Curriculum Enhancement Center (CEC)

HEALTH

RESOURCE MANUAL

2013 - 2014
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**Alcohol: Responsible Choices**

**Alcohol Addiction**  
*Films for the Humanities, 1988*  
VC 616.861 AL18 (23 min.)

**Summary:** This program investigates alcoholism as an example of substance abuse. It includes interviews with alcoholics, recovered alcoholics, physicians, researchers and psychiatrists.

**Alcohol Facts: for teenagers only**  
*Sunburst Communications, 1982*  
VC 362.292 Al 18 (31 min.)

**Summary:** Singles out those facts on alcohol especially pertinent to teenagers. Discusses teens' vulnerability to alcoholism, alerts them to warning signs of serious drinking and dangers of mixing drugs and alcohol.

**College Pressures**  
*PBS Video, 1987*  
VC 378.198 C686 (29 min.)

**Abstract:** In this program Tom Cottle talks with teenagers about college related pressure as a factor in drinking and drug abuse.

**Drugs, Alcohol and Pregnancy: what you should know**  
*Human Relations Media, 1992*  
VC 618.3268 D842 (25 min.)

**Abstract:** This program discusses the effects on unborn children of illegal drugs such as crack and cocaine as well as legal substances like alcohol and cigarettes.

**Blood Glucose: diabetes & hypoglycemia**

**Diabetes and its Complications**  
*Springhouse Corp., 1994*  
VC 616.462 D54C (40 min.)

**Summary:** Demonstrates how to detect, manage, and treat common diabetic complications. Covers the acute complications of hypoglycemia and hyperglycemia. Also covers chronic complications including diabetic neuropathy, cardiovascular disease, foot
problems, diabetic eye disease, and diabetic nephropathy. Includes a review of the causes, signs, and treatments of diabetes.

**Diabetes: insulin use and management**  
*Medcom, 1988*  
VC 616.462 D54I (22 min.)

**Summary:** Graphically displays the different kinds of insulin and their characteristic actions in the body, as well as the best injection sites, and the routine of site rotation. Special attention is given to the correct way to give an injection and how to measure an accurate dose.

**Diabetes: listen to your body: hyperglycemia and hypoglycemia**  
*Medcom, 1986*  
VC 616.462 D54L (26 min.)

**Summary:** Portrays the different causes and symptoms of hyper and hypoglycemia, and demonstrates how to recognize each condition. Emphasizes frequent self-monitoring to prevent possible episodes.

**Diabetes Mellitus**  
*Mosby, Inc., 1998*  
VC 616.462 D54M (31 min.)

**Summary:** Discusses how the body normally controls the blood glucose level; compares the pathophysiology of diabetes mellitus, Type 1 and Type 2. Identifies signs and symptoms of acute diabetic complications and hyperglycemia in diabetic patients. Interprets the results of diagnostic tests and the care needed for diabetic patients.

**Diabetes: self-monitoring: glucose and ketones**  
*Medcom, 1986*  
VC 616.462 D54s (22 min.)

**Summary:** Emphasizes the basic techniques and skills of accurate blood glucose monitoring -- timing, blotting, and recording the results. Includes what to do when blood glucose levels are too low or too high, or when ketones appear in the urine.

**People With Diabetes Can Enjoy Healthy Lives!**  
*Eli Lilly and Co., 1994*  
VC 616.462 P39 (14 min.)

**Abstract:** This program shows that if you keep your blood sugar as near normal as possible, you may reduce your risk for long-term eye, kidney, and nerve complications.
Breast Feeding

Breastfeeding: a special relationship
_Eagle Video Productions, 1991_
VC 649.33 B74S (27 min.)

_Abstract_: This program teaches how to breastfeed successfully by reading a baby's signals and recognizing the responses of the mother's body.

Breast feeding: the natural way
_Ross Laboratories, 1979_
VC 649.33 B74 (15 min.)

_Summary_: Educates new and expectant mothers in techniques of breast feeding and includes information on breast development during pregnancy, the mother's diet, and preparation of the breasts prior to the birth of the baby.

Cardiovascular Disease & Hypertension

Heart to Heart: the truth about heart disease
_WGBH Educational Foundation, 1994_
VC 616.12 H351 (62 min.)

_Abstract_: This program presents a lecture by Dr. William Castelli. Much of the information is based on the results of a study of the health of the population from one small Massachusetts town.

