



# 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 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.

# Audio Health Topics

## 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

## Blood and Cancer

- 4402 Anemia
- 3607 Blood Clots
- 4404 Blood Transfusion
- 3500 Childhood Leukemia
- 4321 Hemophilia
- 4334 Sickle Cell Anemia

## Bones, Muscles and Joints

- 3154 Arthritis
- 3157 Arthroscopy
- 4650 Back Pain Prevention at Work
- 3169 Bursitis

- 3171 Carpal Tunnel Syndrome
- 3172 Cast Care
- 3232 Curved Spine or Scoliosis
- 3188 Ganglion Cyst
- 3189 Gout
- 3205 Low Back Pain
- 3209 Muscle Cramps and Spasms
- 3738 Muscular Dystrophy
- 3213 Neck Spasms
- 3217 Osteoarthritis
- 3219 Osteoporosis
- 3223 Pigeon Toe
- 3228 Rheumatoid Arthritis
- 3241 Slipped Disk or Herniated Disk

## 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

## Heart and Blood Vessels

- 3600 Aneurysm
- 3601 Angina
- 3602 Angioplasty
- 3605 Atherosclerosis
- 3606 Atrial Fibrillation

- 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

# Audio Health Topics

## 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

# Audio Health Topics

## 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

- 4030 Intestinal Gas
- 4031 Irritable Bowel Syndrome
- 5065 Nausea and Vomiting
- 3819 Nausea and Vomiting in Children
- 4007 Polyps in the Colon and Rectum
- 4035 Rectal Bleeding
- 4037 Stomach Flu
- 4016 Stomach Ulcer
- 4038 Traveler's Diarrhea

## 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

# Audio Health Topics

## 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



# Audio Health Topics

## Infectious Disease (Continued)

- 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

# Audio Health Topics

## Mental and Behavioral Health (Continued)

3306 Amnesia  
3307 Anger Management  
3308 Anorexia  
3310 Anxiety Disorders  
3313 Binge Eating Disorder or Compulsive Overeating  
3314 Bipolar Disorder  
3315 Bulimia  
3300 Child Abuse and Neglect  
3317 Cocaine Abuse and Dependence  
3373 Cognitive-Behavioral Therapy  
3318 Compulsive Gambling  
5269 Depression during Pregnancy and Childbirth  
3772 Depression in Children and Teens  
3010 Depression in Older Adults  
3321 Depression Overview  
4313 Disciplining Your Child  
3720 Dyslexia  
3724 Fetal Alcohol Syndrome in Children  
3331 Hallucinations  
3333 Hypnotherapy  
3334 Illness Anxiety Disorder  
3335 Incest  
3374 Living with a Mentally Ill Person  
3375 Marijuana Abuse and Dependence  
3342 Narcissism or Narcissistic Personality Disorder  
3739 New Baby Creates Jealousy  
3345 OCD or Obsessive-Compulsive Disorder  
3346 Panic Attacks or Panic Disorder  
3349 Phobias  
3350 Post-Traumatic Stress Disorder  
3351 Prescription Drug Abuse and Dependence  
3323 Recognizing Drug Abuse in Kids  
3356 Schizophrenia  
3357 Seasonal Affective Disorder  
3358 Self-Esteem

3360 Sexual Abuse and Children  
3379 Social Anxiety Disorder  
3353 Somatization Disorder  
4425 Stress  
4426 Stress Management  
3363 Suicide  
4338 Talking with Your Child about Drinking and Drugs  
4433 The Stresses of Chronic Illness  
3367 Types of Therapy for Mental Health

## Pain Management

4440 Chronic Pain  
3263 Knee Pain  
3422 Nerve Pain  
3612 Noncardiac Chest Pain

## Physical and Sports Medicine

3204 Low Back Exercises  
3222 Physical Therapy  
3271 PRICE: Protection, Rest, Ice, Compression and Elevation for Injuries

## Pregnancy

5202 Amniocentesis  
5216 Cesarean Section  
5319 Counseling during Pregnancy  
5225 Diet during Pregnancy  
5228 Ectopic Pregnancy  
5232 Episiotomy  
5234 Exercise during Pregnancy  
5325 Heartburn during Pregnancy  
5247 Labor and Delivery  
5331 Low Back Pain during Pregnancy  
5252 Miscarriage  
5254 Morning Sickness



