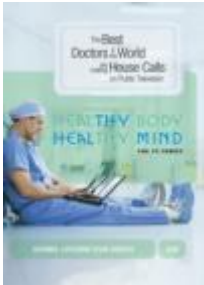


# Women's Health

## Breast cancer: early detection – 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 will examine the new forms of treatment designed to help women fight breast cancer and lower the risk of the disease returning in the future. Also it will highlight some of the targeted therapies that are changing the way doctors approach breast cancer and are giving women much higher survival rates. In addition it will show how mammograms can be made digital, allowing the experts to get a closer look at what could be cancer in its earliest forms and why detecting the cancer in its earliest stages offers women the best chance for a cure.

## Breast lumps – Video (30 min.)

Time Life Medical -- New York, NY: Patient Education Media, 1996.

Leading experts explain about the diagnosis, treatment & management, and issues & answers to breast lumps.

## Breast self-examination guide – Video (8 min.)

2000, (Touch of prevention)

## Endometriosis – Video (30 min.)

Time Life Medical -- New York, NY: Patient Education Media,

## The heart truth – DVD (30 min.)

Bethesda, MD : National Heart, Lung and Blood Institute, 2007.





## **Mayo Clinic wellness solutions for menopause – DVD (90 min.)**

GAIAM, 2007.

Contents: Part 1. Understanding your condition -- Part 2. Eat well to feel well -- Part 3. Soothing therapies.. Mayo Clinic "My stress solutions" 52-page booklet included.

## **Menopause – Video (30 min.)**

Time Life Medical -- New York, NY: Patient Education Media, 1996.

## **Menstruation: understanding your body – Video (28 min.)**

Cypress, CA: Medcom, 1993.

## **Reduce your risks of osteoporosis and breast cancer – Video (17 min.)**

Austin, TX : Family Experiences Productions, 1997.

## **A significant journey: breast cancer survivors and the men who love them – Video (20 min.)**

American Cancer Society -- Minneapolis, MN : Media Production, 1992.

## **What every Jewish woman should know about cancer – DVD (62 min.)**

L'Chaim Cancer Support for Jewish Women -- Toronto, ON : L'Chaim Cancer Support for Jewish Women, 2005.



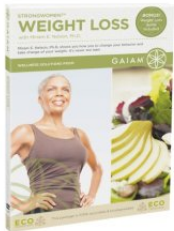
### **Women and heart disease – DVD (30 min.)**

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

This program explains why women are equally at risk for a heart attack as men; it looks at how hormone therapy can increase that risk, and hears from patients who've discovered ways to lower their risk of having a heart attack.

### **Violence against women – Video (46 min.)**

Princeton, NJ: Films for the Humanities & Sciences, 1997.



### **Strong women, weight loss – DVD (66 min.)**

Nelson, Miriam E. – GAIAM, 2008.

This DVD includes: introduction to weight loss, eating plan, secrets to success, 35 and 45 minutes exercise routine with fitness instructor.



### **Strong women, preventing osteoporosis – DVD (60 min.)**

**GAIAM, 2008.**



### **IBS in women – DVD (30 min.)**

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



### **Reduce your cancer risk – cancer, breast cancer, colorectal cancer, cervical cancer – DVD**

# **Pregnancy**

## **Baby's first months: "what do we do now?" - Video**

Ottawa, ON : Canadian Paediatric Society, 1997.

Every aspect of newborn care is covered in "Baby's first months". Solid, practical, how-to information that helps new mothers feel confident about childcare.

## **Every mom's prenatal exercise & relaxation video – Video (70 min.)**

Boulder, CO: Injoy Productions.

## **Exercise lite for new moms – Video (37 min.)**

Cypress, CA : Medcom, 1995.

## **Fetal alcohol syndrome and other drug use during pregnancy - Video (19 min.)**

2000.

## **Post partum depression: hope and healing – Video (27 min.)**

Toronto, ON : St. Joseph's Women's Health Centre.

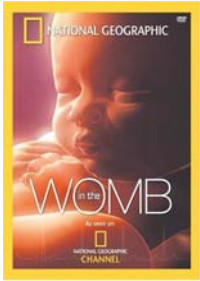
## **Sudden infant death syndrome: : a video on helping to reduce the risk - Video**

National Institute of Child Health and Human Development.



## **Oral health during pregnancy and early childhood – DVD**

(75 min)



## **In the womb – DVD (89 min.)**

National Geographic Channel, 2005