

The Patient Channel Program Descriptions

Allergies & Asthma

Asthma: One Breath At A Time

One in 15 people living in the United States suffers from Asthma. Our program, "Asthma: One Breath at a Time", looks at the causes, treatments and management of this disease. This program features physicians from the American Lung Association, the Cleveland Clinic Florida, and Harvard Medical School.

Nasal Congestion & Controlling Your Allergies

It's not terminal, but it is a disease that negatively affects the quality of daily life. Allergic Rhinitis, sometimes called Hay Fever, is an aggravating disease that more than 50 million people in America suffer from. This program looks at the status of this disease today, the latest treatments, and how personal awareness makes a difference.

Baby Care & Parenting

A Mother's Gift

A Mother's Gift includes breastfeeding essentials Moms need to know. Moms will learn how breastfeeding benefits them and baby, why breastfeeding should begin immediately after birth, the importance of skin-to-skin contact, how to understand baby's feeding cues, feeding on demand, the value of rooming in and how to continue breastfeeding when Mom goes back to work.

Breastfeeding expert Dr. Joan Meek, editor of the second edition of the New Mother's Guide to Breastfeeding by the American Academy of Pediatrics, and Dr. Tanya Remer-Altman, author of Mommy Calls published by the American Academy of Pediatrics reviewed the program.

Baby Basics

Bringing home a new baby can be daunting. Our program, "Baby Basics", will help new parents get through the first few months. Parents will learn about immunizations, mothering instincts, and how to diaper your baby.

Healthy Mother

Baby isn't the only one that needs special care. In our program, "Healthy Mother", moms will learn how to cope with postpartum depression and how to recover from a C-section.

Newborn Care

"Newborn Care" provides new parents with an overview of their newborn's basic needs and helps them begin to bond with their baby. Topics covered include: breastfeeding, formula feeding, bathing, diapering, umbilical cord care, dressing, sleeping, crying and comforting, baby health and safety. This program will help parents anticipate their newborn's needs and may help them to formulate questions for healthcare providers.

Cancer

Breast Cancer: New Reasons For Hope

More women are surviving breast cancer than ever before. In our program, "Breast Cancer: New Reasons for Hope", we'll look at ways to prevent, treat, and manage this all too common disease.

Cancer & Nutrition

In our program, "Cancer and Nutrition" we discover the importance of good nutrition during cancer treatment. A proper diet will effect your treatment and recovery. Learn why you should contact your medical professional early on about your dietary requirements. Become empowered, as you are educated about your disease and its treatment.

Cancer Related Fatigue

Cancer and its treatment can be difficult to manage, including the associated physical fatigue. In our program, "Cancer Related Fatigue", we'll look at what causes this extreme fatigue and provide tips on how to cope with it.

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Living with Cancer

Cancer, it's always bad news to hear a doctor say "You have cancer.", but cancer today is not what it was decades ago. Cancer is becoming a chronic infection, something that patients can live with for many years, like high blood pressure or diabetes. In this program, you'll meet patients who are fighting the good fight; you'll hear what their secrets are to staying strong, happy, and, relatively healthy.

Living With Prostate Cancer

One in six American men will develop prostate cancer. Our program looks at early detection of prostate screening and how to reduce your risk of prostate cancer. We'll also explore the many treatment options men now have as well as the emotional impact of the disease.

Lung Cancer: Improving Survival

Only 15 of every 100 people diagnosed with lung cancer will be a long-term survivor, but there are many in the healthcare industry that are looking to change those daunting statistics. Our program, "Lung Cancer: Improving Survival", produced in collaboration with the National Cancer Institute explores new treatments that can make a difference as well as steps to help prevent this deadly disease. Join our experts from Rush University Medical School, Indiana University and Holy Name Hospital to learn more.

Preventing Colon Cancer

"Preventing Colon Cancer" looks at the substantial number of lives that can be saved through simple screening and cancer awareness. The program features interviews from expert physicians from Memorial Sloan-Kettering, the University of San Francisco and Jay Monahan Gastroenterological Center at the Weill Medical College. Learn more about how to prevent colon cancer and what you can do if you are diagnosed with it.

Cholesterol

Controlling Your Cholesterol

Millions of American adults have cholesterol levels higher than the recommended range. Managing your cholesterol is critical to good health. In our program, Controlling Your Cholesterol, you'll learn the difference between good and bad cholesterol, the role of triglycerides, and how exercise and diet make a difference. The program also discusses the importance of screenings and using medication to help control your cholesterol.