Hypertension
_Mosby, 1998_
VC 616.132 H999A (32 min.)

_Abstract_: Identifies signs of "the silent killer" and aids the nurse in helping patients with hypertension before life-threatening complications occur. Differentiates between primary and secondary hypertension. Identifies modifiable and un-modifiable risk factors. Spots hard to detect signs and symptoms that point to potential complications.

Hypertension: your blood pressure is showing and Stress: is your lifestyle killing you?
_Distributed by PBS Video, 1988_
VC 616.132 H999Y 1988 (58)

I Am Joe’s Heart
_Medcom, 1987_
VC 616.1 Ia1h (24 min.)
Abstract: This program uses animation and live action to show the effects of lack of exercise, heavy smoking and overindulgence in fatty foods and alcohol on the heart.

Child Development

Films for the Humanities, 1992
VC 612.65 C436 (60 min.)

Abstract: This program examines a range of subjects categorized under the heading of Child Development, with one to five minute segments per subject.

Newborn: the nature of things
CBS, 1976
VC 612.652 N428 (30 min.)

Summary: Examines the psychophysiological functions of the newborn infant.

Consumerism and Health Care: Making Sound Decisions

A Matter of Life and Death: magic moments and dark hours in the history of medicine
Shanachie Entertainment, 2006
DVD 610.9 M429MA (2 discs; 240 min.)

Contents:
Pt.1. The first breath: Pregnancies with complications ; Saving the premature infant ; The scourge of smallpox ; The breakthroughs of Louis Pasteur ; The fight against tuberculosis ; X-rays and seeing into the human body -- The wild years: The birth control pill revolution ; Syphilis: cupid's poison arrow ; The rise of AIDS ; Searching for the human seed ; Battlefield medicine: from bone saws and wound clamps ; Ether, chloroform and laughing gas --
Pt.2. Mid-life: The inner workings of the heart ; The deadly clotting of blood ; Artificial kidneys and dialysis ; The battle against diabetes ; Unraveling the stomach ulcer mystery ; Drugs from alchemy to pharmacy ; The miracle of penicillin -- Age and death: Lifesaving heart transplants ; 200 years of cancer research ; Radiation and chemotherapy ; The fight against blindness ; Mapping the brain ; Alzheimer's: the disease of the 21st century ; DNA and gene.

Summary: Chronicles 5,000 years in the history of medicine, telling the story of those 'magic moments' of groundbreaking medical discoveries, as well as when it went horribly wrong.

Legal and Ethical Responsibilities
Wisconsin Technical College System Foundation, Inc., 2003
VC 610.73 L522LE (30 min.)
Series: Nursing Assistant - Lesson 14
Managing Our Miracles: health care in America
*Columbia University, 1985*
VC 368.5 M311 (60 min.)

**Summary:** Explores the meaning of medical malpractice to doctors, patients and their attorneys.

**Medicine and Money**
*McGraw-Hill Films, 1976*
VC 368.426 M468   (Pts 1-2; 25 min. ea.)

**Summary:** Investigates the factors which have turned the practice of medicine into an industry. Discusses problems connected with federally-funded programs such as Medicare and Medicaid and focuses on the lack of accountability for both the quality of care and the cost.

**Sick Around America**
*WGBH Educational Foundation, 2009*
DVD 362.10973 SI12AA  (60 min.)

**Contents:** Introduction; "We were incredibly lucky"; Stories of a broken system; More pitfalls; How to get a fairer system?; Change is coming; Credits.

**Summary:** As the worsening economy leads to massive job losses--potentially forcing millions more Americans to go without health insurance--FRONTLINE travels the country examining the nation's broken health care system and explores the need for a fundamental overhaul. This film dissects the private insurance system, a system that not only fails to cover 46 million Americans, but also leaves millions more under-insured and at risk of bankruptcy. Around the world, other developed democracies offer universal health care, requiring insurance companies to cover everyone. At its best, American health care can be very good. But not if people across the U.S. are forced into making life decisions--staying in jobs and even bad marriages--to find or keep health insurance.

**Sick Around The World**
*WGBH Educational Foundation, 2009*
DVD 362.10973 SI12AW    (60 min.)

**Contents:** *Great Britain:* a world leader in preventive medicine; *Japan:* universal coverage, no gatekeepers; *Germany:* a popular largely market-based system; *Taiwan:* a new system they copied from others; *Switzerland:* before reforms, its system resembled ours.

