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 on topics 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 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 audio health topics. You will be transferred to an agent who can connect you to the appropriate recording.
- 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.

Press 0 to speak to a nurse.
Press 1 to replay the entire topic.
Press 9 to end the call.

Call the 24/7 Nurseline at 800-581-0393 to access audio health topics.
Call 911 for health emergencies.
Allergies and Immune System
3100 Allergies
3103 Allergy Tests
3102 Controlling Your Environment when You Have Allergies
3107 Drug Allergy
3811 Enlarged Lymph Nodes in Children
4209 Eye Allergy
4441 Flu Shots
3109 Food Allergy
3814 Food Allergy in Children
3110 Hay Fever
3817 Hay Fever in Children
3111 Hives
4664 Immunizations for Adults
4663 Immunizations for Children
3207 Lupus
5063 Lymph Nodes, Enlarged
3112 Poison Ivy, Sumac and Oak
3113 Severe Allergic Reaction
4443 Shots for Travel
4942 Tetanus Shots

Brain and Nervous System
3401 Alzheimer’s Disease
4305 Cerebral Palsy
4406 Chronic Fatigue Syndrome
5054 Dizziness
3410 Epilepsy
5056 Fatigue
3177 Fibromyalgia
3416 Lou Gehrig’s Disease
3418 Migraine Headache
3436 Migraine Headaches in Children
3435 Multiple Sclerosis
3423 Parkinson’s Disease
4421 Restless Legs Syndrome
3425 Sciatica
3426 Seizures
3820 Seizures in Children
3430 Stroke
3432 Tension Headache
3778 Tics
Audio Health Topics

**Cancer**
- 3501 Bladder Cancer
- 3502 Bone Cancer
- 3504 Brain Cancer
- 4671 Cancer and Ways to Protect Yourself Against It
- 3511 Cancer Screening
- 3517 Cancer Warning Signs
- 3518 Cervical Cancer
- 3519 Chemotherapy
- 3711 Childhood Cancers
- 3520 Chronic Lymphocytic Leukemia
- 3521 Colon and Rectal Cancer
- 3547 Endometrial Cancer
- 3523 Esophageal Cancer
- 3524 Hodgkin Lymphoma
- 3526 Kidney Cancer
- 3527 Liver Cancer
- 3528 Lung Cancer
- 3529 Melanoma
- 3532 Non-Hodgkin Lymphoma
- 3533 Ovarian Cancer
- 3535 Pancreatic Cancer
- 3537 Prostate Cancer
- 3540 Radiation Therapy
- 3541 Skin Cancer
- 3543 Stomach Cancer
- 3544 Testicular Cancer
- 3545 Throat Cancer
- 3546 Thyroid Cancer
- 3614 Congenital Heart Disease
- 3618 Coronary Artery Disease
- 3621 Deep Vein Thrombosis
- 3623 Exercise Stress Test
- 3640 Heart Attack
- 3624 Heart Attack Warning Signs
- 3625 Heart Catheterization
- 5324 Heart Conditions in Pregnancy
- 3653 Heart Disease and Women
- 4660 Heart Disease Prevention
- 3627 Heart Failure
- 3634 Heart Infection or Endocarditis
- 3628 Heart Murmur
- 3629 Heart Palpitations
- 3631 High Blood Pressure
- 3632 High Cholesterol
- 5126 Holter Monitors
- 3635 Low Blood Pressure
- 3637 Mitral Valve Prolapse
- 3642 Pacemakers
- 3645 Peripheral Artery Disease
- 3649 Triglycerides
- 3650 Varicose Veins

**Children**
- 3706 Bedwetting in Children
- 4738 Breast-Feeding Advice
- 4739 Breast-Feeding and Giving Your Baby Enough Milk
- 4740 Breast-Feeding and How to Increase Your Milk Supply
- 3708 Breast-Feeding Benefits
- 3790 Breast-Feeding Positions
- 3714 Croup
- 3715 Crying Baby
- 3725 Formula Feeding
- 4721 Overweight and Obese Children

**Heart and Blood Vessels**
- 3600 Aneurysm
- 3601 Angina
- 3602 Angioplasty
- 3605 Atherosclerosis
- 3606 Atrial Fibrillation
Children (Continued)

