



## 24/7 Nurseline Audio Health Topics



### What are audio health topics?

Health care questions and concerns are present even when symptoms are not. The 24/7 Nurseline audio health topics are 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 provide the information you need to help:

- Prevent illness
- Identify warning signs
- Administer self care



### How can I listen to audio health topics?

It's easy, just 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 dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic. Calling instructions are as follows:

1. Look up the 4-digit number for the topic you want to hear.
2. Call the toll-free number.
3. Select the option for audio health topics.
4. Listen to the recording. Topics are usually 2 to 5 minutes in length.
5. Press \* to replay the topic.

# Audio Health Topics

## Allergies

- 2338 Allergic reaction
- 1000 Allergies
- 2770 Drug allergies
- 1002 Food allergies
- 1007 Should I take allergy shots for allergic rhinitis and allergic asthma?

## Asthma

- 1981 Asthma in teens and adults

## Blood and Lymph

- 1533 Complete blood count
- 2623 Iron deficiency anemia
- 2756 Rh sensitization during pregnancy
- 1460 Swollen lymph nodes
- 2680 Toxic shock syndrome

## Bones, Joints and Muscles

- 2105 Ankle sprain
- 1030 Arthritis
- 2162 Arthroscopy
- 1780 Bunions
- 2102 Bursitis
- 2104 Carpal tunnel syndrome
- 1950 Chronic fatigue syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1463 Herniated disc
- 2160 Hip replacement surgery
- 1031 Juvenile rheumatoid arthritis
- 1450 Low back pain
- 1033 Lupus
- 2106 Muscle cramps and leg pain
- 1457 Neck pain
- 2259 Osteoarthritis
- 1032 Osteoporosis
- 1784 Plantar fasciitis

- 1034 Rheumatoid arthritis
- 2169 Rotator cuff disorders
- 2163 Should I have knee replacement surgery?
- 2174 Should I have surgery for a herniated disc?
- 1456 Sports injuries
- 2151 Surgery for carpal tunnel syndrome
- 1461 Temporomandibular (TM) disorders
- 2103 Tendon injury

## Brain and Nerves

- 1060 ALS (Lou Gehrig's disease)
- 1061 Alzheimer's disease
- 2052 Anorexia nervosa
- 1250 Attention deficit hyperactivity disorder
- 1062 Bell's palsy
- 1453 Benign paroxysmal positional vertigo
- 1069 Bipolar disorder
- 2053 Bulimia nervosa
- 2104 Carpal tunnel syndrome
- 1536 CT scan of the body
- 1071 Dementia
- 2057 Depression
- 1515 Diabetic neuropathy
- 1080 Dyslexia
- 1537 Electroencephalogram
- 1539 Electromyography and nerve conduction studies
- 1064 Encephalitis
- 1063 Epilepsy
- 2032 Erection problems
- 1068 Guillain-Barré syndrome
- 1463 Herniated disc
- 2400 Insomnia

- 1542 Magnetic resonance imaging
- 1644 Ménière's disease
- 1405 Migraine headaches
- 1065 Multiple sclerosis
- 1457 Neck pain
- 1066 Parkinson's disease
- 2174 Should I have surgery for a herniated disc?
- 1067 Stroke
- 1081 Stroke rehabilitation
- 2151 Surgery for carpal tunnel syndrome
- 1404 Tension headaches

## Cancer

- 1841 Be tobacco free
- 1531 Breast biopsy
- 1105 Cancer pain
- 2245 Care at the end-of-life
- 1110 Colon polyps
- 1113 Colorectal cancer
- 2240 Hospice care
- 1124 Lung cancer
- 1111 Ovarian cancer
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1129 Skin cancer, melanoma
- 1130 Skin cancer, nonmelanoma
- 1120 Women's cancers

## Children's Health

- 1250 Attention deficit hyperactivity disorder
- 1251 Bed-wetting
- 1254 Chickenpox
- 1240 Child abuse and neglect
- 1278 Childhood rashes
- 1230 Domestic violence
- 1264 Ear infections

