



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 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 dial phone (rotary phone), please stay on the line and a nurse can direct you to a topic. Calling instructions are as follows:

1. Look up the 4-digit number for the topic you want to hear.
2. Call the toll-free number.
3. Select the option for audio health topics.
4. Listen to the recording. Topics are usually 2 to 5 minutes in length.
5. Press * to replay the topic.

Audio Health Topics

Allergies

- 2338 Allergic reaction
- 1000 Allergies
- 2770 Drug allergies
- 1002 Food allergies
- 1007 Should I take allergy shots for allergic rhinitis and allergic asthma?

Asthma

- 1981 Asthma in teens and adults

Blood and Lymph

- 1533 Complete blood count
- 2623 Iron deficiency anemia
- 2756 Rh sensitization during pregnancy
- 1460 Swollen lymph nodes
- 2680 Toxic shock syndrome

Bones, Joints and Muscles

- 2105 Ankle sprain
- 1030 Arthritis
- 2162 Arthroscopy
- 1780 Bunions
- 2102 Bursitis
- 2104 Carpal tunnel syndrome
- 1950 Chronic fatigue syndrome
- 1038 Fibromyalgia
- 1039 Gout
- 1463 Herniated disc
- 2160 Hip replacement surgery
- 1031 Juvenile rheumatoid arthritis
- 1450 Low back pain
- 1033 Lupus
- 2106 Muscle cramps and leg pain
- 1457 Neck pain
- 2259 Osteoarthritis
- 1032 Osteoporosis

- 1784 Plantar fasciitis
- 1034 Rheumatoid arthritis
- 2169 Rotator cuff disorders
- 2163 Should I have knee replacement surgery?
- 2174 Should I have surgery for a herniated disc?
- 1456 Sports injuries
- 2151 Surgery for carpal tunnel syndrome
- 1461 Temporomandibular (TM) disorders
- 2103 Tendon injury

Brain and Nerves

- 1060 ALS (Lou Gehrig's disease)
- 1061 Alzheimer's disease
- 1062 Bell's palsy
- 1453 Benign paroxysmal positional vertigo
- 1515 Diabetic neuropathy
- 1080 Dyslexia
- 1537 Electroencephalogram
- 1539 Electromyography and nerve conduction studies
- 1064 Encephalitis
- 1063 Epilepsy
- 1068 Guillain-Barré syndrome
- 1463 Herniated disc
- 2400 Insomnia
- 1644 Ménière's disease
- 1405 Migraine headaches
- 1065 Multiple sclerosis
- 1066 Parkinson's disease
- 2174 Should I have surgery for a herniated disc?
- 1067 Stroke
- 1081 Stroke Rehabilitation
- 1404 Tension Headaches

Cancer

- 1841 Be tobacco free
- 1531 Breast biopsy
- 1105 Cancer pain
- 2245 Care at the end-of-life
- 1110 Colon polyps
- 1113 Colorectal cancer
- 2240 Hospice care
- 1124 Lung cancer
- 1111 Ovarian cancer
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1129 Skin cancer, melanoma
- 1130 Skin cancer, non-melanoma
- 1120 Women's cancers

Children's Health

- 1250 Attention deficit hyperactivity disorder
- 1251 Bed-wetting
- 1254 Chickenpox
- 1240 Child abuse and neglect
- 1278 Childhood rashes
- 1264 Ear infections
- 2165 Ear tubes
- 1455 Fever, age 4 and older
- 1837 Healthy eating for children
- 1279 Immunizations
- 1272 Impetigo
- 1031 Juvenile rheumatoid arthritis
- 1274 Measles or rubeola
- 1275 Mumps
- 1462 Nausea and vomiting, age 4 and older
- 1280 Pinworms
- 1259 Reye syndrome
- 1283 Roseola
- 1284 Rubella, or German measles

Audio Health Topics

Children's Health (continued)

- 1288 Teething
- 1247 Temper tantrums
- 1292 Thrush
- 1289 Thumb-sucking
- 1290 Toilet training
- 1293 Urinary tract infections in children

Diabetes

- 1515 Diabetic neuropathy
- 1516 Diabetic retinopathy
- 1504 Gestational diabetes
- 1506 Home blood sugar monitoring
- 1512 Prediabetes
- 1508 Type 1 diabetes
- 1500 Type 2 diabetes
- 1501 Type 2 diabetes: Living with complications
- 1502 Type 2 diabetes: Living with the disease
- 1503 Type 2 diabetes: Recently diagnosed