**Summary:** "Four in five Americans say the U.S. health-care system needs "fundamental" change. Can the U.S. learn anything from the rest of the world about how to run a healthcare system, or are these nations so culturally different from us that their solutions would simply not be acceptable to Americans? FRONTLINE correspondent T.R. Reid examines first-hand how other advanced capitalist democracies -- United Kingdom, Japan, Germany, Taiwan and Switzerland-- deliver healthcare and what the United States might learn from their successes and their failures."--Container.
CPR & First Aid

Community CPR
Mosby Lifeline, 1993
VC 616.0252 C737C (110 min.)

Abstract: This program gives instructions on what actions to take in various emergency situations.

Community First Aid
Mosby Lifeline, 1993
VC 616.0252 C737F (37 min.)

Abstract: This program gives instructions on what steps to take in various emergency situations.

Depression

Depression
PBS Video, 1988
VC 616.8527 D442L (27 min.)

Abstract: This program examines clinical depression, a serious condition that often results in suicide.

Depression: a living hell
Films for the Humanities and Sciences, 2004
DVD 616.8527 D442DE (52 Min)

Abstract: Examines and investigates clinical depression. Researchers discuss results of studies, inquiries, and defines case studies of the illness.

Depression: beyond the darkness
MPI Home Video, 1990
VC 616.8527 D442B (48 min.)

Abstract: This program explores the true nature of depression and the misconceptions surrounding this treatable illness.

Obesity and depression
PBS Video, 1988
VC 616.398 OB2L 1988 (58min)
**Dying and Death: The Last Transitions**

*Aging: how to die young ... as late as possible*
*KERE-TV, 1988*
VC 612.67 Ag47h (27 min.)

**Abstract:** This program presents the process of aging and discusses diseases that develop as aging occurs.

**A Journey Shared**
*Slidell Memorial Hospice, 1994*
VC 362.175 J826 (13 min.)

**Abstract:** This program explains how the hospice program helps terminally ill patients face death.

**Death and Dying: a conversation with Elizabeth Kubler-Ross, MD**
*WITF TV, 1975*
VC 155.9 D349 (29 min.)

**Summary:** Kubler-Ross explains how she handles death in her own family and shares her views on euthanasia and death with dignity. She also expresses her belief that "beyond a shadow of a doubt" there is life after death.

**Growing old in a new age**
*The Annenberg/CPB Collection, 1993*
VC 305.26 G919 (Pts 1 – 13; 58 min. ea)


**Abstract:** These programs look at various aspects of aging in American society of the latter 20th century. Older people share their views on various subjects.

**The Aging Process**
*Films for the Humanities, 1992*
VC 612.67 Ag47 (19 min.)

**Summary:** Describes the natural changes due to aging and how to ameliorate its unpleasant effects.
Environment: Influences From the World Around Us
Violence and Safety: Coping in Today's Society

Battered Wives
Learning Corp. of America, 1977
VC 362.8 B322 (44 min.)

Summary: A dramatization which deals with the widespread, but largely concealed social problems of wife-beating. Focuses on two very different marriages, one in which the life of an ambitious young lawyer becomes an easy target for her impatient, repressive husband, and another in which a couple deals with the problem of alcohol.

Child Abuse: the perfect crime
Houston Public Television, 1989
VC 362.76 C436 (55 min.)

Summary: This program provides a broad overview of the definitions and factors involved in child abuse.

Crackdown on Crime
Films for the Humanities, 1994
VC 364.4 C841 (23 min.)

Abstract: This program focuses on some of the solutions to the growing problem of crime.

Date Rape
Films for the Humanities, 1988
VC 362.883 D262 (28 min.)

Summary: In this Phil Donahue program, two victims of date rape are joined by the director of the Rape Treatment Center in Santa Monica, Calif. and Chicago psychiatrist Helen Morrison in discussions about the growing number of these rapes, the psychological trauma involved, and the social and legal difficulties this crime presents.

Date rape: a violation of trust
Films Media Group, 2008
DVD 362.883 D262D (28 min)

Summary: Examines the myths and facts of date or acquaintance rape.

Domestic Violence: behind closed doors
Films for the Humanities, 1994
VC 362.8292 D712b (25 min.)