# Audio Health Topics

## Children's Health (continued)

- 2165** Ear tubes
- 1455** Fever, age 4 and older
- 1837** Healthy eating for children
- 1279** Immunizations
- 1272** Impetigo
- 1031** Juvenile rheumatoid arthritis
- 1274** Measles or rubeola
- 1275** Mumps
- 1462** Nausea and vomiting, age 4 and older
- 1280** Pinworms
- 1259** Reye syndrome
- 1283** Roseola
- 1284** Rubella, or German measles
- 1288** Teething
- 1247** Temper tantrums
- 1292** Thrush
- 1289** Thumb-sucking
- 1290** Toilet training
- 1293** Urinary tract infections in children

## Diabetes

- 1515** Diabetic neuropathy
- 1516** Diabetic retinopathy
- 1504** Gestational diabetes
- 1506** Home blood sugar monitoring
- 1512** Prediabetes
- 1508** Type 1 diabetes
- 1500** Type 2 diabetes
- 1501** Type 2 diabetes: Living with complications
- 1502** Type 2 diabetes: Living with the disease
- 1503** Type 2 diabetes: Recently diagnosed

## Digestion

- 1452** Antidiarrheals

- 1600** Appendicitis
- 1540** Barium enema
- 2000** Bulking agents and laxatives
- 1257** Colic
- 1110** Colon polyps
- 1113** Colorectal cancer
- 1451** Constipation
- 1618** Crohn's disease
- 1536** CT scan of the body
- 1454** Diarrhea, age 12 and older
- 1605** Diverticulosis
- 1402** Food poisoning
- 1608** Gallstones
- 1612** Gastroesophageal reflux disease
- 1610** Heartburn
- 1952** Hepatitis A
- 1953** Hepatitis B
- 1827** Hepatitis C
- 1403** Inguinal hernia
- 1611** Irritable bowel syndrome (IBS)
- 2154** Laparoscopic gallbladder surgery for gallstones
- 2159** Laparoscopic inguinal hernia repair
- 2164** Laparoscopy
- 1613** Peptic ulcer disease
- 1609** Rectal problems
- 2158** Surgery for hemorrhoids
- 1603** Ulcerative colitis
- 1541** Upper gastrointestinal series
- 1407** Viral and bacterial infection
- 2757** Weaning

## Disease and Injury Prevention

- 1295** Early disease detection
- 1904** Heart attack prevention
- 1544** Pelvic exam and pap test
- 2204** Travel health

## Ear, Nose and Throat

- 1453** Benign paroxysmal positional vertigo
- 1264** Ear infections
- 2165** Ear tubes
- 1640** Earwax
- 1646** Hearing loss
- 1641** Labyrinthitis
- 1648** Laryngitis
- 1644** Ménière's disease
- 1459** Strep throat
- 1643** Swimmer's ear
- 2171** Tonsillectomy and adenoidectomy
- 1560** Tonsillitis

## Eyes and Vision

- 1711** Age-related macular degeneration
- 2152** Cataract surgery
- 1709** Cataracts
- 1710** Color blindness
- 1703** Contact lens care
- 1516** Diabetic retinopathy
- 1705** Eye injuries
- 1700** Eye problems
- 1717** Floaters and flashes
- 1712** Glaucoma
- 1708** Pinkeye
- 1716** Should I have laser surgery for nearsightedness?
- 1713** Strabismus
- 1702** Vision tests

## First Aid

- 1750** Animal and human bites
- 2105** Ankle sprain
- 1755** Blisters
- 2332** Boils