3789  Sleep Apnea in Babies
3771  Sudden Infant Death Syndrome or SIDS
3775  Temper Tantrums
3777  Thumbsucking
3779  Toddler Discipline
3780  Toilet Training
3783  Undescended Testicle
3798  Weaning from Breast to Bottle

Mouth and Teeth

3850  Bad Breath
4853  Canker Sore
4505  Cold Sores or Fever Blisters
3856  Dental Care for Adults
3852  Dental Care for Children
3855  Gingivitis
3774  Teething
4432  Temporomandibular Joint Disorder
3858  Thrush
3859  Toothache

Diabetes

3924  A1C Test for Diabetes
3923  Controlling Blood Sugar during Exercise when You Have Diabetes
3905  Diabetes — Type 1
3906  Diabetes — Type 2
4718  Diabetes and Alcohol
4715  Diabetes and Eating Out
3904  Diabetes and Exercise
3902  Diabetes and Food Management
3921  Diabetes and Heart Disease
3922  Diabetes and Nerve Damage
3900  Diabetes and Sick Days
3901  Diabetes Foot Care
3903  Diabetes Self Blood Glucose Monitoring
3907  Diabetic Eye Problems
3908  Diabetic Ketoacidosis
3909  Diabetic Retinopathy
3912  High Blood Sugar
3915  Low Blood Sugar
3782  Type 1 Diabetes in Children

Diet and Exercise

4700  Caffeine in Your Diet
4701  Calcium
4702  Carbohydrates
3615  Controlling Cholesterol
3654  DASH Diet for Hypertension
4707  Eating Healthy Snacks
4129  Exercise for Kids
3013  Exercise for Older Adults
3792  Exercise for Teens
4117  Exercise if You’re Overweight
4118  Exercise to Stay Healthy
4735  Fast Food
4709  Fat in Your Diet
4711  Fiber in Your Diet
4743  Fluid Needs for Good Health
4122  Fluid Replacement
4728  Healthy Diet
3754  Healthy Meal Planning for Children
4737  Healthy Snacks for Children
4126  Home Exercise Equipment
4741  Iron in Your Diet
4736  Lactose Intolerance
4714  Losing Weight
3636  Low Sodium Diet
3211  Neck Exercises
3027  Nutrition for Healthy Aging
4719  Obesity
Diet and Exercise (Continued)

4112  Personal Fitness Plan
4724  Reading Food Labels
4164  Safe Exercise for People with Heart Disease
4725  Salt in Your Diet
4153  Strength Training
4154  Stretching
4727  Sugar Substitutes
4155  Swimming and Water Exercise
4731  Vegetarian Diet
4732  Vitamins
4742  Vitamins and Minerals for Children
4733  Weight Loss Diets

Digestive System

5050  Abdominal Pain
4003  Appendicitis
4919  Botulism
4006  Cirrhosis
4008  Constipation
4009  Crohn's Disease
4010  Diarrhea
3809  Diarrhea in Children
4011  Diverticulitis
4012  Diverticulosis
4013  Duodenal Ulcer
4918  Food Poisoning
3815  Food Poisoning in Children
4014  Gallstones
4017  Gastritis
4019  Groin Hernia
4021  Heartburn
4023  Hemorrhoids
3728  Hernias in Children
4027  Hiatal Hernia
4029  Indigestion

Ear, Nose and Throat

3963  Earache
3810  Earache in Children
3953  Earwax
3955  Laryngitis
3950  Middle Ear Infection
3956  Nosebleed
3427  Sinus Headache
3958  Sinusitis
4817  Snoring
3959  Sore Throat
3822  Sore Throat in Children
5072  Tinnitus

Eyes

4224  Astigmatism
4200  Cataract
4202  Color Blindness
4203  Common Vision Problems
4207  Crossed Eyes or Strabismus
4212  Eye Symptoms Demanding Immediate Attention
4214  Eyestrain
4216  Glaucoma
4228  Macular Degeneration
4218  Pinkeye or Conjunctivitis
4219  Retinal Detachment
Eyes (Continued)
4206  Scratch on the Surface of the Eye or Corneal Abrasion
4221  Stye

