

Allergies & Respiratory Health

Allergies - DVD (50 min.)

Discovery Health Channel -- Taipei, TW : King's International Multimedia, 2005.

DVD can be played in Chinese or English with Chinese and English subtitles.



Living with allergies & hay fever – DVD (30 min.)

Information Television Network -- Boca Raton, FL: Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

This program explains that you don't have to suffer from allergies year round. Learn how you can bring AR under control.



Asthma – DVD (30 min.)

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

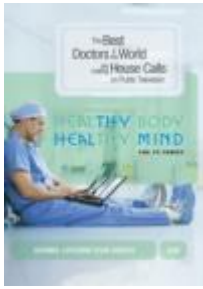
Part of the award winning public television series Healthy Body/Healthy Mind.



COPD: the struggle to breath – DVD (30 min.)

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

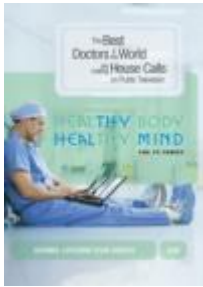
Part of the award winning public television series Healthy Body/Healthy Mind.



Preventing flu and pneumonia – DVD (30 min.)

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.



The truth about flu vaccines – DVD (30 min.)

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

Exercise and pulmonary patients – Video (11 min.)

Toronto, ON : Medical Audio Visual Communications, 1997.

This video explains the benefits of exercise and encourages patients to use the pulmonary rehab program as a start to integrate exercise into their daily activities. Shows patients how to safely exercise and monitor their activity by using several techniques: shortness of breath (Borg scale), perceived level of exertion, and target heart rate (for pulmonary patients).

Healthy choices for managing your pulmonary illness – Video (14 min.)

Toronto, ON : Medical Audio Visual Communications, 2002.

This video is designed to get patients on their way to a better quality of everyday living following pulmonary rehabilitation. It encourages patients to take an active role in managing their illness. Subjects covered include: signs and symptoms of lung infection, managing flare-ups, nutrition, smoking cessation, intimacy, advanced idrectives, and community support.

Living with pulmonary disease – Video (13 min.)

Los Angeles, CA : National Health Video, 1997.