Digestion

- 1452 Antidiarrheals
- 1600 Appendicitis
- 1540 Barium enema
- 2000 Bulking agents and laxatives
- 1257 Colic
- 1110 Colon polyps
- 1451 Constipation
- 1618 Crohn's disease
- 1454 Diarrhea, age 12 and older
- 1605 Diverticulosis
- 1402 Food poisoning
- 1608 Gallstones
- 1612 Gastroesophageal reflux disease

- 1610 Heartburn
- 1952 Hepatitis A
- 1953 Hepatitis B
- 1827 Hepatitis C
- 1403 Inguinal hernia
- 1611 Irritable bowel syndrome (IBS)
- 2154 Laparoscopic gallbladder surgery for gallstones
- 2159 Laparoscopic inguinal hernia repair
- 2164 Laparoscopy
- 1613 Peptic ulcer disease
- 1609 Rectal problems
- 2158 Surgery for hemorrhoids
- 1603 Ulcerative colitis
- 1541 Upper gastrointestinal series
- 1407 Viral and bacterial infection

Ear, Nose and Throat

- 1453 Benign paroxysmal positional vertigo
- 1264 Ear infections
- 2165 Ear tubes
- 1640 Earwax
- 1646 Hearing loss
- 1641 Labyrinthitis
- 1648 Laryngitis
- 1644 Ménière's disease
- 1459 Strep throat
- 1643 Swimmer's ear
- 2171 Tonsillectomy and adenoidectomy
- 1560 Tonsillitis

Eyes and Vision

- 1711 Age-related macular degeneration
- 2152 Cataract surgery
- 1709 Cataracts

- 1710 Color blindness
- 1703 Contact lens care
- 1516 Diabetic retinopathy
- 1705 Eye injuries
- 1700 Eye problems
- 1717 Floaters and flashes
- 1712 Glaucoma
- 1708 Pinkeye
- 1716 Should I have laser surgery for nearsightedness?
- 1713 Strabismus
- 1702 Vision tests

First Aid

- 1750 Animal and human bites
- 2105 Ankle sprain
- 1755 Blisters
- 2332 Boils
- 2000 Bulking agents and laxatives
- 1761 Burns
- 1781 Calluses and corns
- 1255 Choking rescue procedure
- 2337 Cold temperature exposure
- 6932 CPR in babies
- 6675 CPR in young children
- 1762 Cuts
- 1260 Dehydration
- 1705 Eye injuries
- 1759 Heat-related illnesses
- 1270 How to take a temperature
- 2256 Hypothermia
- 1751 Insect and spider bites and stings
- 1458 Nosebleeds
- 2001 Pain relievers
- 1763 Poisoning
- 1764 Puncture wounds
- 1766 Removing splinters



Audio Health Topics

First Aid (continued)

- 2203** Rescue breathing and CPR
- 1752** Snakebites
- 1456** Sports injuries
- 1754** Tick bites
- 1758** Your home health center

Headaches

- 1405** Migraine headaches
- 1404** Tension headaches

Healthy Eating and Weight

- 1833** Fitness
- 2251** Healthy aging
- 1853** Healthy eating
- 1837** Healthy eating for children
- 1834** Healthy weight
- 2623** Iron deficiency anemia

Heart and Circulation Problems

- 1908** Atrial fibrillation (irregular heartbeats)
- 1915** Cardiac rehabilitation
- 1903** Causes of heart attack
- 1900** Chest pain
- 1538** Electrocardiogram
- 1532** Exercise electrocardiogram
- 1901** Heart attack and unstable angina
- 1904** Heart attack prevention
- 1907** Heart failure
- 1909** High blood pressure (hypertension)
- 1832** High cholesterol
- 1911** Pacemakers
- 1067** Stroke
- 1081** Stroke rehabilitation
- 1912** Varicose veins

Hormones

- 2651** Hormone therapy
- 2550** Hypothyroidism

Imaging and X-rays

- 1534** Chest X-ray
- 1536** CT scan of the body
- 1542** Magnetic resonance imaging (MRI)

Immune System

- 1957** HIV infection and AIDS
- 1279** Immunizations
- 1033** Lupus
- 1034** Rheumatoid arthritis

Infant and Toddler Health

- 1250** Attention deficit hyperactivity disorder
- 1251** Bed-wetting
- 2753** Bottle-feeding
- 2751** Breast-feeding
- 1254** Chickenpox
- 1240** Child abuse and neglect
- 1278** Childhood rashes
- 1256** Circumcision
- 1257** Colic
- 1258** Croup
- 1264** Ear infections
- 2165** Ear tubes
- 1253** Fever, age 3 and younger
- 1267** Fifth disease
- 1268** Growth and development of the newborn
- 1269** Hand-foot-and-mouth disease
- 1837** Healthy eating for children
- 1279** Immunizations
- 1272** Impetigo
- 1274** Measles or rubeola

