

# Learning Resources

## Abusive Relationships

Nineteen-year-old Lynn Kenney is one of a growing number of women abused by their boyfriends.

Through Lynn's story viewers will learn what it means to be abused in a relationship. Whether the abuse is physical or verbal, the effects can be serious. Teenagers will also learn some of the warning signs of potential abuse and where they can go for help.

Ages 16 to Adult  
17 minutes, order 1-8914-IN

## Aging

*The Doctor Is In Series*

Recognized by the Health Sciences Communications Association Media Festivals.

There is enormous variety in the rate of aging among men and women. What causes one person to be old at 70, and another to continue to be youthful into his 90s? This question is posed to a number of researchers, who explain the theories and findings from the field of geriatrics.

A 52-year-old study that has examined the mental health of Harvard graduates over their lifetimes is used to illuminate the predictors of healthy aging. Viewers also follow several elderly people through their days, talking about their routines and their health. The impact of diet, smoking, drinking, family history and personality are discussed. New research is

## A selection of programs for adult and Employee Assistance Programs

highlighted that offers the possibility of altering our genetic structure to help us live longer and more healthfully.

Adult, Professional  
28 minutes, order 2-2143-IN

## Alternative Medicine

*The Doctor Is In Series*

Alternative, or complementary, health systems are being integrated into American culture. From Chinese medicine to homeopathy to chiropractic, many features and systems can now be found in physicians' offices.

This program provides an overview of Chinese and Indian medicine, homeopathy, herbalism, naturopathy, osteopathy, massage and chiropractic. People explain how they're using one or more of these in their health care.

Some of those interviewed are Andrew Weil, a Harvard trained physician and author of numerous books on integrative health; Dr. Christiane Northrup, an obstetrician/gynecologist and proponent of alternative medicine; Dr. Fredi Kronenberg, director of an alternative medical center at Columbia University, and Nancy

Lonsdorf, a Washington, D.C. physician who practices both western and the Indian system of Ayurveda in her practice.

Adult, Professional  
28 minutes, order 2-3116-IN

## Asthma And Allergies

*The Doctor Is In Series*

I can't breathe! That desperate plea has been uttered by millions of people fighting asthma and allergies.

This program follows young children and adults managing their illness. There are tips on preventing attacks, and a discussion of promising research. Interviewed are Dr. Gregory Fritz of Brown University and Dr. Robert Klein of the Dartmouth-Hitchcock Medical Center.

Adult, Professional  
28 minutes, order 2-3113-IN

## Attention Deficit Disorder: Adults

*The Doctor Is In Series*

Adults with ADD talk about how the disorder that went undiagnosed for so many years has affected their choice of spouses and work, and what they have found to help them.

Biofeedback, which is growing as a treatment, is explained and demonstrated. Medical treatments like antidepressants and stimulants are discussed, along with behavioral changes that can help the person with ADD and his or her spouse and family.

Psychiatrists John Ratey and Ned Hallowell, who have written two books on the subject, provide background and perspective.

Adult, Professional  
28 minutes, order 2-3100-IN

## Biological Time Clocks

*The Doctor Is In Series*

Do you want to hibernate in the fall and winter? Do you have trouble changing shifts at work? Here is advice on how to help your body adapt to changes in weather, light and time.

People working night shifts can reduce the risk of accidents and illness if they change their exposure to light and dark. Cancer patients do better when chemotherapy is delivered at night. Adults and children diagnosed with seasonal affective disorder, or SAD, can deal with the depression that is caused by the shorter days of winter with light therapy.

Adult, Professional  
28 minutes, order 2-2137-IN



### Learning Resources

#### Cancer Screening: A Preventive Service

*Healthy Living: Road To Wellness Series*

This in-depth program provides students with important facts about screening tests for cancer including breast, colorectal, prostate and lung. Experts discuss the efficacy of screening tests, risk factors, the effectiveness of early testing and clinical intervention.

Adult  
30 minutes, order 5-4973-IN

#### Cancer Survivors

*The Doctor Is In Series*

One in every three Americans will be diagnosed with cancer sometime in their life, but over half will survive it. Seventeen billion dollars has been spent to develop better treatments in the areas of surgery, radiation and chemotherapy, and the money is paying off.

This program gives an overview of how these treatments have developed, and highlights some promising new treatments. There's also information on the national cancer hotline. Norris Cotton Cancer Center director Dr. Ross McIntyre is interviewed. Despite these advances, most people still fear the word cancer, and patients have experienced job and health insurance discrimination.

Host Jamie Guth talks to people about the difficulties in explaining the disease to friends, their fears that the disease will come back, and even guilt over having lived. Pediatric Oncology Nurse Janet Stewart is shown in an elementary school classroom, where she explains cancer and its treatment to a classroom of children whose playmate has leukemia.

Adult, Professional  
28 minutes, order 2-3104-IN

#### Cholesterol Control: An Eaters Guide

Presents a practical, step by step guide to initiating healthy eating practices and maintaining them. Describes cholesterol and its dangers. Includes tips on lifestyle changes, shopping, eating out, and so forth.

Adult  
30 minutes, order 1-6560-IN

#### Controlling Your Cholesterol

This program describes the nature and function of cholesterol.

Explains how cholesterol contributes to the formation of atherosclerotic plaque on the walls of arteries ... leading to blockage of an artery and subsequently to heart attack or stroke.

Details how to reduce cholesterol levels in the diet and perhaps even reverse the buildup of atherosclerotic plaque in the arteries. The kinds of foods to be enjoyed in the pursuit of low cholesterol levels as well as those to be avoided are described.

Although no diet or exercise plan should be initiated without consulting a doctor, a cholesterol-lowering program is ultimately very much a 'do-it-yourself' project.

