



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.

- |                                      |  |
|--------------------------------------|--|
| <b># - to end the call</b>           | <b>4 - to end this topic and enter another topic #</b> |
| <b>3 - to jump forward 6 seconds</b> | <b>2 - to replay last 6 seconds</b>                    |
| <b>1 - to pause playback</b>         | <b>7 - to replay entire topic</b>                      |
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For life-threatening or limb-threatening emergencies, call 911 or the appropriate local emergency services.

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4265	Growth Hormone Supplements	4710	Fat-Free Foods
4266	High Blood Pressure Medicines	4711	Fiber in Your Diet
4267	Laxative Abuse	4730	Food Diary Use
4273	Medicines to Have on Hand	4712	Grains in the Diet
4268	Medicines: Using Them Safely	4713	Healthy Weight Gain
4269	Nitroglycerin and Other Nitrates	4714	Losing Weight
4270	Over-The-Counter Medicines	4715	Nutrition for Diabetics: Eating Out
4271	Sleeping Pills	4716	Nutrition for Diabetics: Food Labels
4272	Smoking and Drug Interaction	4717	Nutrition for Diabetics: Protein
4274	Tetanus Vaccine	4718	Nutrition for Diabetics: Use of Alcohol
4275	Tranquilizers	4719	Obesity
4276	Vasodilators	4720	Overcoming Binge Eating
	<b>MEN'S HEALTH</b>	4721	Overweight Child
4600	Enlarged Prostate (Benign Prostatic Hyperplasia)	4722	Overweight or Overfat?
4602	Hair Loss	4723	Protein
4605	Penile Inflammation	4724	Reading Food Labels
4607	Prostate Problems	4725	Salt in the Diet
4608	Prostatectomy	4726	Sugar in Our Diets
4609	Routine Healthcare for Men	4727	Sugar Substitutes
4611	Testicular Self-Examination	4728	The Healthy Diet
	<b>NUTRITION AND WEIGHT CONTROL</b>	4729	USDA Food Guide Pyramid
4700	Caffeine in Your Diet	4731	Vegetarian Diet
4701	Calcium	4732	Vitamins
4702	Carbohydrates	4733	Weight Loss Diets
			<b>PREVENTIVE HEALTH</b>
		4650	Back Pain Prevention: Body Medhanics

4651	Bathroom Safety
4652	Cancer Prevention and Nutrition
4653	Childproofing Your Home
4654	Controlling Cholesterol
4655	Diet for a Healthy Mouth
4656	Drowning Prevention
4657	Exercise to Stay Healthy
4658	Exercises for the Workplace
4660	Heart Disease: Prevention
4661	Home Safety Tips
4662	How Noise Affects Hearing
4663	Immunization Schedule: Children
4664	Immunizations: Adults
4665	Lift It Right
4666	Medicines: Using Them Safely
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
4675	Stress and Its Effects on the Body
4676	Water: Essential for Good Health
	<b>RESPIRATORY HEALTH</b>
4800	Acute Bronchitis
4801	Asthma
4802	Breathing Exercises
4803	Bronchiolitis
4804	Bronchoscopy
4805	Chronic Bronchitis

4806	Chronic Obstructive Pulmonary Disease (COPD)
4807	Collapsed Lung: Injury-Related
4808	Collapsed Lung: Non-Injury-Related
4809	Cough
4810	Emphysema
4811	Pneumonia
4812	Pulmonary Embolism
4813	Pulmonary Function Tests
4814	Shortness of Breath
4815	Sleep Apnea
4816	Sleep Apnea: Infants
4817	Snoring
4818	Thoracentesis
4819	Using Oxygen at Home
	<b>SAFETY AND EMERGENCY PREPAREDNESS</b>
4900	Animal and Human Bites
4901	Anthrax
4902	Bee Stings
4903	Biological Terrorism Agents
4904	Blisters
4905	Bruises
4906	Cardiopulmonary Resuscitation (CPR)
4907	Chemical Terrorism Agents
4908	Chemical Warning Labels
4909	Choking Prevention
4910	Dehydration
4911	Driving Responsibly
4912	Electrical Shock
4913	Electricity: Preventing Injuries
4914	Eye Symptoms Demanding Immediate Attention