# Audio Health Topics

## First Aid (continued)

- 2000 Bulking agents and laxatives
- 1761 Burns
- 1781 Calluses and corns
- 1255 Choking rescue procedure
- 2007 Cold and allergy remedies
- 2333 Cold sores
- 2337 Cold temperature exposure
- 1451 Constipation
- 2003 Cough preparations
- 6932 CPR in babies
- 6675 CPR in young children
- 1762 Cuts
- 2002 Decongestants
- 1260 Dehydration
- 1454 Diarrhea, age 12 and older
- 1705 Eye injuries
- 1253 Fever, age 3 and younger
- 1455 Fever, age 4 and older
- 1759 Heat-related illnesses
- 1270 How to take a temperature
- 2256 Hypothermia
- 1751 Insect and spider bites and stings
- 1458 Nosebleeds
- 2001 Pain relievers
- 1763 Poisoning
- 1764 Puncture wounds
- 1766 Removing splinters
- 2203 Rescue breathing and CPR
- 1752 Snakebites
- 1456 Sports injuries
- 1754 Tick bites
- 1758 Your home health center

## Fitness and Exercise

- 2102 Bursitis
- 2709 Exercise during pregnancy

- 1833 Fitness
- 1836 Physical activity for older adults

## Genes and Chromosomes

- 1112 Polycystic ovary syndrome

## Genetic Conditions

- 1112 Polycystic ovary syndrome

## Headaches

- 1405 Migraine headaches
- 1404 Tension headaches

## Healthy Eating

- 2753 Bottle-feeding
- 2751 Breast-feeding
- 2053 Bulimia nervosa
- 2708 Diet during pregnancy
- 2251 Healthy aging
- 1853 Healthy eating
- 1837 Healthy eating for children
- 2623 Iron deficiency anemia
- 2757 Weaning

## Healthy Weight

- 1837 Healthy eating for children
- 1834 Healthy weight

## Heart and Circulation

- 1908 Atrial fibrillation (irregular heartbeats)
- 1915 Cardiac rehabilitation
- 1903 Causes of heart attack
- 1900 Chest pain
- 1534 Chest x-ray
- 1538 Electrocardiogram
- 1532 Exercise electrocardiogram
- 1901 Heart attack and unstable angina
- 1904 Heart attack prevention
- 1907 Heart failure
- 1909 High blood pressure (hypertension)

- 1832 High cholesterol
- 1542 Magnetic resonance imaging
- 1911 Pacemakers
- 1067 Stroke
- 1081 Stroke rehabilitation
- 1912 Varicose veins

## Heart Problems

- 1908 Atrial fibrillation (irregular heartbeats)
- 1915 Cardiac rehabilitation
- 1903 Causes of heart attack
- 1900 Chest pain
- 1534 Chest x-ray
- 1536 CT scan of the body
- 1538 Electrocardiogram
- 1532 Exercise electrocardiogram
- 1901 Heart attack and unstable angina
- 1904 Heart attack prevention
- 1907 Heart failure
- 1909 High blood pressure (hypertension)
- 1832 High cholesterol
- 1542 Magnetic resonance imaging
- 1911 Pacemakers

## Hormones

- 2651 Hormone therapy
- 2550 Hypothyroidism
- 1112 Polycystic ovary syndrome
- 1508 Type 1 diabetes
- 1500 Type 2 diabetes
- 1501 Type 2 diabetes: Living with complications
- 1502 Type 2 diabetes: Living with the disease
- 1503 Type 2 diabetes: Recently diagnosed

# Audio Health Topics

## Immune System

- 2338** Allergic reaction
- 1000** Allergies
- 2336** Atopic dermatitis
- 2770** Drug allergies
- 1957** HIV infection and AIDS
- 1279** Immunizations
- 1033** Lupus
- 1034** Rheumatoid arthritis
- 1007** Should I take allergy shots for allergic rhinitis and allergic asthma?

## Infant and Toddler Health

- 2436** Alcohol effects on a fetus
- 1250** Attention deficit hyperactivity disorder
- 1251** Bed-wetting
- 2753** Bottle-feeding
- 2751** Breast-feeding
- 1254** Chickenpox
- 1240** Child abuse and neglect
- 1278** Childhood rashes
- 1256** Circumcision
- 1257** Colic
- 1258** Croup
- 1230** Domestic violence
- 1264** Ear infections
- 2165** Ear tubes
- 1253** Fever, age 3 and younger
- 1267** Fifth disease
- 1268** Growth and development of the newborn
- 1269** Hand-foot-and-mouth disease
- 1837** Healthy eating for children
- 1279** Immunizations
- 1272** Impetigo
- 2754** Labor, delivery, and postpartum period