Ages 15 to 18, Adult  
21 minutes, order 1-8110-IN

#### Decade Of AIDS

This riveting documentary uses interviews, news clips and graphics to trace the history of the HIV/AIDS epidemic in the United States. It informs teens about the facts and fiction of the disease, provides information on HIV testing, and presents the story of a teen living with HIV. The moving tribute to a young AIDS activist will sensitize young people to the fragile situation HIV/AIDS patients face.

Ages 16 to Adult  
25 minutes, order 1-8910-IN

#### Depression

*The Doctor Is In Series*

As many as 15 percent of us suffer from depression at least once in our lives. Host Jamie Guth explains that women are twice as likely as men to be diagnosed with it, and she interviews experts on its causes and treatment.

Viewers meet a woman who dealt with the death of her young son, a young woman still in conflict with her childhood experiences, a suicidal teenager, and an elderly woman who has faced a lifetime of depression.

Psychotherapy, or talk therapy, is explained, along with new drug treatments and the revised form of electroconvulsive therapy. People in a national depression support group talk about their lives, and how to live with a depressed person, and depression therapy for children and the elderly is explained.

Adult, Professional  
28 minutes, order 2-3122-IN



## Learning Resources

### Depression And Manic Depression

*The Doctor Is In Series*

Recognized by: American Medical Association's International Health & Medical Film Festival, Columbus International Film & Video Festival, National Educational Medical Network Apple Awards, and the National Health Information Awards.

It's been estimated that only one-third of the thousands of manic depressives get any treatment, largely because of stigma and fear. That lack of treatment results in a high number of suicides, making this illness as fatal as any other illness and a public epidemic.

Explains the disease through the experiences of several people, including CBS reporter Mike Wallace; psychiatrist and author of a book on his life with manic depressive illness, Kay Redfield Jamison; artist Lama DeJani; and State Department official Robert Boorstin. An overview of medications and therapy and a list of resources is also provided.

Adult, Professional  
28 minutes, order 2-3123-IN

### NEW RELEASE

### Eating Disorders

*The Doctor Is In Series*

This program profiles four young people who have had eating disorders. Their experiences highlight how this illness is not just about food, but about struggling with loss of emotional control. The newer approaches using cognitive behavioural therapy and anti-depressants are explained. Russell Marx, MD, Clinical Director of the Eating Disorders Program at the Medical Center at Princeton, and Marcia Herrin, EdD, MPH, RD at the Dartmouth College Health Service, show what's being done to prevent and treat one of the most lethal categories of mental illness.

Ages 15 to 18, Adult  
28 minutes, order 2-3134-IN

### Emotions

*The Doctor Is In Series*

Do our emotions affect our physical health? Up until recently, researchers were reluctant to say yes, but new work in immunology has shown that emotions do indeed play a role.

Women with incurable breast cancer who have been through psychotherapy to deal with their emotions have actually lived twice as long as other women without this therapy. People have been able to lower blood pressure and decrease medication by dealing with stresses that cause anger and depression.

This program takes you to classes for people under stress, in hospital cancer wards, and to a support group in California for breast cancer patients. Interviewed are Herbert Benson, co-founder of the Mind-Body Institute at the New England Deaconess Hospital, Virginia Emery, a psychologist at the Dartmouth-Hitchcock Medical Center, David Spiegel, a psychiatrist at Stanford University School of Medicine, and Martin Seligman, a psychologist at the University of Pennsylvania.

Adult, Professional  
28 minutes, order 2-3124-IN

### Employee Education: Ergonomics And Your Health

This program teaches office employees how to set up their workspace for maximum comfort and productivity. As employees learn to give a little extra attention to their workspace – and to their activities in it – they are rewarded with more energy, job satisfaction, and fewer aches and pains. Shows how to use a chair correctly, how to organize materials on desk, body positioning while using keyboards, VDTs and the telephone.

Recommendations given for shoulder, neck and back exercises that can be done in the office. Preventing eyestrain and repetitive motion injuries of fingers and wrists. Good nutrition and a drug-free workplace are also emphasized.

Adult  
13 minutes, order 1-8194-IN

### Epidemic!

*The Doctor Is In Series*

AIDS comes from a long line of epidemics. The microscopic life forms that have ravaged mankind since evolution began are among the great villains of history, and our battles to stop them are among our greatest achievements.

This program looks at how people have learned to survive epidemics, and what's being done to stop them. The history of plague, smallpox, tuberculosis, and polio is shown in relation to the current problem of AIDS.

Dr. Fordham Von Reyn, an epidemiologist at the Dartmouth-Hitchcock Medical Center, and Dr. Cynthia Haq of the University of Wisconsin Medical Center discuss the issues. People who have had polio, tuberculosis, and the Spanish flu of 1918 talk about their experiences, along with a man who has AIDS.

Adult, Professional  
28 minutes, order 2-2150-IN



## Learning Resources

### Exercise

*The Doctor Is In Series*

Exercise is for everyone, from the very young, to the very old. Exercise can prevent weight gain and weakness that have been associated with aging, fight diseases like osteoporosis, and prevent progression of arthritis and diabetes.

Host Jamie Guth travels to an elementary school to see how young children are learning to think of physical fitness as a lifelong activity. She also visits exercise classes for people with handicaps, arthritis, and for those recovering from heart attacks. There is a 74-year-old man who bicycles, an 80-year-old nursing home patient lifting weights, and a middle-aged woman just starting an exercise program.

Throughout the show there is advice on the right program for you, cautions for each age group, and lots of encouragement.

Adult, Professional  
28 minutes, order 2-2152-IN

### Fitness And Wellness

Healthier employees are stronger, happier, more effective workers. This program gives a thorough overview of the risk factors that increase employees' chances of becoming seriously ill. It suggests simple, gradual steps toward lifestyle changes that will enable your employees to be more productive on the job.

Shows negative consequences for each risk factor and provides specific, detailed ideas for reducing or eliminating unwanted behaviours. Topics covered include: smoking, alcohol abuse, drugs (prescription, over-the-counter and illegal), weight reduction, stress reduction and the importance of exercise.