- 1275** Mumps
- 1261** Newborn rashes and skin conditions
- 1280** Pinworms
- 1259** Reye syndrome
- 1283** Roseola
- 1284** Rubella, or German measles
- 1287** Sudden infant death syndrome (SIDS)
- 1288** Teething
- 1247** Temper tantrums
- 1292** Thrush
- 1289** Thumb-sucking
- 1290** Toilet training
- 1293** Urinary tract infections in children
- 2757** Weaning

Lungs and Airways

- 1983** Acute bronchitis
- 1000** Allergies
- 1408** Avian influenza (Bird Flu)
- 1841** Be tobacco free
- 1976** Chronic obstructive pulmonary disease (COPD)
- 2007** Cold and allergy remedies
- 1400** Colds
- 2003** Cough preparations
- 1258** Croup
- 2002** Decongestants
- 2770** Drug allergies
- 1002** Food allergies
- 1401** Influenza
- 1648** Laryngitis
- 1124** Lung cancer
- 1546** Lung function tests
- 1007** Should I take allergy shots for allergic rhinitis and allergic asthma?

Audio Health Topics

Lungs and Airways (continued)

- 1406 Sinusitis
- 2403 Sleep apnea
- 2406 Snoring
- 1956 Tuberculosis (TB)
- 1407 Viral and bacterial infection
- 1965 West Nile virus

Men's Health

- 2034 Benign prostatic hyperplasia, or BPH
- 2600 Birth control
- 2307 Chlamydia
- 1256 Circumcision
- 1230 Domestic violence
- 1295 Early disease detection
- 2032 Erection problems
- 2308 Genital herpes
- 2309 Genital warts
- 2310 Gonorrhea
- 2033 Infertility
- 2036 Male genital problems and injuries
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2167 Transurethral resection of the prostate
- 2315 Trichomoniasis
- 2173 Vasectomy

Mental and Behavioral Issues

- 1838 Alcohol and drug problems
- 2052 Anorexia nervosa
- 1250 Attention deficit hyperactivity disorder

- 1069 Bipolar disorder
- 2053 Bulimia nervosa
- 1240 Child abuse and neglect
- 1071 Dementia
- 2057 Depression
- 1230 Domestic violence
- 2059 Grief and grieving
- 2051 Obsessive-compulsive disorder
- 2055 Panic attacks and panic disorder
- 1070 Schizophrenia
- 2063 Social anxiety disorder
- 1845 Stress management
- 2066 Suicidal thoughts or threats
- 2435 Teen alcohol and drug abuse
- 2428 Treatment for alcohol use problems

Pregnancy and Childbirth

- 2436 Alcohol effects on a fetus
- 2714 Amniocentesis
- 2600 Birth control
- 2720 Cesarean section
- 1535 Chorionic villus sampling
- 2752 Complications after delivery
- 2704 Danger signs during pregnancy
- 2708 Diet during pregnancy
- 2157 Episiotomy
- 2709 Exercise during pregnancy
- 1504 Gestational diabetes
- 2701 Home pregnancy tests
- 2700 Preparing for a healthy baby
- 2033 Infertility
- 2754 Labor, delivery, and postpartum period
- 2717 Miscarriage

- 1211 Multiple pregnancy: Twins or more
- 2750 Postpartum depression
- 2426 Precautions during pregnancy
- 2705 Pregnancy
- 2756 Rh sensitization during pregnancy
- 2710 Rubella and pregnancy
- 2719 Stretch marks from pregnancy
- 2707 Symptoms and stages of labor
- 2706 Symptoms and stages of pregnancy
- 1548 Ultrasound for normal pregnancy

Senior Health

- 1711 Age-related macular degeneration
- 1061 Alzheimer's disease
- 2245 Care at the end-of-life
- 1071 Dementia
- 2251 Healthy aging
- 2240 Hospice care
- 2261 Ingrown toenail
- 1836 Physical activity for older adults
- 2006 Prevent medical errors
- 2004 Prevent medication errors

Sexual and Reproductive Organs

- 2675 Abnormal uterine bleeding
- 2702 Abortion
- 2640 Bacterial vaginosis
- 2600 Birth control
- 2307 Chlamydia
- 1535 Chorionic villus sampling

Audio Health Topics

Sexual and Reproductive Organs (continued)