Abstract: This program shows that domestic violence can be stopped, that healing is possible if there is someone to help. It also shows the social and legal services that make a difference.
Rape: an act of hate
Films for the Humanities & Sciences, 1987
VC 364.1532 R18 (30 min.)

Families of Young Children With Special Needs
Family Crisis
Concept Media, 1996
VC 649.151 F21 (27 min.)

Abstract: This program follows two families as each learns that their child has special needs. It illustrates supportive techniques for revealing a diagnosis and discusses possible parental reactions.

Fertility Control: Responsible Choices for Your Future
“I Lease Wombs, I Don’t Sell Babies” An Inquiry Into Surrogate Motherhood
University of California Extension Center for Media, 1992
VC 346.73017 I1 (46 min.)

Abstract: This program presents an inquiry into the issues of surrogate motherhood.

Infertility
University of California Extension Center for Media, 1992
VC 616.692 In3 (24 min.)

Abstract: This program addresses the major psychological issues encountered by infertile women and explores the possibilities and problems of medical intervention.

Trying Times: crises in fertility
Fanlight Productions, 1980
VC 616.692 T781 (35 min.)

Health: Support for Your Future
Achieving Emotional Maturity: Keys to Your Mental Health
Discovering Psychology
Intellimation, 1989
VC 150 D631 (Pts 11, 12, 15, 18, 20, 23; 30 min. ea.)

Pt. 11. Judgment & decision making; Pt. 12. Motivation & emotion
Pt. 15. The self; Pt. 18. Maturing & aging; Pt. 20. Constructing social reality
Pt. 23. Health, mind, & behavior
Discovering psychology  
*Annenberg Media, 2001*  
DVD 150 D631 2001 PT.1-7

**Pt. 1.** Past, present, and promise; Understanding research; The behaving brain; The responsive brain; **Pt. 2.** The developing child; Language development; Sensation and perception; Learning; **Pt. 3.** Remembering and forgetting; Cognitive processes; Judgement and decision making; Motivation and emotion; **Pt. 4.** The mind awake and asleep; The mind hidden and divided; The self; Testing and intelligence; **Pt. 5.** Sex and gender; Maturing and aging; The power of the situation; Constructing social reality; **Pt. 6.** Psychopathology; Psychotherapy; Health, mind and behavior; Applying psychology in life; **Pt. 7.** Cognitive neuroscience; Cultural psychology.

**Summary:** Updated edition highlights major new developments in the field, offering an overview of classic and current theories of human behavior. Leading researchers, practitioners, and theorists probe the mysteries of the mind and body. Based on extensive investigation and superior scholarship, this introductory course in psychology features demonstrations, classic experiments and simulations, current research, documentary footage, and computer animation.

**Understanding Human Behavior**  
*Coast Community College District, 1981*  
VC 150 Un2 (30 min.)  
Pt. 20 - Emotional Development

**Infectious Diseases: A Shared Concern**

**AIDS**  
*Films for the Humanities and Sciences, 1997*  
VC 616.9792 AI25A 1997 (35 min.)

**Summary:** Discusses the nature of the HIV virus and shows how it propagates by utilizing living cells. Examines its organization, the most prominent genes, and reverse transcription---the process by which the virus enters the DNA of its victim. Also discusses the prevention of the reverse transcription process, the development of protease inhibitors and genetically engineered protein vaccines as promising ways of slowing reproduction of the AIDS virus.

**AIDS: Impact on the Family**  
*Films for the Humanities and Sciences, 1990*  
VC 362.196 AI25i (26 min.)

**Abstract:** This program examines some of the realities of AIDS: how it is transmitted, how innocent many of its sufferers are, and how vital to patients and their families community support is.

**AIDS: The Women Speak**
Films for the Humanities and Sciences, 1990  
VC 362.196 Ai25w (28 min.)

**Abstract:** In this program, women tell how AIDS has affected them as patients, family members, or members of support systems.

And The Band Played On  
*HBO Home Video, 2001*  
DVD 791.4572 AN22A (140 min.)

**Summary:** Follows the struggle of a handful of strong-willed men and women who took on the fight to save lives in the face of a mysterious illness now called AIDS.

Ignoring The Risks: teenage pregnancy and aids  
*Films for the Humanities, 1993*  
VC 362.196 Ig5 (28 min.)

**Abstract:** This program shows interviews with teenagers who are pregnant or already parents, discussing the dangers and consequences of early and unprotected sexual activity.