Managing High Cholesterol

This program features multiple ways to help you take charge of your cholesterol levels. You'll learn the relationship between cholesterol and cardiovascular disease and how to lower your elevated cholesterol level through diet, exercise and medication. Dr. Roger Blumenthal of Johns Hopkins Medical Center discusses his ideas about managing high cholesterol. Don't miss it.

Preventing High Cholesterol

This program explains what cholesterol is, what the ideal cholesterol levels are and how good nutrition and exercise play a role in keeping cholesterol levels in check. Author Dr. Neil Stone of Northwestern University discusses the latest cholesterol guidelines. Learn much more about cholesterol basics in "Preventing High Cholesterol".

Cold, Flu & Respiratory

Emphysema and Chronic Bronchitis:

Coming Up For Air

Chronic Bronchitis and Emphysema, sometimes called Chronic Obstructive Pulmonary Disease, or COPD, is the fourth leading cause of death in the United States. A majority of cases result from smoking, but there are ways to lessen its impact even in long time smokers. "Emphysema and Chronic Bronchitis: Coming Up For Air" discusses how to prevent this disease and ways to manage it.

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Managing Sinus Problems

Persistent congestion, postnasal drip, pressure around the eyes and cheekbones are all symptoms of sinusitis. Learn about the most common symptoms of sinusitis, new diagnostic techniques and surgical procedures used to correct the condition.

Preventing Flu & Pneumonia

It's critical that you get your flu and pneumonia shot. Check the guidelines for your vaccination schedule or speak to your doctor. In our new program, Preventing Flu and Pneumonia, you'll learn the importance of these vaccinations, understand the 2009 H1N1 outbreak, and find out about other preventative steps you can take to keep you healthy.

Depression

Depression: Treatments That Work

The most important element of treating depression is recognizing the condition and seeking treatment for it. Along with the National Institute of Mental Health and experts from the Duke University Medical Center and the Georgetown University School of Medicine, our program, "Depression: Treatments That Work", explores the various types of depression, ways to help loved ones suffering from depression, and the latest in treatments.

Diabetes

Diabetes: Prevention

Diabetes diagnoses are on the rise. However, you can do a number of things to help prevent diabetes or delay the onset of it. Our program, "Diabetes: Prevention" shows the critical role a healthy lifestyle plays in keeping diabetes at bay. Featured physicians are from the University of North Carolina and the University of Texas Health Science Center.

Diabetes: Treatments

Although diabetes is a life-long disease requiring lifestyle changes, with careful management, it doesn't have to be a devastating illness. In our program, "Diabetes: Treatments", physicians from the National Institutes of Health and the Oregon Science and Health University discuss the latest treatments available and coping techniques designed to help maintain a good quality of life.

Diabetes: Avoiding Complications

Not long ago there was a preconceived notion that if you had developed diabetes you would eventually suffer complications. Today a patient with diabetes doesn't necessarily have to lose a limb or require kidney dialysis. In our program "Diabetes: Avoiding Complications", physicians from the National Institutes of Health, the University of North Carolina, and the University of Texas Health Science Center in San Antonio provide a comprehensive look at coping with diabetes and avoiding, or at least delaying, its complications.

Managing Your Diabetes

Serious complications of advanced diabetes, such as blindness, amputation and kidney dialysis, can be devastating but are avoidable with proper management. This program explains exactly what diabetes is, its role in cardiovascular disease, and new treatments to help maintain your quality of life.

Diabetes - dLife Programming

dLife: Dr. William Polonsky on Diabetes Management

In this dLife Dr. William Polonsky explains how testing in pairs can assist in your diabetes management. In the dLife kitchen, learn how to make an impossible berry pie. Also, learn how a high flying veteran Marine Corps flier doesn't let diabetes keep him down.

dLife: Diabetes Choices at the Grocery Store

dLife goes to the grocery store with a shopping list of smart diabetes choices. Plus a visit with a roller derby queen and a delicious flourless chocolate cake recipe you won't want to miss.