A well-designed fitness and wellness program can improve employee motivation and productivity, decrease turnover, build teamwork, and reduce accidents, injuries and other safety problems. This program is your first step toward creating a superior quality workforce.

Adult  
14 minutes, order 1-8924-IN

### Food Obsession: An Eating Disorder Notebook

*Healthy Living: Road To Wellness Series*

Presents the harsh realities of eating disorders. Individuals recovering from compulsive eating and bulimia nervosa share their struggles to maintain a normal relationship with food.

Experts specializing in anorexia nervosa, compulsive eating and bulimia nervosa identify the essential features of eating disorders and treatment options.

Ages 16 to Adult  
30 minutes, order 5-4962-IN

### Foolish Pleasures, Foolish Heart

*Healthy Living: Road To Wellness Series*

What are the risk factors of CHD? Cholesterol levels? Age and gender? America has a receptive public but very few tools to help make information on heart disease practical and meaningful. This program is designed in an interactive format to allow students to attain risk factor information and assist them in understanding how lifestyle behaviours are associated with CHD.

Adult  
30 minutes, order 5-4972-IN

### Foot Care

*The Doctor Is In Series*

It is so easy to take our feet for granted; we usually don't think about them until they hurt. This show provides a humorous look at the structure of feet, and how problems develop.

Viewers meet a ballerina, a diabetic who is slowly losing feeling in his feet, and a woman who developed serious problems as a child when she was forced into shoes that were part of a school uniform. A sports medicine specialist has tips for preventing problems during various sports, and a podiatrist explains the use of orthotics and surgery.

Adult, Professional  
28 minutes, order 2-2154-IN

### Gifts Of Aging

*The Doctor Is In Series*

Longevity has increased almost 30 years in the last century, and most people are enjoying better health during those extra years. This program profiles the 50-80 year old group, which is expected to grow by 60% in the next 20 years.

It examines how people are using this extra time, working more years, changing careers, and better managing chronic illnesses.

Some of the people profiled are Helen Gurley-Brown, the 74-year-old editor of Cosmopolitan magazine, and her 80-year-old husband, movie producer David Brown, a Vermont couple who spend equal amounts of time working and volunteering, an 84-year-old chemical engineer who still travels across the globe, and Lydia Bronte, author of The Longevity Factor.

Adult, Professional  
28 minutes, order 2-2145-IN



## Learning Resources

### Healing Arts

*The Doctor Is In Series*

Recognized by the Columbus International Film & Video Festival.

Art has been used over the centuries to help people accept a medical condition they cannot change, or find some spiritual lift during difficult times. But increasingly, they're also being used in a scientifically ordered manner to improve health in specific ways.

Studies have shown that arts can reduce pain, improve the health of pre-term babies, decrease the severity of headaches and improve the speech of people who have had strokes. This show profiles some examples, including a dance that evolved out of dealing with AIDS, murals in a children's cancer clinic, Dr. Patch Adams, a physician who is also a professional clown, music therapy for autistic children and a woman with manic depressive illness who uses painting as therapy.

To read the true story of Dr. Patch Adams, visit Inner Traditions International, publisher of *Gesundheit!*, a book written by Patch that was the basis for his movie now in theatres. It's an inspirational tale of his quest to bring free health care to the world and transform the way doctors practice medicine.

Adult, Professional  
28 minutes, order 2-3117-IN

### Health On-line

*The Doctor Is In Series*

Recognized by: American Medical Association's International Health & Medical Film Festival, the Health Sciences Communication Association's Media Festivals, and the National Educational Media Network Apple Awards

What happens when patients are given responsibility to make decisions about their health care?

This program looks at ways that's happening, from interactive computer dialogues to CD-ROM family health books to consultations with doctors through television. Dr. John Wennberg explains his work on outcomes research, where he has found that different areas in the country have different rates of surgery based on patterns of practice, rather than on how sick patients are.

Dr. C. Everett Koop, former U.S. surgeon general and now lead scholar at the Koop Institute at Dartmouth, talks about the value of high technology in rural, remote areas. Dr. Warner Slack of Beth Israel Hospital explains how patients are willing to give computers more information than they give their doctors.

Adult, Professional  
28 minutes, order 2-3118-IN

### Healthy Living: Road To Wellness Series

*Health: A Quest for Dialogue (Course Introduction)*

This new series explodes onto the scene by examining our obsession with personal health, and health as a social movement that impacts contemporary life.

This opening program sets the framework for the entire course with questions about our traditional health care system and the ways in which the personal health phenomenon affects or excludes members of society.

*Stress: Challenge and Survival*

Examines individuals who have gone through traumatic experiences – Holocaust survivors, Vietnam veterans and rape victims – and explores the issue of Post-traumatic Stress Disorder. By examining these extremes, students may better understand why some individuals thrive and others do not.

30 minutes, order 5-4959

*The Menu of Deception*

How safe is our food supply? Despite disease control, today's industrialization of food is posing new dangers to America's food supply. This eye-opening program helps students understand how the nutrient content of food is altered by

modern food production practices and how nutrients are vital in preventing or promoting disease.

30 minutes, order 5-4960

*Population at Large*

Examines the widespread obsession to lose weight because of hype from the media and diet industry. Who stands to gain or lose will be questions for students to consider as they explore the diet explosion, the non-diet movement and the various causes behind society's preoccupation with weight. The health risks of weight-loss and social implications of obesity are discussed.

30 minutes, order 5-4961

*Food Obsession: An Eating Disorder Notebook*

Presents the harsh realities of eating disorders. Individuals recovering from compulsive eating and bulimia nervosa share their struggles to maintain a normal relationship with food. Experts specializing in anorexia nervosa, compulsive eating and bulimia nervosa identify the essential features of eating disorders and treatment options.