4915	First Aid for First-Degree Burns	4853	Canker Sores
4916	First Aid for Second-Degree Burns	4854	Cellulitis
4917	First Aid for Third-Degree Burns	4855	Cold Sores (Fever Blisters)
4918	Food Poisoning	4856	Contact Dermatitis
4919	Food Poisoning: Botulism	4857	Dandruff
4920	Food Poisoning: E. Coli Infection	4858	Eczema
4921	Food Poisoning: Salmonellosis	4859	Hives
4922	Frostbite	4860	Impetigo
4923	Heart Attack: Early Warning Signs	4861	Itching
4924	Heat Illness	4862	Moles
4925	Home First Aid Supplies	4863	Plantar Warts
4926	Home Security	4864	Psoriasis
4927	Hypothermia	4865	Rosacea
4928	Poisoning	4866	Seborrhea
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
4935	Smallpox Vaccine	4873	Warts
4936	Snakebites		<b>SURGERY</b>
4937	Something in Your Eyes	5000	Anesthesia
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
	<b>SKIN HEALTH</b>	5007	Laser Treatment
4850	Acne	5008	Liposuction
4851	Blisters		
4852	Boils and Carbuncles		



5009	Nose Reconstruction (Rhinoplasty)	5102	Barium Enema
5010	Skin Resurfacing	5103	Barium X-Ray Exam: Esophagus and Stomach
5011	Tummy Tuck	5104	Biopsy
	<b>SYMPTOMS</b>	5105	Blood (Serum) Glucose Test
5050	Abdominal Cramps	5106	Blood: Iron Test
5051	Constipation	5107	Bone Marrow Biopsy
5052	Cough	5108	Bone Scan
5053	Dehydration	5109	Bronchoscopy
5054	Dizziness and Vertigo	5110	Cholesterol: Lipid Panel Test
5055	Earache	5111	Colonoscopy
5056	Fatigue	5112	Colorectal Cancer Screening
5057	Fever	5113	Colposcopy of the Vagina and Cervix
5058	Heart Palpitations	5114	Complete Blood Count Test (CBC)
5059	Heartburn	5115	Coronary Angiogram
5060	Insomnia	5116	CT Scanning
5061	Irritability	5117	Cystoscopy
5062	Loss of Appetite	5118	Diagnostic Laparoscopy
5063	Lymph Nodes: Enlarged	5119	Echocardiogram
5064	Memory Loss	5120	Electrocardiogram (ECG or EKG)
5065	Nausea and Vomiting	5121	Electroencephalogram (EEG)
5066	Nervousness	5122	Electromyogram (EMG)
5067	Personality Change	5123	Endoscopic Retrograde Cholangiopancreatography (ERCP)
5068	Rectal Bleeding	5124	Fluoroscopy
5069	Shortness of Breath	5125	Heart Catheterization
5070	Skin Lesions	5126	Holter Monitors
5071	Swallowing Difficulty (Dysphagia)	5127	Magnetic Resonance Imaging (MRI)
5072	Tinnitus	5128	Mammograms
5073	Urinary Incontinence	5129	Pap Smear (Cervical Smear)
5074	Urination Problems	5130	Percutaneous Transhepatic Cholangiography (PTHC)
5075	Wheezing	5131	Sigmoidoscopy
	<b>TESTS AND EXAMINATIONS</b>		
5100	Angiograms		
5101	Arterial Blood Gases		