- 1274** Measles or rubeola
- 1275** Mumps
- 1261** Newborn rashes and skin conditions
- 1280** Pinworms
- 1259** Reye syndrome
- 2756** Rh sensitization during pregnancy
- 1283** Roseola
- 1284** Rubella, or German measles
- 1287** Sudden infant death syndrome (SIDS)
- 1288** Teething
- 1247** Temper tantrums
- 1292** Thrush
- 1289** Thumb-sucking
- 1290** Toilet training
- 1293** Urinary tract infections in children
- 2757** Weaning

## Lungs and Airways

- 1983** Acute bronchitis
- 1000** Allergies
- 1408** Avian influenza (Bird Flu)
- 1841** Be tobacco free
- 1534** Chest x-ray
- 1255** Choking rescue procedure
- 1976** Chronic obstructive pulmonary disease (COPD)
- 2007** Cold and allergy remedies
- 1400** Colds
- 2003** Cough preparations
- 1258** Croup
- 1536** CT scan of the body
- 2002** Decongestants
- 2770** Drug allergies
- 1002** Food allergies
- 1401** Influenza

- 1648** Laryngitis
- 1124** Lung cancer
- 1546** Lung function tests
- 1542** Magnetic resonance imaging
- 1007** Should I take allergy shots for allergic rhinitis and allergic asthma?
- 1406** Sinusitis
- 2403** Sleep apnea
- 2406** Snoring
- 1956** Tuberculosis (TB)
- 1407** Viral and bacterial infection
- 1965** West Nile virus

## Men's Health

- 2034** Benign prostatic hyperplasia, or BPH
- 2600** Birth control
- 2307** Chlamydia
- 1256** Circumcision
- 1230** Domestic violence
- 2032** Erection problems
- 2308** Genital herpes
- 2309** Genital warts
- 2310** Gonorrhea
- 2033** Infertility
- 2036** Male genital problems and injuries
- 1128** Prostate cancer
- 1545** Prostate-specific antigen test
- 1848** Sexually transmitted infections
- 2311** Syphilis
- 2167** Transurethral resection of the prostate
- 2315** Trichomoniasis
- 2173** Vasectomy

## Mental and Behavioral Issues

- 1838** Alcohol and drug problems

# Audio Health Topics

## Mental and Behavioral Issues (continued)

**2052** Anorexia nervosa  
**1250** Attention deficit hyperactivity disorder  
**1069** Bipolar disorder  
**2053** Bulimia nervosa  
**1240** Child abuse and neglect  
**1071** Dementia  
**2057** Depression  
**1230** Domestic violence  
**2059** Grief and grieving  
**2051** Obsessive-compulsive disorder  
**2055** Panic attacks and panic disorder  
**1070** Schizophrenia  
**2063** Social anxiety disorder  
**1845** Stress management  
**2066** Suicidal thoughts or threats  
**2435** Teen alcohol and drug abuse  
**2428** Treatment for alcohol use problems

## Pregnancy and Childbirth

**2436** Alcohol effects on a fetus  
**2714** Amniocentesis  
**2600** Birth control  
**2720** Cesarean section  
**1535** Chorionic villus sampling  
**2752** Complications after delivery  
**2704** Danger signs during pregnancy  
**2708** Diet during pregnancy  
**2157** Episiotomy  
**2709** Exercise during pregnancy  
**1504** Gestational diabetes  
**2701** Home pregnancy tests  
**2700** Preparing for a healthy baby  
**2033** Infertility

**2754** Labor, delivery, and postpartum period  
**2717** Miscarriage  
**1211** Multiple pregnancy: Twins or more  
**2750** Postpartum depression  
**2426** Precautions during pregnancy  
**2705** Pregnancy  
**2756** Rh sensitization during pregnancy  
**2710** Rubella and pregnancy  
**2719** Stretch marks from pregnancy  
**2707** Symptoms and stages of labor  
**2706** Symptoms and stages of pregnancy  
**1548** Ultrasound for normal pregnancy