30 minutes, order 5-4962



## Learning Resources

***A Nation at Rest***

Is exercise really beneficial? Students can weigh the pros and cons as this program explores inconsistent research findings regarding the benefits of exercise. Health professionals analyze physical inactivity as an epidemic and the increased emphasis on looking physically fit.  
30 minutes, order 5-4963

***Sexual Pleasure in the Millennium***

This video presents a debate on sexual pleasure by exploring the science of sexual pleasure, the clash of societal efforts to market and to regulate sexual pleasure in pornography, and the treatment of sex as a taboo subject with highly restrictive discourse. Students will be challenged to break from commonly held assumptions about human sexuality.  
30 minutes, order 5-4964

***Sexual Violence: Rape in America***

Takes an about face to the old adage, "hanging out one's dirty laundry for others to see" and exposes sexual violence as one of the most chilling aspects of America. The focus is on victims and how individuals and institutions tend to blame them for their trauma. Students will learn how this response profoundly affects our legal system and treatment of victims.  
30 minutes, order 5-4965

***The Changing American Family: Decline or Transition?***

Students get a close-up of Show cultural views on childlessness, unwed parenthood, divorce and working mothers are affecting the American family. Are these changing views dangerous to the family or individually liberating?

This program examines factors that have affected the family since the Industrial Revolution and proposes serious questions about its future in America.  
30 minutes, order 5-4966

***The Neglected Generation***

According to experts, Nearly half of American adolescents are at high or moderate risk of seriously damaging their life chances due to neglect. This powerful program explores the state of adolescent America and gives students insight on how families, communities, government, business and media can better serve youth.  
30 minutes, order 5-4967

***Birth Control: On Trial in America***

Clashing views on Abortion, contraception, teenage sexuality and fertility options are the focus in this program. Students will be encouraged to think critically about issues related to sex education, teen pregnancy, and family planning options.  
30 minutes, order 5-4968

***Reproductive Medicine: Premises and Promises***

Nearly three out of four American couples pursuing assisted reproduction are not successful – a staggering statistic leading to new revisionism in reproductive medicine. This program takes an in-depth look at the reasons behind increased infertility rates, low-tech intervention strategies, and high-tech assisted reproduction technology.  
30 minutes, order 5-4969

***Youth Violence: Failing Our Children***

The arrest rate for juveniles committing violent crimes has nearly tripled since 1965. This program on the continual rise in youth violence proposes everything from genetics to handgun availability as the cause behind one of the most dangerous epidemics in America.  
30 minutes, order 5-4970

***Violence in the Workplace***

The nightmare of violence in the workplace is examined as it impacts schools, colleges, hospitals and corporations. This program piques student awareness of typical perpetrators of violence and the many efforts to diffuse violence through intervention programs.  
30 minutes, order 5-4971

***Foolish Pleasures, Foolish Heart***

What are the risk factors of CHD? Cholesterol levels? Age and gender? America has a receptive public but very few tools to help make information on heart disease practical and meaningful.

This program is designed in an interactive format to allow students to attain risk factor information and assist them in understanding how lifestyle behaviours are associated with CHD.  
30 minutes, order 5-4972

***Cancer Screening: A Preventive Service***

This in-depth program provides students with important facts about screening tests for cancer including breast, colorectal, prostate and lung. Experts discuss the efficacy of screening tests, risk factors, the effectiveness of early testing and clinical intervention.  
30 minutes, order 5-4973

***A Race Between Microbes and Science***

Tuberculosis claims 3 million lives annually. Hepatitis is common. Legionnaires' disease and Ebola fever are just a few of the "new" plagues. And people on all continents are besieged by microbes. This program examines how our immune system is built to fight off microbe invaders, and how preventive strategies may forestall coming plagues.  
30 minutes, order 5-4974



## Learning Resources

### **The Last Stage of Living**

The end-of-life stage is explored as students follow a patient through the decisions surrounding terminal diagnosis. The program initially focuses on a physician discussing the diagnosis with the patient – allowing students to observe their work and experience their own feelings about death.  
30 minutes, order 5-4975

### **The War on Drugs**

Students get a revealing look at the war on drugs, and the various drug reduction strategies used to fight the drug battle over the past decades. Experts analyze these efforts and suggest future methods for attacking this long term issue.  
30 minutes, order 5-4976

### **Once an Alcoholic...**

Alcohol “costs” American society \$80 billion a year, 30% suicides and one in four hospital admissions. While costs increase, society struggles for a solution.

This program challenges students to consider three main controversies in this struggle: the causes of alcoholism, the controlled drinking debate, and the issue of teaching “responsible use” as a prevention strategy.  
30 minutes, order 5-4977

### **The Butt Stops Here**

Is tobacco addictive? The FDA and tobacco industry give their opinions as this program delves into the controversy over classifying and regulating tobacco as a drug.  
30 minutes, order 5-4978

### **Human Genome Testing: Your Genetic Future**

Students are bound to engage in heated discussions on the ethics of genetic screening tests. This explosive program centers on the Human Genome Project (DNA testing for abnormalities), and the potential uses and abuses of genetic screening tests by health insurance companies and employers.  
30 minutes, order 5-4979

### **Media: Today's Gomorrah**

What impact does sex and violence in the media have on America? Media critics and the entertainment industry go head to head in this program that examines the growing media literacy movement – a foundation for analyzing and understanding the media's role in society.  
30 minutes, order 5-4980

### **Our Future Selves: Aging in America**

The later years do not have to be fraught with sickness and senility, isolation, depression or sexual inadequacy. Students get a fresh perspective on aging as this program focuses on the biological and cognitive changes of

human growth; how biological, psychological and sociological changes that accompany aging need not be debilitating.  
30 minutes, order 5-4981

### **Human Population Growth**

Nonrenewable resources are being consumed at unsustainable levels and producing waste that cannot be biodegraded and recycled. This program promotes ecological sensitivity by examining problems threatening the earth's environment and the delicate balance of its ecosystem. Students consider over population, acid rain, the ozone crises and water pollution.  
30 minutes, order 5-4982

### **Reflections on Human Spirituality: Search for Meaning**

This closure video is on spiritual health as experts address the search for its meaning. It uses “the search” to draw connections together from the course philosophy – connections to self, to significant others, and to large groups. Students also get a glimpse of what's in store for the health movement as futurists share their perspectives in this poignant conclusion of the series.  
30 minutes, order 5-4983

Adult  
30 minutes, order 5-49580-IN

### **How To Talk To Your Doctor**

*The Doctor Is In Series*

Do you become overwhelmed when you see your doctor? Forget to ask the right questions? Don't know what kind of doctor to call? This program follows a number of people through the medical system, from the emergency room, to a regular clinic visit, to the intensive care unit, to provide tips for finding the right physician and communicating your needs.