Sexually Transmitted Diseases  
*Films for the Humanities, 1987*  
VC 616.95 SE91 (19 min.)

**Summary:** (Producer) This examination of the STD epidemic focuses on chlamydia, herpes, and venereal warts as well as AIDS, strongly emphasizing prevention and early detection through new diagnostic tests. The program explains the complications from infection, including infertility, tubal pregnancy, and infections in babies.

Sexually Transmitted Infections: what we can't see  
*Video Education America, 2006*  
DVD 614.5 SE92T (29 min.)

**STI's: facts and fiction**  
*Video Education America, 2010*  
DVD 614.547 SE92T (20 min.)

*Note: This disc is a recorded DVD and may fail to play on some DVD equipment.*

**Summary** Becoming sexually active is a choice many teenagers make - one that should be made with solid understanding of the threats to their health and that of their partners. In this program we take a detailed look at sexually transmitted infections, commonly known as STI's. We specifically focus on the facts and myths, decisions and getting help, symptoms and consequences, and treatment and protection. Also discussed are the differences between STD's and STI's, and how you should deal with a STI should you contract one. Being aware and remaining vigilant to the threat of STI's can reduce the likelihood of suffering long term damage or passing the infection onto someone else.

Tuberculosis: the forgotten plague
Abstract: This program traces the history of TBs re-emergence. It follows patients and their doctors on three continents fighting TB.

Liver, Stomach & Digestion

Constipation: how your care plan can make the difference
Proctor & Gambler, 1991
VC 616.3428 C765 (11 min.)

I Am Joe's Liver
Medcom, 1984
VC 616.3 IA1LI (26 min.)

Abstract: This program uses live-action sequences, animation, and a talking liver to describe how the liver functions, medical problems associated with the liver, and the liver's importance in the human body.

I Am Joe's Stomach
Medcom, 1975
VC 616.3 IA1Lst (25 min.)

Abstract: This program uses three-dimensional animation and live sequences to show the intricate functions of the human stomach and its care through experiences of a figurative person who has problems because of poor eating habits.

Mental, psychological, & behavioral disorders

Alzheimer’s project. The
HBO Documentary Films, 2009
DVD 616.831 AL28P (pt1-3)

Pt.1: The memory loss tapes / directed and produced by Shari Cookson and Nick Doob. Grandpa, do you know who I am? with Maria Shriver / directed and produced by Eamon Harrington and John Watkin. Caregivers / directed by Bill Couturié; producers, Anne Sandkuhler and Bill Couturié (175 min.)

Pt.2: Momentum in science (parts 1 & 2) / produced by Susan Froemke and John Hoffman (120 min.)

Pt.3: Momentum in science: the supplementary series [12 segments] (238 min.).

Summary: The Alzheimer's project features a four-part documentary series (The memory loss tapes; Grandpa, will you remember me?, Caregivers, and Momentum in science), 15 short supplemental films, a website, and a nationwide community-based information
and outreach campaign, to capture what it means to experience the disease, to be a child or grandchild of one who suffers, and to care for those who are affected.

**Losing The Thread: the experience of psychosis**  
*Common Loon Productions, 1992*  
VC 616.89 L897 (56 min.)

**Abstract:** This program is meant to provide a frame of reference for attaining a deeper awareness of the problem of psychosis.

**Diagnosis and Treatment of Attention Deficit Disorder in Children, The**  
*Films for the Humanities, 1995*  
VC 616.8589 AT81 (29 min.)

**Abstract:** This program shows how a diagnosis of attention deficit disorder (ADD) is made and what treatments are working.

**World of Abnormal Psychology, The**  
*The Annenberg/CPB Collection, 1992*  
VC 616.89 W893 (Pts.1 – 13; 58min.ea)

- **Pt. 1.** Looking at abnormal behavior.  
- **Pt. 2.** The nature of stress.  
- **Pt. 3.** The anxiety disorders.  
- **Pt. 4.** Psychological factors and physical illness.  
- **Pt. 5.** Personality disorders.  
- **Pt. 6.** Substance abuse disorders.  
- **Pt. 7.** Sexual disorders.  
- **Pt. 8.** Mood disorders.  
- **Pt. 9.** The schizophrenias.  
- **Pt. 10.** Organic mental disorders.  
- **Pt. 11.** Behavior disorders of children.  
- **Pt. 12.** Psychotherapies.  
- **Pt. 13.** An ounce of prevention.