Foot Problems
3168  Bunion
3191  Heel Pain
3196  Ingrown Toenail
3224  Plantar Fasciitis

Genes and Heredity
4314  Down Syndrome

General Health
4910  Dehydration
5057  Fever
3812  Fever in Children
4924  Heat Illness
4416  Hiccups

Hormones
3914  Hyperthyroidism
3916  Hypothyroidism

Infectious Disease
4552  Antibiotic-Resistant Infections
3402  Bacterial Meningitis in Adults
3705  Bacterial Meningitis in Children
3162  Bone Infection
4544  Cat Scratch Disease
4545  Chickenpox
3805  Chickenpox in Children
5442  Chikungunya
4503  Chlamydial Infection in Men
4504  Chlamydial Infection in Women
4507  Dengue Fever and Dengue Hemorrhagic Fever
4920  E. Coli Infection
5444  Ebola Virus
4508  Fifth Disease
4522  Flu
3813  Flu in Children
4510  Genital Herpes
4511  Genital Warts and HPV Infection
4547  Giardiasis
4512  Gonorrhea
4513  Group A Strep Disease
4514  Hand-Foot-and-Mouth Disease
4042  Helicobacter Pylori
4024  Hepatitis A
4025  Hepatitis B
4026  Hepatitis C
4500  HIV and AIDS Risk Factors and Prevention
4516  HIV Infection and AIDS
4521  Infectious Mononucleosis
4524  Lice
4548  Listeriosis
4550  Measles
4551  Mumps
5264  Pelvic Inflammatory Disease
4526  Pinworms
4549  Rabies
4527  Rheumatic Fever
4529  Roseola in Children
4530  Rubella
4509  Salmonellosis
4533  Sexually Transmitted Diseases
4534  Shingles
3960  Strep Throat
4537  Syphilis
4538  Tetanus
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- 4540 Tuberculosis
- 3434 Viral Meningitis in Adults
- 3785 Viral Meningitis in Children
- 4542 West Nile Virus
- 3787 Whooping Cough
- 5297 Yeast Infection
- 5448 Zika Virus

### Injuries
- 3150 Achilles Tendon Injury
- 3153 ACL or Anterior Cruciate Ligament Injury
- 4900 Animal and Human Bites
- 3164 Ankle Fracture
- 5445 Burns Caused by Chemicals
- 5446 Burns Caused by Heat
- 3406 Concussion
- 4934 Cuts, Scrapes and Scratches
- 4912 Electric Shock
- 3185 Fracture Treatment
- 4922 Frostbite
- 4123 Groin Strain
- 3413 Head Injury
- 3193 Hip Fracture
- 4927 Hypothermia
- 3105 Insect Bites and Stings
- 3210 Muscle Strain
- 3212 Neck Injuries
- 3270 Nose Injury
- 4139 Overuse Injuries
- 4929 Puncture Wound
- 3237 Shoulder Injuries
- 4936 Snakebite
- 4939 Spider Bites and Scorpion Stings
- 3429 Spinal Cord Injury
- 3245 Sprains
- 3246 Stress Fractures
- 4157 Tendonitis
- 4943 Tick Bite
- 3258 Toe Fracture
- 3253 Using Crutches Safely
- 5015 Wound Closure and Wound Care

### Medicines
- 4251 Antacids
- 4252 Antibiotics
- 4277 Anticoagulant and Antiplatelet Medicines
- 4253 Antidepressant Medicines
- 4255 Anti-Inflammatory Medicines
- 4257 Beta Blockers
- 4266 Blood Pressure Lowering Medicines
- 4259 Corticosteroids
- 3808 Cough Medicines and Children
- 4262 Diuretics
- 4263 Drug Interactions
- 4264 Generic Drugs
- 4267 Laxatives
- 3735 Medicine Safety in Children
- 4270 Nonprescription Medicines
- 4268 Using Medicine Safely

### Men’s Health
- 4607 Prostate Problems
- 4343 Vasectomy

### Mental and Behavioral Health
- 3301 Abuse and Domestic Violence in Adults
- 3312 ADHD or Attention Deficit Hyperactivity Disorder in Children
- 3302 Aggressive Behavior in Children
- 3304 Alcohol Abuse and Dependence
- 4400 Alcohol and Health
### Mental and Behavioral Health (Continued)