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dLife: Story of Insulin

A dLife special presentation of the award-winning "Story of Insulin" The amazing saga of the discovery of this life-saving drug and how it has made a difference in the lives of millions.

dLife: Tips to Better Control Blood Sugar

Leading diabetes doctors debate different paths to better blood sugar control. Discover how dLife's first community exercise class for people with diabetes can help you and a comfort food classic in the dLife kitchen.

dLife: Facebook

dLife blows apart diabetes myths and misunderstandings. Also, a look at how the online social network Facebook may actually help you improve your health and Jim Turner on "diabetes panic."

dLife: Global Pandemic

A special report on the global pandemic of diabetes; a pharmacist explains how your medicines can interact with your diabetes treatment; and dLife's doctor on call answers your questions about insulin and weight gain. Plus, Chef Michel Nischan with a crispy veggie taste treat.

dLife: All Stars of Diabetes

dLife celebrates the best in athletic and diabetes achievement with the All-Stars of Diabetes team, presented by NBA veteran Chris Dudley. Plus, Dr. Emily Senay gives guidance on assembling a healthcare team; and in the dLife kitchen, Chef Michel Nischan shows you how to make a low-carb appetizer favorite.

Healthy Aging

Advance Directives:

Making Family Health Decisions

Advance Care Planning is the process of thinking about and documenting what types of medical care you want to receive in the last phases of your life. This program discusses the importance Advance Directives such as Living Wills, Durable Power of Attorney for Healthcare, and Organ Donation and provides practical tips on how to develop a plan for your family.

Alzheimer's Disease: Hope and Help

This program provides an overview of Alzheimer's Disease, how to recognize its symptoms, and treatments that are available. More importantly, it offers sufferers and their loved ones thoughts on continuing to live a full life with this disease.

Chronic Care: Improving Quality of Life

Sooner or later, most of us will face the need to deal with a chronic illness. And finding the best resources and assistance to handle the complex issues of a long-term condition can be difficult. This program explores the many options available including homecare and professional care. It looks at the problems from all angles and provides the tools to make these critical decisions.

Healthy Aging

Thanks to numerous medical breakthroughs people are living longer today than ever before. That means that older Americans need to learn more about aging and what they can do to take care of themselves. "Healthy Aging" looks at nutrition, exercise, diagnostic tests and other tips to maintain the best quality of life possible.

Men's Health: Advice to Baby Boomers

Today more men and women are staying active into older age and living longer. Men's Health: Advice to Baby Boomers explores how aging impacts men's bodies and what they can do to maintain a healthy, active lifestyle. This program discusses nutrition, exercise and how to navigate the aging process.

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Osteoporosis: Strength For Life

According to an estimate from the National Osteoporosis Foundation, there are almost 34 million people who are at risk for osteoporosis. Are you are at risk? In our program, "Osteoporosis: Strength For Life", you'll learn if you are at risk for this condition and its prevention and treatment. Our program discusses the role nutrition and exercise play, and features physicians from the Mineral Metabolism Laboratory at the Yale School of Medicine and the Illinois Bone and Joint Institute.

Women's Health: Advice to Baby Boomers

Aging doesn't have to be devastating. In Women's Health: Advice to Baby Boomers viewers will learn what changes to expect at mid-life, ways to avoid some of them, compensate for others and in some cases, how to accept and manage them. This program features Dr. Robin Miller, co-author of The Smart Women's Guide to Midlife and Beyond and Dr. Mike Roizen, co-author of "You Staying Young" and other You series books.

Healthy Living

Alcohol and Drug Addiction

No matter how it begins, dealing with addictions is difficult. Our program, Alcohol and Drug Addiction explains what addictions are, different treatment options and ongoing recovery tips.

Nutritional Needs: Prescription For Health

With obesity on the rise and more fast food available than you can keep tabs on, it's more important than ever to understand how nutrition influences your health. This program shows you how to make better food choices, limit portions, and manage special dietary needs. Sound nutrition when combined with physical activity can truly make a difference in not only how you look but also how you feel.

Physical Activity: Improving Your Health

Lack of physical activity is a major risk factor for diabetes, heart disease, and osteoporosis, but our aging population finds it more and more difficult to incorporate exercise in their daily lives. This program gives you the latest on discovering exercise that works for you whether you are healthy or have limiting physical conditions. You'll learn the role physical activity plays in your recovery, how to keep exercising, and how to make it part of your life.

Smoking Cessation: One Day at a Time

This program focuses on why it's so hard to quit smoking, strategies on what you can do to stop, psychological aspects of this addiction and where to find more help. Tune in for this thought-provoking program.

