditions
- Fifth Disease
- Hand-Foot-and-Mouth Disease
- Lice
- Childhood Rashes
- Styes and Chalazia
- Animal And Human Bites
- Insect And Spider Bites And Stings
- Snakebites
- Tick Bites
- Blisters
- Burns
- Cuts
- Removing Splinters
- Calluses and Corns
- Ingrown Toenails
- Hair Loss
- Ingrown Toenail
- Acne
- Boils
- Cold Sores
- Dandruff
- Atopic Dermatitis
- Cold Temperature Exposure
- Allergic Reaction
- Rashes
- Psoriasis
- Fungal Nail Infections
- Shingles
- Sunburn
- Warts
- Stretch Marks from Pregnancy
- Drug Allergies

Urinary System

- Prostate Cancer
- Bed-Wetting
- Urinary Tract Infections in Teens and Adults
- Urinary Tract Infections in Children
- Viral and Bacterial Infection
- CT Scan of the Body
- Magnetic Resonance Imaging
- Prostate-Specific Antigen Test
- Abdominal Ultrasound
- Sexually Transmitted Diseases
- Benign Prostatic Hyperplasia, or BPH
- Cystoscopy
- Laparoscopy
- Transurethral Resection of the Prostate
- Urinary Incontinence in Women
- Chlamydia
- Gonorrhea
- Syphilis
- Chronic Kidney Disease
- Kidney Stones

Wise Health Consumer

- Patient's Bill of Rights
- Caregiver Tips
- Making Wise Health Decisions
- Work In Partnership With Your Doctor
- Finding A Doctor Who Will Be A Partner
- Healthy Living
- The Mind-Body Connection
- Be Tobacco Free
- Stress Relief and Relaxation
- Prevent Medication Errors
- Prevent Medical Errors
- Travel Health
- Shared Decisions About Surgery
- Drug Allergies

Substance Abuse

- Alcohol and Drug Problems
- Treatment For Alcohol Use Problems
- Teen Alcohol and Drug Abuse
- Alcohol Effects on a Fetus

Women’s Health

- Osteoporosis
- Mammogram
- Ovarian Cancer
- Polycystic Ovary Syndrome
- Women's Cancers
- Multiple Pregnancy: Twins or More
- Domestic Violence
- Gestational Diabetes
- Breast Biopsy
- Pelvic Exam And Pap Test
- Sexually Transmitted Diseases

Teen Health

- Juvenile Rheumatoid Arthritis
- Attention Deficit Hyperactivity Disorder
- Reye Syndrome
- Measles or Rubeola
- Mumps

Healthwise
Infertility
Sexual Problems in Women
Dilation and Curettage
Episiotomy
Tubal Ligation and Tubal Implants
Chlamydia
Genital Herpes
Genital Warts
Gonorrhea
Syphilis
Pelvic Inflammatory Disease
Trichomoniasis
Precautions During Pregnancy
Birth Control
Bacterial Vaginosis
Vaginal Yeast Infections
Menopause and Perimenopause
Hormone Therapy
Missed Or Irregular Periods
Endometriosis
Uterine Fibroids
Hysterectomy
Dysfunctional Uterine Bleeding
Functional Ovarian Cysts
Menstrual Cramps
Dysfunctional Uterine Bleeding
Toxic Shock Syndrome
How to Have a Healthy Baby
Home Pregnancy Tests
Danger Signs During Pregnancy
Pregnancy
Symptoms and Stages of Pregnancy
Symptoms and Stages of Labor
Diet During Pregnancy
Exercise During Pregnancy
Rubella and Pregnancy
Miscarriage
Stretch Marks from Pregnancy
Cesarean Section
Pelvic Organ Prolapse
Premenstrual Syndrome
Stroke Rehabilitation
Bottle-Feeding
Labor, Delivery, and Postpartum Period
Mastitis While Breast-Feeding
Rh Sensitization During Pregnancy

Spanish Topics by Category

Allergies
Alergias - [Allergies]
Alergias a medicamentos [Drug Allergies]

Asma en adolescentes y adultos - [Asthma in Teens and Adults]

Bones, Joints and Muscles
Dolor en la espalda baja - [Low Back Pain]
Síndrome del túnel carpiano - [Carpal Tunnel Syndrome]

Brain and Nerves
Encefalitis - [Encephalitis]
Demencia [Dementia]
Rehabilitación después de un ataque cerebral [Stroke Rehabilitation]
Migrañas - [Migraine Headaches]
Disfunción eréctil - [Erection Problems]
Depresión - [Depression]
Síndrome del túnel carpiano - [Carpal Tunnel Syndrome]

Cancer
Cáncer de ovario [Ovarian Cancer]
Cáncer de próstata - [Prostate Cancer]
Libérese del tabaco - [Be Tobacco Free]

Children's Health
Trastorno por déficit de atención con hiperactividad [Attention Deficit Hyperactivity Disorder]
Orinarse en la cama - [Bed-Wetting]
Varicela - [Chickenpox]
Infecciones del oído - [Ear Infections]
Impétigo - [Impetigo]
Infecciones del tracto urinario en niños [Urinary Tract Infections in Children]
Alimentación saludable para los niños [Healthy Eating for Children]