There's also advice on helping your children through the medical world. Doctors Robert Foote of the New London Hospital and Paul LeMarbre of the Dartmouth-Hitchcock Medical Center discuss the issues. Dr. John Wennberg explains the new videodisc program he's developed that gives patients more information about their treatment.

Adult, Professional  
28 minutes, order 2-2155-IN



## Learning Resources

**I Think I'm Having A Heart Attack***The Doctor Is In Series*

Each year a million and a half Americans are victims of a heart attack. In the past, many of those died or went on to drastically compromised lives. That has changed because of the quantum leaps in the technology used to diagnose and treat these problems.

This program explains what causes heart disease, and the many types of equipment that are used to treat it. Angiograms, angioplasty, Thallium stress tests, laser treatments, cardioverter defibrillators and pacemakers are all explained in easy to understand language.

Viewers see how they are used on real patients, and hear how they have affected the patients' lives.

Adult, Professional  
28 minutes, order 2-3114-IN

**Infertility***The Doctor Is In Series*

Despite the rise of two career families, most couples still want at least one baby. But for 8 million Americans, infertility postpones, and in some cases, stops their dream.

This program provides an explanation of the causes of infertility, along with treatments. Couples dealing with these medical problems discuss their hormone treatments,

surgery, and the assisted reproductive techniques like intrauterine insemination, in vitro fertilization, ZIFT and GIFT.

A representative of the national infertility support group, RESOLVE, and the president of the Society for Assisted Reproduction detail some of the ethical and financial issues. A couple who was unable to become pregnant adopts a child, and talks about how that has worked for them.

Adult, Professional  
28 minutes, order 2-2162-IN

**Is There A Doctor In The House?***The Doctor Is In Series*

What is the best kind of doctor for the normal, everyday care we all need? Who is the first person we should see if we suspect a more serious problem? Who can refer us to specialists when needed, and help supply background information? The answer to all these questions is the family practitioner.

This program spends a day each with two of them.

One practices on the coast of Maine, and the other in southern Illinois. Some of the people viewers get to meet are a young woman with a high risk pregnancy, an elderly woman with a sleep disorder, an elderly man who cannot afford to take medication to reduce his high blood pressure, and a family dealing with a mother's heart attack.

During this, viewers learn about the inequities in the medical system that result in lower salaries for family practitioners and fewer people going into the specialty. They also see how the poor and patients in rural areas need this kind of care most of all.

Adult, Professional  
28 minutes, order 2-2156-IN

**Lifestyles For Wellness Series (Five Modules)***The Wellness Series*

Hosted and narrated by William Shatner, the program is designed to help staff develop new more productive lifestyles. Series has 5 modules.

*Introduction to Wellness, Nutrition for Wellness, Moderation in Eating, Fitness for Wellness, Health and Stress.*

The *Wellness Series* is a new series of programs designed to improve employees' overall health lifestyle. The program helps to convince adults of the personal benefits of making a commitment to good nutrition, fitness and stress reduction.

It encourages employees to improve their overall health and lifestyle by urging them to make a commitment to good nutrition, fitness and stress reduction. In the introduction, Shatner explains the concept of wellness and inspires viewers to want to increase their productivity and improve their general outlook on life.

**Introduction to Wellness**

1-9908

**Nutrition for Wellness**

A nutritionist explains what a nutrient is and why good nutrition is so important. How to choose foods from the four food groups, proper amounts, tips on food quality and developing new habits for wellness.

1-9909

**Moderation in Eating**

The traditional diet, loaded with protein, salt, fat, cholesterol and sugar and devoid of fibre has cost the health of many. A registered dietitian shares her knowledge of these problems and gives specific life-saving advice.

1-9910

Also available in Laser Videodisc.

**Fitness for Wellness**

Viewers will understand that they are fit when they can meet both the ordinary as well as the unusual demands of daily living and still have energy left for leisure and recreational activities. Starts adults on the way to getting and staying fit.

1-9911

**Health and Stress**

An experienced psychiatric nurse counselor presents fifteen basic points of stress management and recommends a variety of tension releasing activities for the end of a long and difficult day.

1-9912

Adult  
60 minutes, order 1-99090-IN





## Learning Resources

### Living With Aids

*The Doctor Is In Series*

Most of us link death with AIDS, but the fact is that most people who have HIV or AIDS live for many years with the disease. This program profiles several people with the HIV virus over the course of two years, and examines the issues they face – issues of medication, handling the emotional ups and downs, dealing with family members, paying for medical care, and dealing with guilt.

Profiled are a 25-year-old former drug abuser from New York City and her infected baby, currently "adopted" by a family to help care for the two; a 29-year-old female victim of sexual abuse; and a musical composer and performer. In addition to exploring traditional medical care, this program also examines alternative therapies and social support systems.

Adult, Professional  
28 minutes, order 2-3102-IN

### Lupus

*The Doctor Is In Series*

Lupus is an immune system disease that mostly strikes young women. It affects more people than the more widely known multiple sclerosis, yet little is known about it. It can be as mild as causing rashes to the skin, but it can also be deadly.