Stop Smoking Today

Like any other addiction, nicotine addiction doesn't happen overnight. Over time smoking will cause very serious long-term effects. Stop Smoking Today provides an understanding of how nicotine impacts the body, its role in disease, and practical ways to quit smoking forever.

Tests That Can save Your Life

Only 1 in 3 adults receive all the recommended health-screening measures. Despite the clear benefits associated with early disease detection many patients put off what can be life saving tests. Our program, "Tests That Can Save Your Life", stresses the importance of early disease detection through medical screening. Routine testing can find underlying health problems before they become apparent. In doing so, the patient's chance of survival becomes greater. Learn the medical screening guidelines issued by The American Academy of Family Physicians, and find out who should be screened earlier than recommended.

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Understanding Obesity:

The Key to Effective Weight Loss

Nearly two-thirds of adult Americans are overweight or obese and the numbers are escalating. This program describes what obesity is and how to prevent it. Healthy eating and exercise tips are offered for those who are already battling obesity. Finally, we learn how to help our children from becoming overweight.

Heart Health & Stroke

Angina: When To Get Help

This program explains what angina is and how important it is to recognize it as a symptom of heart disease. The program highlights the continuum of coronary artery disease and what measures you need to take if you develop symptoms that suggest angina. Most importantly, it helps you know when to get help.

Controlling High Blood Pressure

About 75 million people in the United States have high blood pressure. When blood pressure is too high the heart has to pump harder against the higher pressure and over time that causes problems. Our program, Controlling High Blood Pressure, produced in conjunction with the American Heart Association, discusses how high blood pressure is detected, the damage it can cause and how to keep it under control.

Deep Vein Thrombosis: Are You at Risk?

Deep Vein Thrombosis, or DVT, is a condition where blood clots form in the deep veins of the leg. If the clot travels through the bloodstream to the lungs, it can cause serious complications and even death. Once largely unrecognized, it is now becoming a more common condition. Our program, "Deep Vein Thrombosis: Are You at Risk?", explores ways to avoid getting DVT and treatments for those already suffering from it.

Healthy Living After a Heart Attack

When a patient has a heart attack, they automatically think about what's going to happen to them next. Healthy Living After a Heart Attack provides a beginner's guide to how to manage quality of life when a patient gets home. The program includes tips on diet, exercise, taking medications, and emotional needs. Make sure every heart attack patient watches this program before they go home.

Heart Disease: Women At Risk

This program highlights the risks and symptoms of heart disease that are unique to women. Our program also explores the role hormone replacement therapy plays in heart disease and discusses ways to treat and manage cardiovascular illness. Featured physicians include JoAnn Manson from Brigham and Women's Hospital in Boston; Richard Stein from Beth Israel Hospital in New York City and Jennifer Mieres from North Shore University Hospital in New York City.

Heart Failure: Beating the Odds

Seven hundred thousand new cases of heart failure are diagnosed each year. Help your patients better understand this sometimes confusing disease. In our program, Heart Failure: Beating the Odds, patients will learn what heart failure is, how to recognize the symptoms and how to manage the disease.

Irregular Heartbeats: Restoring The Rhythm

Did you know that there might be a cure for your racing heart, pounding chest and fainting spells? Recent clinical studies and advances in medical technology have led to new treatments that can control or eliminate many abnormal heart rhythms. "Irregular Heartbeats: Restoring the Rhythm" discusses how to recognize arrhythmia and what to do if you have it.

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Leg Pain: When To Act

Peripheral Arterial Disease takes many older people by surprise. Often the first symptom is leg pain during physical activity, but if not caught early, it can lead to more serious problems. Our program, "Leg Pain: When to Act" discusses how Peripheral Arterial Disease can be recognized and what to do if you develop it. Experts from the Brigham and Women's Hospital, Temple University, and Massachusetts General Hospital weigh in on this surprisingly common disease.

Living With Heart Disease

Heart Disease is the number one killer of both men and women in the United States. In our program, Living With Heart Disease, patients will learn how to recognize heart disease risks and symptoms, medications, cardiac rehabilitation, and ongoing management.

Stroke: The Road to Recovery

In our program, Stroke: The Road to Recovery, we'll review who is at risk for stroke and how to recognize the warning signs. In addition, we'll explore life after stroke including rehabilitation and long-term management. Produced in collaboration with the American Heart Association/American Stroke Association this program offers you the latest information on this formidable disease.