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### Pain Management

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### Physical and Sports Medicine

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<td>PRICE: Protection, Rest, Ice, Compression and Elevation for Injuries</td>
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### Pregnancy

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# Audio Health Topics

## Pregnancy (Continued)
- Natural Family Planning
- Normal Growth of a Baby during Pregnancy
- Pain Relief in Labor and Delivery
- Preeclampsia
- Pregnancy and Weight Control
- Prenatal Care
- Prenatal Tests
- Preterm Labor
- Rh Incompatibility
- Swelling in the Hands and Feet during Pregnancy
- Tests for Genetic Problems before or during Pregnancy
- Tests for Pregnancy
- Toxoplasmosis during Pregnancy

## Preventive Health
- A Healthy Lifestyle for Older Adults
- Carbon Monoxide Poisoning
- Fall Prevention and Home Safety
- How to Quit Smoking
- Insect Repellent Use
- Management of Your Personal Health
- Routine Health Care for Men
- Routine Health Care for Women
- Safety Seats for Children
- Talking with Your Health Care Provider

## Respiratory and Lung Problems
- Asthma
- Asthma and How to Use Inhalers
- Asthma in Children
- Asthma Inhalers for Children
- Choking
- Chronic Bronchitis
- Chronic Obstructive Pulmonary Disease

## Sexual and Reproductive Health
- Birth Control Method
- Birth Control Pills
- Erectile Dysfunction
- Infertility
- Male Condom
- Painful Intercourse
- Premature Ejaculation
- Rape
- Sexual Abstinence

## Skin
- Acne
- Athlete’s Foot
- Blisters
- Boils and Carbuncles
- Botox Treatment of Wrinkles
- Cellulitis
- Contact Dermatitis
- Corns and Calluses
- Dandruff
- Diaper Rash
- Eczema
- Hair Loss in Men
- Impetigo
- Itching
- Itching in Children
- Jock Itch
### Skin (Continued)
- Moles
- Psoriasis
- Rashes in Infants
- Ringworm
- Rosacea
- Scabies
- Skin Exam
- Skin Infection around a Fingernail or Toenail
- Sunburn
- Sunburn in Children
- Warts
- Warts in Children

### Sleep Disorders
- Insomnia
- Nightmares and Night Terrors
- Sleep Disorders in Children

### Social and Family
- Finding and Choosing Child Care
- New Parents

### Surgery
- Cataract Surgery
- Gallbladder Drainage
- Gallbladder Removal
- Hip Replacement Surgery
- Knee Replacement Surgery
- LASIK Surgery
- Liposuction
- Vaginal Hysterectomy

### Tests and Diagnostic Procedures
- Angiograms
- Biopsy
- Blood Glucose Test
- Blood Pressure
- Bone Marrow Biopsy
- Bone Scan
- Colonoscopy
- Colorectal Cancer Screening
- Complete Blood Count Test
- CT Scan
- DEXA Scan
- Diagnostic Laparoscopy
- Echocardiogram
- Electrocardiogram or ECG or EKG
- HIV Tests
- Lipid Panel Test
- Liver Panel Test
- Mammogram
- MRI or Magnetic Resonance Imaging
- Newborn Screening Tests
- Pap Test
- Pelvic Exam
- Strep Test
- Tests to Diagnose Heart Disease
- Urine Tests
- Vital Signs
- X-Rays
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5352  Blood in Urine
5356  Kegel Exercises
5357  Kidney Infection
5358  Kidney Stones
5366  Urinary Tract Infection in Women
5074  Urination Problems

Women’s Health
5204  Bartholin’s Gland Cyst
5209  Bleeding between Menstrual Periods
5210  Breast Infection
5211  Breast Self-Exam
5314  Breast Tenderness
5231  Endometriosis
5303  Heavy or Extended Menstrual Bleeding
5243  Hot Flashes
5249  Menopausal Hormone Therapy
5250  Menopause
5251  Menstrual Cramps
5253  Missed Menstrual Periods
5259  Ovarian Cysts
5273  PMS or Premenstrual Syndrome
5266  Postmenopausal Bleeding
5304  Sore Nipples while Breast-feeding
5288  Uterine Fibroids
5293  Vaginitis