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- Conditions common to a particular industry
- Both medical and mental health conditions
- Information targeted for seniors, women, children, pregnant women, medicaid clients, ER abusers, Hispanics.

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Medical Self-Care Topics

Condit	ion	s Affecting the Eyes, Ears, Nose and Th	roat			
	2. 3. 4. 5. 6. 7. 8. 9.	Asthma ^{1,2} Breathing Problems Bronchitis ^{1,2} Choking (swallowed objects) Common Cold ^{1,2} Coughs ^{1,2} Earaches ^{1,2} Earwax Eyestrain (from computers) Floaters & Flashes Flu ^{1,2}		13. 14. 15. 16. 17. 18. 19. 20.	Hay Fever ^{1, 2} Hearing Loss Hiccups Laryngitis ^{1, 2} Nosebleeds Pinkeye Sinus Problems ^{1, 2} Sore Throats ^{1, 2} Sty Tinnitus (Ringing in the Ears)	
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¹ Topic also available at low literacy reading level	¹ Topic also available at low literacy reading level	

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² Topic also available in Spanish

You and Your Doctor	
 □ 266. Calling Your Doctor Checklist 1,2 □ 267. Choosing a Doctor □ 268. Doctors and Their Specialties □ 269. Doctor-Patient Communication □ 270. Having a Routine Checkup □ 271. Making the Most of a Doctor Visit □ 272. Medical Decision Making Checklist □ 273. Questions to Ask Your Child's Doctor 1,2 	 □ 274. Rating Your Child's Doctor 1,2 □ 275. Rating Your Doctor □ 276. See Your "Primary" Doctor Before You See a Specialis □ 277. Visiting Your Doctor Checklist 1,2 □ 278. Visiting Your Doctor/Gynecologist Checklist □ 279. What Is a Primary Care Physician □ 280. When to Call a Doctor
Emergency Situations	
281. Being Ready for Medical Emergencies282. Recognizing Emergencies	283. What to Know About the Emergency Room284. When to Call an Ambulance
Medical Exams and Tests	
 □ 285. Children's Medical Records Chart ^{1,2} □ 286. Common Health Tests & When to Have Them² □ 287. Family Medical Records Chart 	 □ 288. Home Medical Tests □ 289. Immunization Schedule & Record ^{1,2} □ 290. Routine Laboratory Tests
Medications	
 □ 291. Before Taking Medications □ 292. Children's Home Pharmacy Chart 1.2 □ 293. First Aid Supplies Checklist □ 294. General Types of Medications □ 295. Medication Log □ 296. Over-the-Counter Medications 	 □ 297. Questions to Ask About Medications □ 298. 7 Golden Rules of Prescriptions □ 299. Storing Your Medications □ 300. Taking Medications Safely □ 301. Understanding a Prescription □ 302. Your Home Pharmacy Chart 1,2
When in the Hospital	
 □ 303. Advance Directives □ 304. Being Admitted to the Hospital □ 305. Being Cost Conscious in the Hospital □ 306. Daily Hospital Routines □ 307. Medical Word Prefixes and Suffixes □ 308. Patient's Bill of Rights 	 ☐ 309. Surgery ☐ 310. The Hospital Room ☐ 311. Types of Surgery ☐ 312. What to Expect Before Surgery ☐ 313. Who's Who at the Hospital ☐ 314. Your Patient Chart
Miscellaneous topics	
 □ 315. Birth Control Options Chart ² □ 316. Children's General Health Tips ^{1,2} □ 317. Children's Safety Tips ^{1,2} 	☐ 318. Major Illness Warning Signs☐ 319. Health Resources
Health Insurance	
☐ 320. Considering Your Needs	☐ 321. Insurance Terms
You and Your Dentist	
☐ 322. Dental Myths ☐ 323. Dental Specialties	☐ 324. The Dental Checkup☐ 325. When to Visit Your Dentist
Mental Health Issues	
 □ 326. A Therapists' Who's Who □ 327. Characteristics of Mental Fitness □ 328. Choosing a Therapist □ 329. Common Mental Health Conditions □ 330. Evaluating Your Therapist □ 331. Evaluating Your Treatment 	 □ 332. Places to Get Information and Help □ 333. Reasons to Get Help □ 334. Tips for Mental Fitness □ 335. Types of Mental Health Insurance □ 336. Various Treatment Approaches □ 337. Where to Go for Help
Wellness Topics	
Staying Well	
□ 338. Alcohol - Use Without Abuse □ 339. Cigarette Smoking - Packing It In □ 340. Fitness - Get Fit, Stay Fit □ 341. Nutrition - Eating for Life	 □ 342. Playing It Safe - Tips for the Home □ 343. Pregnancy - Planning for a Healthy Baby □ 344. Stress - Learning to Cope □ 345. Weight Control - "Chewsing" Well
¹ Topic also available at low literacy reading level ² Topic also available in Spanish	