

New Releases - Spring 2019

► Ambulatory Care

- Abdominal Pain in Men
- Abdominal Pain in Women
- After a Concussion
- At-Home Care for Influenza
- Cast Care
- Dealing with Chest Pain
- Pneumonia Care at Home
- R.I.C.E. (Rest, Ice, Compression, Elevation)
- Recognizing and Treating Cellulitis
- Strategies for Managing Neck and Back Pain
- Threatened Miscarriage
- Treating Gallstones
- Understanding Kidney Stones
- Using Crutches Safely
- Viral Bronchitis
- Viral Respiratory Illness in Adults (Common Colds)
- Vomiting and Diarrhea in Adults

► Cardiology

Heart Attack

- After a Heart Attack: Discharge Day
- Diagnosing a Heart Attack
- Emergency Treatment for a Heart Attack
- Healthy Living After a Heart Attack: Angina
- Healthy Living After a Heart Attack: Exercise
- Healthy Living After a Heart Attack: Nutrition
- Healthy Living After a Heart Attack: Reducing Stress
- Healthy Living After a Heart Attack: Staying Positive

- Healthy Living After a Heart Attack: Understanding Risk Factors
- Heart Attack Medications: Statins
- Heart Attack Medications: Taking Nitroglycerin
- Symptoms of a Heart Attack
- Treating Coronary Artery Disease: Lifestyle Changes, Medications, Stents and Surgery
- What is a Heart Attack?

Heart Failure

- Common Tests for Heart Failure
- Heart Failure Medications: ACE Inhibitors, ARBs, and ARNIs
- Heart Failure Medications: Aldosterone Antagonists
- Heart Failure Medications: Beta-Blockers
- Heart Failure Medications: Digitalis
- Heart Failure Medications: Diuretics
- Heart Failure: Preparing for Discharge
- How to Handle a Heart Failure Flare-Up
- Living with Heart Failure: Building a Support Network
- Living with Heart Failure: Exercising Safely
- Living with Heart Failure: Fluid Guidelines
- Living with Heart Failure: Reading Nutrition Labels
- Living with Heart Failure: Strategies to Reduce Sodium
- Managing Your Heart Failure Medications
- Medications Used to Treat Heart Failure
- Monitoring Symptoms of Heart Failure
- Preparing for Your Doctor's Appointments with Heart Failure

**Titles subject to change.*

New Releases - Spring 2019 (continued)

Heart Failure (continued)

- Tobacco and Heart Failure: Tips for Quitting
- What is a Heart Failure Treatment Plan?
- What is Heart Failure?
- Living with Heart Failure: Goals for the Future
- Living with Heart Failure: Your Healthy Diet
- Treating Heart Failure: Left-Ventricular Assist Devices
- Treating Heart Failure: Medications, Devices, and Surgery
- Understanding Ejection Fraction
- What Your Heart Failure Diagnosis Means

► Mental & Emotional Health

Anxiety

- Anxiety and Depression
- Do I Have an Anxiety Disorder?
- How Is Anxiety Treated?
- Living with Generalized Anxiety Disorder
- Living with Panic Attacks
- Living with Social Anxiety Disorder
- What Is Anxiety?
- Living with a Phobia

Bipolar

- What Is Bipolar Disorder?
- How Is Bipolar Disorder Different from Depression and Anxiety?
- Treatments for Bipolar Disorder

Depression

- Managing Depression: Medications
- Managing Depression: Overcoming Barriers and Getting Help

- Managing Depression: Psychotherapy
- Relieving Depression Through Lifestyle Changes
- Signs and Symptoms of Depression
- What is Depression?

Schizophrenia

- Schizophrenia: Understanding Hallucinations and Delusions
- Treatments for Schizophrenia
- Understanding Cognitive Behavioral Therapy
- What Is Schizophrenia?

Stress

- Common Skills to Help You Cope with Stress
- Healthy Choices to Relieve Stress
- Is Stress Hurting Your Health?
- Stress Management: Changing Your View of a Stressor
- Stress Management: Evaluating Your Stressors
- Stress Management: Facing Your Stressors
- What is Stress?

► Palliative & Advance Care Planning

- Developing Your Goals of Care
- Palliative Care: Caring for the Caregiver
- Palliative Care: Getting Started
- Palliative Care: Physical Comfort
- Palliative Care: Role of the Caregiver
- Palliative Care: Your Emotional and Spiritual Health
- The Benefits of Palliative Care

**Titles subject to change.*

New Releases - Coming Fall 2019

Cardiology

- 36 assets in production (titles TBD)

Prenatal & Maternity

- 46 assets in production (titles TBD)

Diabetes

- 33 assets in production (titles TBD)

**Titles subject to change.*