## Senior Health

**1711** Age-related macular degeneration  
**1061** Alzheimer's disease  
**2245** Care at the end-of-life  
**1536** CT scan of the body  
**1071** Dementia  
**2251** Healthy aging  
**2240** Hospice care  
**2261** Ingrown toenail  
**1462** Nausea and vomiting, age 4 and older  
**1836** Physical activity for older adults  
**2006** Prevent medical errors  
**2004** Prevent medication errors  
**1291** Urinary tract infections in teens and adults

## Sexual and Reproductive Organs

**2675** Abnormal uterine bleeding  
**2702** Abortion

**2640** Bacterial vaginosis  
**2034** Benign prostatic hyperplasia, or BPH  
**1531** Breast biopsy  
**2720** Cesarean section  
**2307** Chlamydia  
**1535** Chorionic villus sampling  
**1256** Circumcision  
**2752** Complications after delivery  
**1536** CT scan of the body  
**2156** Dilation and curettage  
**2672** Endometriosis  
**2157** Episiotomy  
**2032** Erection problems  
**2677** Functional ovarian cysts  
**2308** Genital herpes  
**2309** Genital warts  
**2310** Gonorrhea  
**2674** Hysterectomy  
**2033** Infertility  
**2754** Labor, delivery, and postpartum  
**2164** Period laparoscopy  
**1542** Magnetic resonance imaging  
**2036** Male genital problems and injuries  
**1107** Mammogram  
**2755** Mastitis while breast-feeding  
**2650** Menopause and perimenopause  
**2678** Menstrual cramps  
**2717** Miscarriage  
**2670** Missed or irregular periods  
**1211** Multiple pregnancy: Twins or more  
**1111** Ovarian cancer  
**1544** Pelvic exam and pap test  
**2312** Pelvic inflammatory disease  
**2723** Pelvic organ prolapse

# Audio Health Topics

## Sexual and Reproductive Organs (continued)

- 1112 Polycystic ovary syndrome
- 2724 Premenstrual syndrome
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2167 Transurethral resection of the prostate
- 2315 Trichomoniasis
- 2172 Tubal ligation and tubal implants
- 2673 Uterine fibroids
- 2643 Vaginal yeast infections
- 2173 Vasectomy

## Sexual Health

- 2600 Birth control
- 2307 Chlamydia
- 2308 Genital herpes
- 2309 Genital warts
- 2310 Gonorrhea
- 1957 HIV infection and AIDS
- 2678 Menstrual cramps
- 2039 Sexual problems in women
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2315 Trichomoniasis
- 2173 Vasectomy

## Skin, Hair and Nails

- 2330 Acne
- 2338 Allergic reaction
- 1750 Animal and human bites
- 2336 Atopic dermatitis
- 1755 Blisters
- 2332 Boils
- 1761 Burns

- 1781 Calluses and corns
- 1278 Childhood rashes
- 2333 Cold sores
- 2337 Cold temperature exposure
- 1762 Cuts
- 2334 Dandruff
- 2770 Drug allergies
- 1267 Fifth disease
- 1002 Food allergies
- 2346 Fungal nail infections
- 2031 Hair loss
- 1269 Hand-foot-and-mouth disease
- 2261 Ingrown toenail
- 1751 Insect and spider bites and stings
- 1273 Lice
- 1033 Lupus
- 1261 Newborn rashes and skin conditions
- 2344 Psoriasis
- 2343 Rashes
- 1766 Removing splinters
- 1296 Scabies
- 2349 Shingles
- 1129 Skin cancer, melanoma
- 1130 Skin cancer, nonmelanoma
- 1752 Snakebites
- 2719 Stretch marks from pregnancy
- 1707 Styes and chalazia
- 2352 Sunburn
- 1754 Tick bites
- 2353 Warts

## Substance Abuse

- 1838 Alcohol and drug problems
- 2436 Alcohol effects on a fetus
- 2435 Teen alcohol and drug abuse
- 2428 Treatment for alcohol use problems