# Audio Health Topics

## Pregnancy (Continued)

- 4326 Natural Family Planning
- 5257 Normal Growth of a Baby during Pregnancy
- 5306 Pain Relief in Labor and Delivery
- 5270 Preeclampsia
- 5335 Pregnancy and Weight Control
- 5274 Prenatal Care
- 5275 Prenatal Tests
- 5309 Preterm Labor
- 5311 Rh Incompatibility
- 5342 Swelling in the Hands and Feet during Pregnancy
- 5240 Tests for Genetic Problems before or during Pregnancy
- 5271 Tests for Pregnancy
- 5343 Toxoplasmosis during Pregnancy

## Preventive Health

- 3000 A Healthy Lifestyle for Older Adults
- 4944 Carbon Monoxide Poisoning
- 4670 Fall Prevention and Home Safety
- 3362 How to Quit Smoking
- 4945 Insect Repellent Use
- 4659 Management of Your Personal Health
- 4672 Routine Health Care for Men
- 4673 Routine Health Care for Women
- 4674 Safety Seats for Children
- 4430 Talking with Your Health Care Provider

## Respiratory and Lung Problems

- 4801 Asthma
- 4822 Asthma and How to Use Inhalers
- 3701 Asthma in Children
- 3803 Asthma Inhalers for Children
- 4909 Choking
- 4805 Chronic Bronchitis
- 4806 Chronic Obstructive Pulmonary Disease

- 4506 Colds
- 3806 Common Cold in Children
- 4809 Cough
- 3807 Cough in Children
- 4810 Emphysema
- 4811 Pneumonia
- 4815 Sleep Apnea

## Sexual and Reproductive Health

- 4302 Birth Control Method
- 4304 Birth Control Pills
- 4601 Erectile Dysfunction
- 4323 Infertility
- 4325 Male Condom
- 5262 Painful Intercourse
- 4606 Premature Ejaculation
- 4930 Rape
- 4332 Sexual Abstinence

## Skin

- 4850 Acne
- 3160 Athlete's Foot
- 4851 Blisters
- 4852 Boils and Carbuncles
- 4439 Botox Treatment of Wrinkles
- 4854 Cellulitis
- 3106 Contact Dermatitis
- 3174 Corns and Calluses
- 4857 Dandruff
- 3718 Diaper Rash
- 3108 Eczema
- 4602 Hair Loss in Men
- 4860 Impetigo
- 4861 Itching
- 3818 Itching in Children
- 4875 Jock Itch

# Audio Health Topics

## Skin (Continued)

- 4862 Moles
- 4864 Psoriasis
- 3759 Rashes in Infants
- 4528 Ringworm
- 4865 Rosacea
- 4531 Scabies
- 4869 Skin Exam
- 4877 Skin Infection around a Fingernail or Toenail
- 4871 Sunburn
- 3823 Sunburn in Children
- 4873 Warts
- 3825 Warts in Children

## Sleep Disorders

- 5060 Insomnia
- 3344 Nightmares and Night Terrors
- 3766 Sleep Disorders in Children

## Social and Family

- 3791 Finding and Choosing Child Care
- 3722 New Parents

## Surgery

- 4201 Cataract Surgery
- 4004 Gallbladder Drainage
- 4015 Gallbladder Removal
- 3195 Hip Replacement Surgery
- 3201 Knee Replacement Surgery
- 4227 LASIK Surgery
- 5008 Liposuction
- 5291 Vaginal Hysterectomy

## Tests and Diagnostic Procedures

- 5100 Angiograms
- 5104 Biopsy
- 5105 Blood Glucose Test
- 3608 Blood Pressure
- 5107 Bone Marrow Biopsy
- 5108 Bone Scan
- 5111 Colonoscopy
- 5112 Colorectal Cancer Screening
- 5114 Complete Blood Count Test
- 5116 CT Scan
- 5139 DEXA Scan
- 5118 Diagnostic Laparoscopy
- 5119 Echocardiogram
- 5120 Electrocardiogram or ECG or EKG
- 4519 HIV Tests
- 5110 Lipid Panel Test
- 5140 Liver Panel Test
- 5248 Mammogram
- 5127 MRI or Magnetic Resonance Imaging
- 3740 Newborn Screening Tests
- 5129 Pap Test
- 5263 Pelvic Exam
- 5142 Strep Test
- 3652 Tests to Diagnose Heart Disease
- 5137 Urine Tests
- 4436 Vital Signs
- 5138 X-Rays

# Audio Health Topics

## Urinary Problems

- 5351 Bladder Infection
- 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