5132	Thyroid Scan	5204	Bartholin's Gland Cyst
5133	Thyroid-Stimulating Hormone (TSH) Test	5205	Benign Ovarian Tumor
5134	Thyroxine (T4) Test	5209	Bleeding Between Menstrual Periods (Metrorrhagia)
5135	Ultrasound Scanning	5210	Breast Infection (Mastitis)
5136	Urine Culture	5211	Breast Self-Exam
5137	Urine Tests	5213	Cervical Dysplasia
5138	X-Rays	5214	Cervical Polyps
	<b>URINARY AND GENITAL SYSTEMS</b>	5215	Cervicitis
5350	Acute Kidney Failure (Acute Renal Insufficiency)	5216	Cesarean Section
5351	Bladder Infection (Cystitis)	5217	Choosing a Healthcare Provider for Your Pregnancy
5352	Blood in Urine (Hematuria)	5218	Chorionic Villus Sampling (CVS)
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)
5355	Indwelling Catheter Care	5221	Danger Signs in Pregnancy
5356	Kegel Exercises for Bladder Control	5223	Diabetes in Pregnancy
5357	Kidney Infection (Pyelonephritis)	5225	Diet During Pregnancy
5358	Kidney Stones	5226	Diethylstilbestrol (DES)
5359	Lithotripsy for Kidney Stones	5227	Drug, Alcohol, and Tobacco Use During Pregnancy
5360	Overflow Incontinence	5228	Ectopic Pregnancy
5361	Urge Incontinence	5230	Endometrial Biopsy
5362	Urinary Catheterization	5231	Endometriosis
5363	Urinary Incontinence	5232	Episiotomy
5364	Urinary Obstruction	5233	Exercise After Delivery
5365	Urinary Tract Infection in Men	5234	Exercise During Pregnancy
5366	Urinary Tract Infection in Women	5237	Feminine Hygiene
	<b>WOMEN'S HEALTH</b>	5238	Fetal Alcohol Syndrome
5200	Abdominal Hysterectomy	5239	Fibrocystic Breast Changes
5201	Abuse and Violence - Adults	5240	Genetic Screening Before or During Pregnancy
5202	Amniocentesis		
5203	Atrophic Vaginitis		

5241	Getting Ready for Pregnancy	5274	Prenatal Care
5242	Hair Loss in Women	5275	Prenatal Tests
5243	Hot Flashes	5276	Routine Healthcare for Women
5244	Hysteroscopy	5277	Ruptured Membranes
5245	Infertility	5281	Skin Conditions During Pregnancy
5247	Labor and Delivery	5282	Smoking During Pregnancy
5248	Mammograms	5284	Stress Incontinence in Women
5249	Menopausal Hormone Therapy	5285	Tipped Uterus
5250	Menopause	5286	Toxic Shock Syndrome
5251	Menstrual Cramps	5287	Travel When You Are Pregnant
5252	Miscarriage	5288	Uterine Fibroids
5253	Missed Menstrual Periods (Amenorrhea)	5290	Vaginal Cysts, Polyps, and Warts
5254	Morning Sickness	5291	Vaginal Hysterectomy
5256	Nipple Discharge (Galactorrhea)	5292	Vaginal Hysterectomy with Laparoscopy
5257	Normal Growth of a Baby During Pregnancy	5293	Vaginitis
5259	Ovarian Cysts	5294	Vulvar Dystrophy
5260	Overcoming Fear of Childbirth	5295	Vulvitis
5261	Ovulation Abnormalities	5296	Working During Pregnancy
5262	Painful Intercourse	5297	Yeast Infection (Candidiasis)
5263	Pelvic Examination		<b>TRICARE BENEFICIARIES ONLY WOMEN, INFANTS AND CHILDREN (WIC) OVERSEAS</b>
5264	Pelvic Inflammatory Disease		
5265	Pelvic Support Problems		
5266	Postmenopausal Bleeding	5195	Women, Infants and Children (WIC) Overseas
5267	Postpartum Care		
5268	Postpartum Complications		
5269	Postpartum Depression		
5270	Preeclampsia		
5271	Pregnancy Tests		
5272	Premenstrual Dysphoric Disorder (PMDD)		
5273	Premenstrual Syndrome (PMS)		