- 1256 Circumcision
- 2752 Complications after delivery
- 2672 Endometriosis
- 2308 Genital herpes
- 2309 Genital warts
- 2310 Gonorrhea
- 1957 HIV infection and AIDS
- 2674 Hysterectomy
- 2033 Infertility
- 2164 Period laparoscopy
- 2036 Male genital problems and injuries
- 2650 Menopause and perimenopause
- 2678 Menstrual cramps
- 2670 Missed or irregular periods
- 1544 Pelvic exam and Pap test
- 2312 Pelvic inflammatory disease
- 2723 Pelvic organ prolapse
- 1112 Polycystic ovary syndrome
- 2724 Premenstrual syndrome
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2167 Transurethral resection of the prostate
- 2315 Trichomoniasis
- 2172 Tubal ligation and tubal implants
- 2673 Uterine fibroids
- 2643 Vaginal yeast infections
- 2173 Vasectomy

Skin, Hair and Nails

- 2330 Acne
- 2336 Atopic dermatitis
- 1755 Blisters
- 2332 Boils
- 1781 Calluses and corns
- 1278 Childhood rashes
- 2333 Cold sores
- 2334 Dandruff
- 2346 Fungal nail infections
- 2031 Hair loss
- 1269 Hand-foot-and-mouth disease
- 2261 Ingrown toenail
- 1273 Lice
- 1033 Lupus
- 2344 Psoriasis
- 2343 Rashes
- 1296 Scabies
- 2349 Shingles
- 1707 Styes and chalazia
- 2352 Sunburn
- 2353 Warts

Substance Abuse

- 1838 Alcohol and drug problems
- 2436 Alcohol effects on a fetus
- 2435 Teen alcohol and drug abuse
- 2428 Treatment for alcohol use problems

Teen Health

- 2052 Anorexia nervosa
- 1981 Asthma in teens and adults
- 1250 Attention deficit hyperactivity disorder
- 2053 Bulimia nervosa
- 1951 Infectious mononucleosis

- 1031 Juvenile rheumatoid arthritis
- 2435 Teen alcohol and drug abuse
- 1291 Urinary tract infections in teens and adults

Urinary System

- 1547 Abdominal ultrasound
- 1251 Bed-wetting
- 2034 Benign prostatic hyperplasia, or BPH
- 2307 Chlamydia
- 2570 Chronic kidney disease
- 2155 Cystoscopy
- 2310 Gonorrhea
- 2576 Kidney stones
- 2164 Laparoscopy
- 1128 Prostate cancer
- 1545 Prostate-specific antigen test
- 1848 Sexually transmitted infections
- 2311 Syphilis
- 2167 Transurethral resection of the prostate
- 2257 Urinary incontinence in women
- 1293 Urinary tract infections in children
- 1291 Urinary tract infections in teens and adults
- 1407 Viral and bacterial infection

Wise Health Consumer

- 1841 Be tobacco free
- 1202 Caregiver tips
- 1802 Finding a doctor who will be a partner
- 1830 Healthy living
- 1800 Making wise health decisions
- 2006 Prevent medical errors

Audio Health Topics

Wise Health Consumer (continued)

- 2004** Prevent medication errors
- 2503** Shared decisions about surgery
- 1964** Stress relief and relaxation
- 1835** The mind-body connection
- 2204** Travel health
- 1801** Work in partnership with your doctor

Women's Health

- 2675** Abnormal uterine bleeding
- 2640** Bacterial vaginosis
- 1531** Breast biopsy
- 2156** Dilation and curettage

- 1230** Domestic violence
- 1295** Early disease detection
- 2672** Endometriosis
- 2677** Functional ovarian cysts
- 2651** Hormone therapy
- 2674** Hysterectomy
- 2033** Infertility
- 1107** Period mammogram
- 2650** Menopause and perimenopause
- 2678** Menstrual cramps
- 2717** Miscarriage
- 2670** Missed or irregular periods
- 1032** Osteoporosis
- 1111** Ovarian cancer

- 1544** Pelvic exam and Pap test
- 2312** Pelvic inflammatory disease
- 2723** Pelvic organ prolapse
- 1112** Polycystic ovary syndrome
- 2724** Premenstrual syndrome
- 2039** Sexual problems in women
- 2680** Toxic shock syndrome
- 2315** Trichomoniasis
- 2172** Tubal ligation and tubal implants
- 2673** Uterine fibroids
- 2643** Vaginal yeast infections
- 1120** Women's cancers



Call the 24/7 Nurseline at 800-581-0393
to access audio health topics.

Call 911 for health emergencies.