Diabetes
Diabetes tipo 2 - [Type 2 Diabetes]
Diabetes tipo 2: Cómo vivir con las complicaciones [Type 2 Diabetes: Living With Complications]
Diabetes tipo 2: Cómo vivir con la enfermedad [Type 2 Diabetes: Living With the Disease]
Diabetes tipo 2: Diagnosticada recientemente [Type 2 Diabetes: Recently Diagnosed]
Monitoreo casero de azúcar en la sangre – [Home Blood Sugar Monitoring]

Digestion
Colon Polyps - [Colon Polyps]
Ear, Nose and Throat
al1264 Infecciones del oído - [Ear Infections]

First Aid
Fiebre a los 3 años de edad o menos – [Fever, Age 3 and Younger]
Procedimiento de rescate de asfixia – [Choking Rescue Procedure]

Healthy Weight
Peso saludable - [Healthy Weight]

Heart Problems
Colesterol alto - [High Cholesterol]
Ataque al corazón y angina inestable – [Heart Attack and Unstable Angina]
Fibrilación auricular (latidos irregulares) – [Atrial Fibrillation (Irregular Heartbeats)]
Presión arterial alta (hipertensión) - [High Blood Pressure (Hypertension)]

Immune System
Varicela - [Chickenpox]

Infant and Toddler Health
Trastorno por déficit de atención con hiperactividad - [Attention Deficit Hyperactivity Disorder]

Mental and Behavioral Issues
Demencia - [Dementia]

Men's Health
Cáncer de próstata - [Prostate Cancer]
Examen del antígeno prostático específico – [Prostate-Specific Antigen Test]
**Pregnancy and Childbirth**
- Embarazo múltiple: gemelos o más [Multiple Pregnancy: Twins or More]
- Infecciones del tracto urinario en adolescentes y adultos [Urinary Tract Infections in Teens and Adults]
- Infecciones del tracto urinario y adultos [Urinary Tract Infections in Teens and Adults]

**Sexual and Reproductive Organs**
- Mamografía - [Mammogram]
- Cáncer de ovario [Ovarian Cancer]
- Síndrome de ovario poliquístico [Polycystic Ovary Syndrome]
- Cáncer de próstata [Prostate Cancer]
- Circuncisión - [Circumcision]
- Examen del antígeno prostático específico [Prostate-Specific Antigen Test]
- Disfunción eréctil - [Erection Problems]
- Infecciones vaginales por hongos [Vaginal Yeast Infections]
- Sangrado uterino disfuncional [Dysfunctional Uterine Bleeding]
- Mastitis durante la lactancia [Mastitis While Breast-Feeding]

**Skin, Hair and Nails**
- Salpullidos y afecciones de la piel en recién nacidos - [Newborn Rashes and Skin Conditions]
- Quinta enfermedad - [Fifth Disease]
- Piojos - [Lice]
- Acné - [Acne]

**Senior Health**
- Infecciones del tracto urinario en adolescentes y adultos [Urinary Tract Infections in Teens and Adults]
- Asma en adolescentes y adultos [Asthma in Teens and Adults]

**Substance Abuse**
- Problemas de alcoholismo y drogadicción [Alcohol and Drug Problems]
- Efectos del alcohol en el feto [Alcohol Effects on a Fetus]

**Teen Health**
- Trastorno por déficit de atención con hiperactividad [Attention Deficit Hyperactivity Disorder]
- Infecciones del tracto urinario en adolescentes y adultos [Urinary Tract Infections in Teens and Adults]
- Asma en adolescentes y adultos [Asthma in Teens and Adults]

**Urinary System**
- Cáncer de próstata [Prostate Cancer]
- Orínarse en la cama - [Bed-Wetting]
- Infecciones del tracto urinario en adolescentes y adultos [Urinary Tract Infections in Teens and Adults]
- Infecciones del tracto urinario en niños [Urinary Tract Infections in Children]
- Examen del antígeno prostático específico [Prostate-Specific Antigen Test]
- Hiperplasia prostática benigna [BPH]
- Incontinencia urinaria en mujeres [Urinary Incontinence in Women]

**Wise Health Consumer**
- Libérese del tabaco - [Be Tobacco Free]

**Women’s Health**
- Mamografía - [Mammogram]
- Cáncer de ovario [Ovarian Cancer]
- Síndrome de ovario poliquístico [Polycystic Ovary Syndrome]
- Embarazo múltiple: gemelos o más [Multiple Pregnancy: Twins or More]
- Infecciones vaginales por hongos [Vaginal Yeast Infections]
- Sangrado uterino disfuncional [Dysfunctional Uterine Bleeding]
al2705  Embarazo - [Pregnancy]
Trabajo de parto, parto y período de posparto [Labor,
Delivery, and Postpartum Period]
Mastitis durante la lactancia [Mastitis While Breast-
Feeding]
Sensibilización al Rh durante el embarazo [Rh
Sensitization During Pregnancy]