

Eastern Time Program Schedule • September 26, 2011 - December 25, 2011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM	Asthma: One Breath at a Time	Your Surgery: Before, During and After	Alcohol & Drug Addiction	Your Surgery: Before, During and After	Osteoarthritis: Fighting Joint Pain	Depression: Treatments That Work	Your Surgery: Before, During and After
8:00 AM 4:00 PM	Your Surgery: Before, During and After	Alcohol & Drug Addiction	Your Surgery: Before, During and After	Osteoarthritis: Fighting Joint Pain	Depression: Treatments That Work	Your Surgery: Before, During and After	Asthma: One Breath at a Time
12:30 AM 8:30 AM 4:30 PM	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother	Healthy Mother
1:00 AM 9:00 AM 5:00 PM	Taking Antibiotics Properly	Preventing Flu and Pneumonia	Emphysema & Chronic Bronchitis: Coming Up for Air	Preventing Flu and Pneumonia	Nutritional Needs: Prescription for Health	Physical Activity: Improving Your Health	Tests That Can Save Your Life
1:30 AM 9:30 AM 5:30 PM	Living With Heart Disease 	Irregular Heartbeats: Restoring the Rhythm 	Going Home on Blood Thinners 	Heart Disease: Women at Risk 	Living With Heart Disease 	Going Home on Blood Thinners 	Heart Disease: Women at Risk 
2:00 AM 10:00 AM 6:00 PM	Diabetes Education Programs						
	Prevention	Treatments	Avoiding Complications	Prevention	Treatments	Avoiding Complications	Managing Your Diabetes
2:30 AM 10:30 AM 6:30 PM	Controlling High Blood Pressure 	Heart Failure: Beating the Odds 	Healthy Living After a Heart Attack 	Heart Failure: Beating the Odds 	Controlling High Blood Pressure 	Irregular Heartbeats: Restoring the Rhythm 	Leg Pain: When to Act 
3:00 AM 11:00 AM 7:00 PM	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care	Newborn Care
3:30 AM 11:30 AM 7:30 PM	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today	Smoking Cessation: One Day at a Time	Stop Smoking Today
4:00 AM 12:00 PM 8:00 PM	Stroke: The Road to Recovery 	Stroke Care: Every Minute Counts 	Stroke: The Road to Recovery 	Stroke Care: Every Minute Counts 	Stroke: The Road to Recovery 	Stroke Care: Every Minute Counts 	Stroke: The Road to Recovery 
4:30 AM 12:30 PM 8:30 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
5:00 AM 1:00 PM 9:00 PM	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital	Hospital Acquired Infections: What You Need to Know	Staying Safe in the Hospital: Patient Essentials	Hospital Acquired Infections: What You Need to Know	Patient Safety: Protecting Yourself in the Hospital
5:30 AM 1:30 PM 9:30 PM	dLife - For Your Diabetes Life - all about living well with diabetes						Understanding Obesity: The Key to Effective Weight Loss
	All Stars of Diabetes	Diabetes Choices at the Grocery Store	Dr. William Polonsky on Diabetes Management	The Story of Insulin	Facebook	Tips to Better Control Blood Sugar	
6:00 AM 2:00 PM 10:00 PM	Deep Vein Thrombosis: Are you at Risk? 	Managing High Cholesterol 	Controlling Your Cholesterol 	Deep Vein Thrombosis: Are you at Risk? 	Managing High Cholesterol 	Controlling Your Cholesterol 	Deep Vein Thrombosis: Are you at Risk? 
6:30 AM 2:30 PM 10:30 PM	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics	Baby Basics
7:00 AM 3:00 PM 11:00 PM	Living with Cancer	Osteoporosis: Strength For Life	Breast Cancer: New Reasons for Hope	Managing Chronic Pain	Cancer Related Fatigue	Advance Directives: Making Family Health Decisions	Cancer and Nutrition
7:30 AM 3:30 PM 11:30 PM	Men's Health: Advice to Baby Boomers	Taking Medications Safely	Women's Health: Advice to Baby Boomers	Taking Medications Safely	Men's Health: Advice to Baby Boomers	Healthy Aging	Women's Health: Advice to Baby Boomers

Programs are available to view at your convenience at thepatientchannel.com

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