## Teen Health

- 1981 Asthma in teens and adults
- 1250 Attention deficit hyperactivity disorder
- 2053 Bulimia nervosa
- 1951 Infectious mononucleosis
- 1031 Juvenile rheumatoid arthritis
- 1274 Measles or rubeola
- 1275 Mumps
- 1462 Nausea and vomiting, age 4 and older
- 1259 Reye syndrome
- 1284 Rubella, or German measles
- 2435 Teen alcohol and drug abuse
- 1291 Urinary tract infections in teens and adults

## Urinary System

- 1547 Abdominal ultrasound
- 1251 Bed-wetting
- 2034 Benign prostatic hyperplasia, or BPH
- 2307 Chlamydia
- 2570 Chronic kidney disease
- 1536 CT scan of the body
- 2155 Cystoscopy
- 2310 Gonorrhea
- 2576 Kidney stones
- 2164 Laparoscopy
- 1542 Magnetic resonance imaging
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2167 Transurethral resection of the prostate
- 2257 Urinary incontinence in women
- 1293 Urinary tract infections in children

# Audio Health Topics

## Urinary System (continued)

- 1291 Urinary tract infections in teens and adults
- 1407 Viral and bacterial infection

## Wise Health Consumer

- 1841 Be tobacco free
- 1202 Caregiver tips
- 2770 Drug allergies
- 1802 Finding a doctor who will be a partner
- 1830 Healthy living
- 1800 Making wise health decisions
- 2006 Prevent medical errors
- 2004 Prevent medication errors
- 2503 Shared decisions about surgery
- 1964 Stress relief and relaxation
- 1835 The mind-body connection
- 2204 Travel health
- 1801 Work in partnership with your doctor

## Women's Health

- 2675 Abnormal uterine bleeding
- 2702 Abortion
- 2640 Bacterial vaginosis
- 2600 Birth control
- 2753 Bottle-feeding
- 1531 Breast biopsy
- 2720 Cesarean section

- 2307 Chlamydia
- 2752 Complications after delivery
- 2704 Danger signs during pregnancy
- 2708 Diet during pregnancy
- 2156 Dilation and curettage
- 1230 Domestic violence
- 2672 Endometriosis
- 2157 Episiotomy
- 2709 Exercise during pregnancy
- 2677 Functional ovarian cysts
- 2308 Genital herpes
- 2309 Genital warts
- 1504 Gestational diabetes
- 2310 Gonorrhea
- 2701 Home pregnancy tests
- 2651 Hormone therapy
- 2700 Preparing for a healthy baby
- 2674 Hysterectomy
- 2033 Infertility
- 2754 Labor, delivery, and postpartum
- 1107 Period mammogram
- 2755 Mastitis while breast-feeding
- 2650 Menopause and perimenopause
- 2678 Menstrual cramps
- 2717 Miscarriage
- 2670 Missed or irregular periods

- 1211 Multiple pregnancy: Twins or more
- 1032 Osteoporosis
- 1111 Ovarian cancer
- 1544 Pelvic exam and pap test
- 2312 Pelvic inflammatory disease
- 2723 Pelvic organ prolapse
- 1112 Polycystic ovary syndrome
- 2750 Postpartum depression
- 2426 Precautions during pregnancy
- 2705 Pregnancy
- 2724 Premenstrual syndrome
- 2756 Rh sensitization during pregnancy
- 2710 Rubella and pregnancy
- 2039 Sexual problems in women
- 1848 Sexually transmitted infections
- 2719 Stretch marks from pregnancy
- 2707 Symptoms and stages of labor
- 2706 Symptoms and stages of pregnancy
- 2311 Syphilis
- 2680 Toxic shock syndrome
- 2315 Trichomoniasis
- 2172 Tubal ligation and tubal implants
- 2673 Uterine fibroids
- 2643 Vaginal yeast infections
- 1120 Women's cancers



Call the 24/7 Nurseline at 800-581-0393  
to access audio health topics.  
Call 911 for health emergencies.