Stroke Care: Every Minute Counts

Someone has a stroke every 45 seconds. This program explores the risk factors and symptoms of a stroke and when to get help. Our program delves into how strokes are treated and the many avenues for rehabilitation. Dr. Larry Goldstein from Duke University Medical Center in Durham, North Carolina and Dr. Marc Mayberg from the Seattle Neuroscience Institute and Chairman of the Stroke Council for the American Heart Association, lead the discussions.

Hospital Safety

Hospital-Acquired Infections: What You Need to Know

It is estimated that one in ten hospital patients will acquire an infection while staying in the hospital. Our program looks at what hospitals are doing to keep infection to a minimum. Specifically highlighted is methicillin-resistant staph aureus, or MRSA, and the steps being taken to fight MRSA infections. We'll also explore what patients can do to decrease their risk of hospital-acquired infections, including proper hand washing and sanitizing.

Hospital Stays: What You Need To Know

One out of ten Americans will stay in a hospital at one point during the coming year. This can be an overwhelming experience for a patient from check-in to the actual stay in the facility. Who is available to help with this process? In this step-by-step view of hospital stays and the appropriate procedures for the patient, we will review the proper medical procedures for preparation and the protocol followed by area hospitals.

Patient Safety: Doctor's Stories

No one understands hospitals like healthcare professionals. In our program, Patient Safety: Doctor's Stories, we'll hear first-hand from healthcare professionals' about their hospital experiences and their tips for improving your hospital stay. Patients will learn about how to improve communications with their healthcare team, the importance of having an advocate on their team, and infection control.

Patient Safety:

Protecting Yourself in the Hospital

Learn how to be a valuable member of your healthcare team. This program explores some critical patient safety areas including how to keep from falling in the hospital, how to take care of your wounds, communicating with your healthcare team, and the importance of understanding your discharge information.

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Staying Safe in the Hospital: Patient Essentials

With the ever-increasing complexity of medical treatments, hospital procedures and medications, learning to prevent falls and hospital-acquired infections can be vital information in saving your life or the life of a loved one. Topics include communicating effectively with hospital staff and the critical need for every patient to have a healthcare advocate. Be a partner with your healthcare team and help keep yourself in good health.

Your Surgery: Before, During and After

"Your Surgery: Before, During and After" highlights critical things you need to know if you are facing surgery. You'll learn what to do before you go in for elective surgery, things to watch out for while you are still in the hospital, and how to manage when you get home. Learn how to help make your surgery safe.

Medication Education

Going Home on Blood Thinners

Patients who require anticoagulation therapy, more commonly called blood thinners, have to be very careful when taking this medication. This program will teach patients which areas they need to monitor and how they can use this medication safely and effectively.

Taking Antibiotics Properly

Today, there is a lot of discussion about Super Bugs and their resistance to antibiotics, which can lead to severe illness and even death. In this program, you'll learn when antibiotics can be used, when they are not effective and how that impacts healthcare.

Taking Medications Safely

When patients are discharged from the hospital they often go home with a handful of medications to take to assist with their recovery. Our program, Taking Medications Safely, provides some basic information about keeping safe while taking medications as well as tips to help make following directions easier.

Pain & Joints

Coping with Low Back Pain

Four out of five people will have back pain at some time in their lives. Our program, "Coping with Low Back Pain", discusses the causes of the pain and when to seek treatment. We'll separate myth from fact and discuss how to manage back pain with specialists at the New England Baptist Hospital, Dartmouth-Hitchcock Medical Center, and the Rehabilitation Center of Chicago.

Managing Chronic Pain

Chronic pain is the leading cause of adult disability in the United States. Those suffering from pain have a diminished ability to concentrate, do their jobs, exercise, socialize, and perform daily tasks or even sleep. "Managing Chronic Pain" helps teach patients how to manage their pain and regain control of their lives.

Osteoarthritis: Fighting Joint Pain

More than 20 million people in the United States have osteoarthritis, and as they age, the risk of developing the disease increases. This program looks at some of the causes of osteoarthritis and how it's treated. We'll look at the roles that exercise, medication, and sometimes surgery play in coping with the pain of this disease.

Living With Migraines

Each year almost 30 million Americans experience migraines. These migraines disrupt lives, families and careers. Living With Migraines features valuable information on what migraines are, the types of treatments that work, and how to cope with these life altering intense headaches.