What causes this disease, and how does it affect the people fighting it? Patients in various stages of the disease talk about the effect it's had on their families, careers and child-rearing. Interviewed are Dr. Peter Schur, head of the Lupus Clinic at Brigham and Women's Hospital in Boston, Dr. George Spencer-Green, a rheumatologist at the Dartmouth-Hitchcock Medical Center, and Henrietta Aladjem, founder of the National Lupus Association.

Adult, Professional  
28 minutes, order 2-2131-IN

### Meeting The Challenge: Hypertension

High blood pressure is a serious disease that if not controlled can increase the risk of life-threatening events. This program explains the causes of the disease and how it can be managed without significant life-style changes.

Post Secondary - Advanced, Professional  
30 minutes, order 1-6417-IN

### The Menu Of Deception

*Healthy Living: Road To Wellness Series*

How safe is our food supply? Despite disease control, today's industrialization of food is posing new dangers to America's food supply. This eye-opening program helps students understand how the nutrient content of food is altered by modern food production practices and how nutrients are vital in preventing or promoting disease.

Ages 15 to 18, Adult  
30 minutes, order 5-4960-IN

### Mild To Moderate Hypertension: More Than A Numbers Game!

Post Secondary - Advanced, Adult, Professional  
57 minutes, order 1-3786-IN

### Multiple Sclerosis

*The Doctor Is In Series*

Multiple sclerosis is a thief. It sneaks up on young adults when they least expect it, when they're in their 30s and 40s and busy establishing relationships, careers and families. MS affects mostly young women, and has no cure.

This award winning program shows the variety of symptoms that plague its victims, and how a positive attitude and a willingness to change can mean better health. A pregnant woman, businessman, artist and newly married young woman show how the illness has affected their lives.

Dartmouth-Hitchcock Medical Center neurologist Alexander Reeves, researcher Lloyd Kasper, and Ron Dahly, director of the New Hampshire Chapter of the Multiple Sclerosis Foundation, discuss the issues.

Adult, Professional  
28 minutes, order 2-2133-IN

### Muscular Dystrophy

*The Doctor Is In Series*

Muscular dystrophy attacks muscles, so that people lose the ability to walk, to talk, and in some cases, to breathe. About two-thirds of those affected are children, but symptoms can appear any time between birth and adolescence.

This show looks at how these people deal with a disease that has no cure. A young boy with the fatal form called duchennes gets physical therapy at an Easter Seals Center in Manchester, New Hampshire. Bracing helps a six-year-old girl with spinal muscular atrophy, and a young mother with myasthenia gravis gets help from surgery and medication. Researcher Dr. Betty Banker explains what is being done to find a cure for this disease, and Dr. Richard Nordgren, a neurologist at the Dartmouth-Hitchcock Medical Center, explains treatments.

Adult, Professional  
28 minutes, order 2-2132-IN



### Learning Resources

#### A Nation At Rest

*Healthy Living: Road To Wellness Series*

Is exercise really beneficial? Students can weigh the pros and cons as this program explores inconsistent research findings regarding the benefits of exercise. Health professionals analyze physical inactivity as an epidemic and the increased emphasis on looking physically fit.

Ages 16 to Adult  
30 minutes, order 5-4963-IN

#### Organ Transplants

*The Doctor Is In Series*

Over 6,000 Americans are waiting for a liver, heart or lung transplant. One quarter will die before they receive one. This program examines how the organ transplant system works, for both donors and recipients.

Viewers get to follow patients through a cornea and kidney transplant, and see how it's decided who will get what and when. Interviewed are Dr. Horace Henriques of the Dartmouth-Hitchcock Medical Center and Richard Luskin, Executive Director of the New England Organ Bank.

Adult, Professional  
28 minutes, order 2-3127-IN

#### Over-the-counter Medicines

*The Doctor Is In Series*

There are thousands of over the counter medications available, and for the most part, they can do a lot to help us. When taken as directed, there are few risks. But that phrase, as directed, is the key.

Explains some of the problems that can occur when we're not careful. Dr. David Nierenberg, a pharmacology professor at the Dartmouth-Hitchcock Medical Center, explains the differences between cold medicines and pain relievers, and highlights the special needs of the elderly. Warns older men about how cold medications can create problems with their prostate gland, and pharmacist Jeff Frazee has general tips on how to get the most for your money.

Adult, Professional  
28 minutes, order 2-2157-IN

#### Panic!

*The Doctor Is In Series*

It doesn't always take a fire to bring on a panic attack. People stop driving and going out of the home because of this little known condition.

This program explains anxiety disorders, which include panic attacks and phobias. The most severe form is agoraphobia, a fear of having a panic attack while away from home or away from one's safety zone – literally a fear of the fear. Two agoraphobics are followed for three years through treatment. In addition, a man suffering from a phobia of poisoning himself talks about his efforts to deal with his problem, and a woman shows how she worked through a fear of flying caused by panic attacks.

Researchers from Washington University Medical Center explain their evidence for a biological cause for this problem. Doctors David Sheehan of the University of South Florida Psychiatry Center and Charles Ravaris of the Dartmouth-Hitchcock Medical Center discuss the disorder and its treatment.

Adult, Professional  
28 minutes, order 2-3125-IN

#### Polio And Post-polio Syndrome

*The Doctor Is In Series*

In the first half of this century, polio crippled and killed thousands of people every year in waves of epidemics. Most of them were children. Today many of the survivors are facing new problems. After years of dormancy, their pain and disability are coming back in a condition called post-polio syndrome.

This program looks at post-polio syndrome and reviews the history of polio. We meet a mother and her one-year-old boy who is recovering from a rare case of polio, and we talk to Dr. Ciro de Quadros of the Pan American Health Organization about world-wide polio eradication. The show includes interviews with Dr. John Modlin of The Dartmouth-Hitchcock Medical Center and Dr. Lauro Halstead, medical director of the National Rehabilitation Hospital's Post-Polio program.

