

Mountain Time Program Schedule • December 28 - March 28, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM 8:00 AM 4:00 PM	Heart Disease: Recognizing the Risks	Irregular Heartbeats: Restoring the Rhythm	Osteoporosis: Strength For Life	Heart Disease: Women at Risk	Heart Disease: Recognizing the Risks	Healthy Aging	Heart Disease: Women at Risk
12:30 AM 8:30 AM 4:30 PM	Leg Pain: When To Act	Heart Failure: Beating the Odds	Healthy Living After A Heart Attack	Heart Failure: Beating the Odds	Controlling Hypertension	Angina: When to Get Help	Controlling Hypertension
1:00 AM 9:00 AM 5:00 PM	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
1:30 AM 9:30 AM 5:30 PM	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time	Smoking Cessation: One Day at Time
2:00 AM 10:00 AM 6:00 PM	Deep Vein Thrombosis: Are You at Risk?	Stroke Care: Every Minute Counts	Deep Vein Thrombosis: Are You at Risk?	Stroke Care: Every Minute Counts	The Dangers of Blood Clots	Stroke Care: Every Minute Counts	Stroke Care: Every Minute Counts
2:30 AM 10:30 AM 6:30 PM	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift	A Mother's Gift
3:00 AM 11:00 AM 7:00 PM	Staying Safe in the Hospital: Patient Essentials	Hospital Stays: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Stays: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital	Staying Safe in the Hospital: Patient Essentials	Patient Safety: Doctors' Stories
3:30 AM 11:30 AM 7:30 PM	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Diabetes: Prevention	Diabetes: Treatments	Diabetes: Avoiding Complications	Managing Your Diabetes
4:00 AM 12:00 PM 8:00 PM	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol	Managing High Cholesterol	Controlling Your Cholesterol	Preventing High Cholesterol
4:30 AM 12:30 PM 8:30 PM	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics
5:00 AM 1:00 PM 9:00 PM	Living with Cancer	Preventing Colon Cancer	Lung Cancer: Improving Survival	Breast Cancer: New Reasons for Hope	Cancer Related Fatigue	Cancer and Nutrition	Living With Prostate Cancer
5:30 AM 1:30 PM 9:30 PM	Your Surgery: Before During and After	Tests That Can Save Your Life	Chronic Care: Improving Quality of Life	Coping With Low Back Pain	Osteoarthritis: Fighting Joint Pain	Alcohol & Drug Addiction	Depression: Treatments That Work
6:00 AM 2:00 PM 10:00 PM	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Nutritional Needs: Prescription for Health	Understanding Obesity: The Key to Effective Weight Loss	Hospital Acquired Infections: What You Need to Know	Taking Antibiotics Properly	Physical Activity: Improving Your Health
6:30 AM 2:30 PM 10:30 PM	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
7:00 AM 3:00 PM	Asthma: One Breath at a Time	Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis: Coming Up For Air	Nasal Congestion & Controlling Your Allergies	Preventing Flu and Pneumonia	Managing Sinus Problems	Alzheimer's Disease: Hope and Help
11:00 PM	Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis: Coming Up For Air	Nasal Congestion & Controlling Your Allergies	Preventing Flu and Pneumonia	Managing Sinus Problems	Alzheimer's Disease: Hope and Help	Asthma: One Breath at a Time
7:30 AM 3:30 PM	Managing Chronic Pain	Going Home on Blood Thinners	Taking Medications Safely	Women's Health: Advice to Baby Boomers	Going Home on Blood Thinners	Advance Directives: Making Family Health Decisions	Living With Migraines
11:30 PM	Going Home on Blood Thinners	Taking Medications Safely	Women's Health: Advice to Baby Boomers	Going Home on Blood Thinners	Advance Directives: Making Family Health Decisions	Living With Migraines	Managing Chronic Pain