Adult, Professional  
28 minutes, order 2-2139-IN



### Learning Resources

#### Population At Large

*Healthy Living: Road To Wellness Series*

Examines the widespread obsession to lose weight because of hype from the media and diet industry. Who stands to gain or lose will be questions for students to consider as they explore the diet explosion, the non-diet movement and the various causes behind society's preoccupation with weight. The health risks of weight-loss and social implications of obesity are discussed.

Ages 16 to Adult  
30 minutes, order 5-4961-IN

#### Post Traumatic Stress Disorder

*The Doctor Is In Series*

The term post traumatic stress disorder was first used for Vietnam veterans who came home from the war suffering from depression and rage. But PTSD is not confined to just those involved in wars. Anyone who has lived through an extremely traumatizing event can experience PTSD.

Treatment techniques developed for Vietnam veterans are now being used for these people, and the earlier the treatment, the better the chance for recovery. Host Jamie Guth interviews a Vietnam veteran and follows him in a support group and at home with his wife and children.

She also spends time with an adult woman who is an incest survivor, and two people who survived the 1989 California earthquake.

Adult, Professional  
20 minutes, order 2-2140-IN

#### A Race Between Microbes And Science

*Healthy Living: Road To Wellness Series*

Tuberculosis claims 3 million lives annually. Hepatitis is common. Legionnaires' disease and Ebola fever are just a few of the "new" plagues. And people on all continents are besieged by microbes. This program examines how our immune system is built to fight off microbe invaders, and how preventive strategies may forestall coming plagues.

Ages 16 to Adult  
30 minutes, order 5-4974-IN

#### Repetitive Strain Injuries

*The Doctor Is In Series*

Repetitive strain injuries recover a wide variety of problems, all from doing one activity for too long. Athletes are prone to injury from overuse of shoulder or leg muscles, musicians from practicing for long hours, and one of the most publicized problems occurs when people spend long hours in front of a computer.

This program explains how the injuries develop and how to treat them. But the concentration is on prevention, using proper technique both in sports and at work, and how to adapt a work site to an individual.

Adult, Professional  
28 minutes, order 2-2141-IN

#### Respiratory Safety And Health

Whether they are visible gases and dusts can cause recurrent and sometimes long-lasting respiratory problems.

This program points out to employees why it is important to recognize and guard against respiratory hazards.

Topics covered include how the human respiratory system works, common causes of on-the-job problems, and the use and care of respiratory safety equipment to prevent these problems.

Adult  
10 minutes, order 1-8926-IN

#### Second Opinion: Women's Health Issues

An intimate look at the life-changing experiences of three women in their battle, not only with breast cancer, heart disease and AIDS, but also with the health system and its providers.

Includes perceptive commentary by the authors of the groundbreaking book, *Our Bodies, Ourselves* - on the treatment these women received and on the treatment of women's health in general.

Identifies inequalities in the health care delivery system and helps to empower women seeking medical care.

An invaluable resource for nursing and allied health programs, schools of medicine, women's studies programs, outreach and advocacy groups, patient education, and public libraries. Nominated for an EMMY award.

Adult  
29 minutes, order 9-7193-IN

#### Skin Cancer: We Can Beat It!

Educates viewers about cancer in general, detailing detection, types, treatment, and prevention of skin cancer.

Adult  
10 minutes, order 1-8325-IN



## Learning Resources

### Sleep

*The Doctor Is In Series*

Lack of sleep is a major health hazard. Studies have shown that people are more prone to colds and viral infections when they don't get enough sleep. Yet 40 million Americans suffer from insomnia; another 56 million can't sleep because of pain.

This program explains how to get a good night's sleep. It covers insomnia, breathing disorders like sleep apnea and narcolepsy, restless legs, and disturbances of sleep timing that occur in shift work and from jet lag.

Dr. Peter Hauri of the Mayo Clinic and Dr. Allan Pack of the University of Pennsylvania Center for Sleep Disorders provide tips on how to fall asleep, manage night shifts, and travel across time zones. Dr. Richard Ferber offers advice for parents on how to help infants and young children fall asleep and stay asleep through the night.

Adult, Professional  
28 minutes, order 2-2158-IN

### Smell And Taste

*The Doctor Is In Series*

Can you imagine a life without smell and taste? Think of the important connections between smell and memory. Does a certain odor evoke fond remembrances?

This show travels into the nose and mouth to find out what causes these sometimes wonderful, sometimes horrid sensations.

Host Jamie Guth visits the Monell Chemical Senses Center in Philadelphia and talks to researchers there. Neurologists Lawrence Jenkyn and David Coffey of the Dartmouth-Hitchcock Medical Center discuss connections between the sense of smell and Alzheimer's disease, and psychologist William Cain of Yale University talks about loss of smell in the elderly.

A patient is followed going through the Taste and Smell Clinic at the University of Connecticut, where Dr. April Mott talks about the diagnosis and treatment of taste and smell problems.

Adult, Professional  
28 minutes, order 2-2159-IN

### Smoking And Human Physiology

Every thirteen seconds someone dies due to cigarette smoking and everyday cigarette manufacturers must obtain seven thousand new smokers to replace those

who have died from smoking. This program shows why smoking is considered to be an epidemic in slow motion.

The program discusses how youth and the people of third world countries are vulnerable targets for the tobacco industry's expansion.

Using live action photography, including dramatic scenes inside the lungs, arteries, and womb, this production illustrates graphically how smoking affects the body.

The emphasis is on physiological effects, so it would be appropriate for science or health classes as well as individual viewing. No teacher guidance is necessary.

Ages 16 to Adult  
19 minutes, order 1-8512-IN

### Smoking: Truth Or Dare? (Library Version)

*The Teen Files Series*

*"Emphysema kills you slowly for 20 years. So it's not the dead part that's the bad thing. It's the dying."* Pam Laffin, 28-year-old emphysema sufferer.

Hosted by Leeza Gibbons with appearances by Boyz II Men, Judd Hirsch, Jeff Bagwell, Christy Turlington, and Donna Shalala, U.S. Secretary of Health and Human Services.

Six thousand American teenagers light a cigarette for the first time every day. Today, the number of teen smokers in the United

States is the highest it's been in two decades. A total of four and a half million teens smoke or chew tobacco.

Despite increased education in the classroom about the very real dangers of tobacco use, many teens still are not getting the message. They may be aware how smoking or chewing has dire consequences, but they do not believe or care that they, too, will become part of the statistics; every year, smoking kills more people than AIDS, drug abuse, car accidents and murder - *combined*.

Recently broadcast on national television, this a powerful program that graphically demonstrates exactly what this deadly habit does to a body. The damage smoking or chewing tobacco does to our bodies is not just something intangible that teens might have to face forty or more years down the road. These young people are suffering the deadly effects of their use right now, and the consequences will only get worse.

Ages 12-18, Adult  
52 minutes, order 1-9297-IN



## Learning Resources

### The Sneeze: How Germs Are Spread

This short, engaging computer-animated demonstration of how germs are spread will make hand washing an unforgettable necessity in the minds of everyone who views it.

The program opens with bacteria busily dividing inside a mouth. We travel with them as they go to a party. After being sneezed onto the host's hand, the germs are transferred to a doorknob as he enters and are then picked up on the hands of others opening the door. One germ-laden partygoer handles several donuts before selecting one, leaving germs on everything she touches.

With infections and resistant diseases on the increase, it's time to remind everyone - especially food handlers, medical workers and children - how germs are spread and why its is so important to wash hands often.

All Ages  
3 minutes, order 1-8976-IN

### Stress

*The Doctor Is In Series*

Stress is a daily part of our existence. Uncontrolled, it can make us sick and unhappy. This show looks at the many ways stress can affect people of all ages, children included, and demonstrates proven methods of coping with the pressures of life.

A young mother and career-driven businessman are followed. Maryann Collins Corsello of York, Maine, explains the new program she developed to help school children deal with stress. Dr. Don Catino, an internal medicine specialist from New London, New Hampshire, explains how stress can make us physically ill. Dr. Robert Weiss, Dean Emeritus of the School of Public Health at Columbia University, talks about the impact of stress on the immune system. Ann Marie Burke tells how she believed her ability to deal with stress affected her cancer, and Dr. Tim Ahles, a Behavioral Medicine Specialist at the Dartmouth-Hitchcock Medical Center, demonstrates how biofeedback can help control stress.

Adult, Professional  
28 minutes, order 2-3126-IN

### Stuttering

*The Doctor Is In Series*

Why do people stutter? What is the best treatment? This program looks at the impact of stuttering on children, teenagers, and adults and shows therapies designed to help them. The emphasis is on learning to live with a long term problem that doesn't have to stand in the way of social enjoyment and career success.

Speech pathologist Barry Guitar of the University of Vermont takes us into a support group for stutterers and demonstrates new

methods of including families in therapy. The show looks at experiments at the National Institutes of Health where scientists are trying to find the physiological cause of stuttering. Also interviewed are speech pathologist Deborah Foltyn of the Dartmouth-Hitchcock Medical Center and John Albach, Director of the National Stuttering Project in San Francisco.

Adult, Professional  
28 minutes, order 2-2161-IN

### NEW RELEASE

### The Truth About Tobacco

Patrick Reynolds, grandson of tobacco magnate R.J.Reynolds, sells teens the cold, hard facts about smoking and other tobacco use. Using satirical ads, cutting edge advertising, and striking personal stories, Mr. Reynolds makes it painfully clear how tobacco users pay a price physically and emotionally.

Mr. Reynolds strikes at the heart of smoking and other addictions in teens' lives by urging them to deal with their problems head-on, and motivates the students to make positive choices throughout their lives.

Ages 15 to 18, Adult  
40 minutes, order 1-2535-IN

### When It Hurts To Work

*The Doctor Is In Series*

Work related injuries are on the rise, from back problems to repetitive motion injuries related to heavy computer use. This show highlights a new type of therapy called work hardening, which helps people prepare for their old jobs or retrain for a new one.

Medical director of the work hardening program at the Dartmouth-Hitchcock Medical Center, Dr. Rex Carr, is interviewed. Host Jamie Guth also visits the Liberty Mutual Research Center in Hopkinton, Massachusetts, where they're trying to find out how much use of fingers, hands and arms is too much, with the goal of establishing guidelines that can be used in the workplace.

Interviewed are Project Director Dr. Stover Snook and Vice President Dr. Allen Cudworth. Jamie Guth also travels to T. Copeland and Sons in Bradford, Vermont, where Foreman Dennis Ross takes her on a tour of the factory that manufactures wood crafted furniture. Here she sees the changes they made to prevent work related injuries.

Adult, Professional  
28 minutes, order 2-2142-IN



## Learning Resources

### Women's Health

*The Doctor Is In Series*

Do women experience heart disease differently from men? Why do they have a higher rate of becoming depressed? Does any treatment that has been developed from research on men work for women? This program examines the lack of medical research conducted on women, and how that has reduced the effectiveness of treatments in the areas of heart disease, depression and alcoholism.

Experts interviewed include Pamela Douglas, cardiologist at Beth Israel Hospital, Gerald O'Connor, epidemiologist at the Dartmouth-Hitchcock Medical Center, Martin Seligman, a psychologist at the University of Pennsylvania, Carl Thoresen, a psychiatrist at Stanford University, and Donald West, Director of the Alcohol and Substance Abuse Program at the Dartmouth-Hitchcock Medical Center.

Adult, Professional  
28 minutes, order 2-3105-IN

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