**Abstract:** These programs cover the spectrum of psychological disorders from simple stress to paranoid schizophrenia.

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**Neurological Disorders/Diseases**

**Epilepsy: taming the brain storm**  
*Films for the Humanities, 1986*  
VC 616.853 EP44 (26 min.)

**Summary:** Explores the misconceptions about epilepsy, describes epileptic seizures, and looks at recent research into its causes and treatment.

**Maintaining Communication with Persons with Dementia: an educational program for nursing home staff and family members**  
*Springer Publishing Co., 1998*  
VC 616.83 M285 (38 min.)

**Stroke**  
*Films for the Humanities, 1987*  
VC 616.81 St87 (20 min.)
Summary: Preventing stroke and restoring stroke victims to maximum functional capacity are the focus of this program, which portrays two victims: a salesman in his mid-sixties and a former Miss American who suffered a stroke at age 28.

**Nutrition and Exercise**

9 Essential Steps to Weight Loss  
*Braun Media, 2006*  
DVD 613.25 N622N (90 min.)

**Summary:** "Dr. Jonny Bowden analyzed over 16 popular diet programs and compiled the best points of each one into an easy-to-follow nine step program that tells you exactly what you need to do to achieve lasting weight loss and vibrant good health."

30 day shred  
*Lionsgate, 2008*  
DVD 613.71 T349D (60 min.)

**Summary:** Jillian Michaels presents three workouts using her "3-2-1 Interval System" designed for maximum weight loss and overall fitness.

Acid/Base Balance: metabolic alkalosis and acidosis  
*Concept Media, 1989*  
VC 612 AC47M (29 min.)

**Summary:** This program focuses on the acid/base imbalances that occur as a result of metabolic dysfunction.

Aerobic dancing: medicine, health, exercise  
*Increase Video, 1983*  
VC 613.71 AE82D

**Summary:** Presents three dance sections in different musical speeds. Discusses the physical aspects of aerobic dancing, stressing placement, weight distribution and alignment in order to minimize chances for injury.

Aerobics: medicine, health, and exercise  
*Increase Video, 1983*  
VC 613.71 Ae82 (27 min.)

**Summary:** Discusses the positive effects of exercise on the cardio-vascular system and musculature of the human body, and the use of exercise in conjunction with diet, for effective weight control. Demonstrates basic aerobic exercises that can be done at home.

Angela Lansbury’s Positive Moves: A Personal Plan for Fitness and Well-Being at any age  
*Wood Knapp Video, 1988*  
VC 613.7 An43 (50 min.)
Assessing Fluids and Electrolytes  
*Springhouse Corp., 1989*  
VC 612.01522 AS74 (30 min.)

Banish fat boost metabolism  
*Lionsgate, 2009*  
DVD 613.712 B225F (57 min.)

**Summary:** This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn and peel off the pounds. Whether you're just getting started, or ready for a hardcore workout, this program will ignite your metabolism and more.

Beginning Physical Assessment  
*Health Sciences Consortium, 1985*  
VC 616.07 B394 (15 min.)

BULIMIA: The Binge-Purge Obsession  
*Baxley Media Group, 1986*  
VC 616.85263 B872 (25 min.)

**Abstract:** This program discusses the causes and effects of bulimia, and illustrates the classic chain of events that often leads young women into the serious problem of binge-purge behavior.

Characteristics and Properties of Food. Part 2  
*Video Education America, 1999*  
DVD 664 C37P   (24 min.)

**Summary:** This video provides viewers with a comprehensive understanding of three important characteristics and properties that may influence the flavor, texture and appearance in our everyday food preparation and their role in the manufacture of food products: enzymes, pectin and pigments.

CNN: Nutrition news  
*Guidance Associates, 1988*  
VC 613.2 C112N (19 min.)

**Summary:** A collection of eleven Cable News Network reports on topics in nutrition including discussions of cavity research; teen weight management; clean and lean meat standards; fashion and body perception; tropical oils; light desserts; and foods of the future.

CNN: On the menu  
*Guidance Associates, 1988*  
VC 613.2 C112O (16 min.)

**Summary:** A collection of eleven Cable News Network reports on topics in nutrition including discussions of low fat desserts; menu ideas for citrus fruits; benefits of olive oil; and producing leaner chicken.
Covert Bailey’s Fit or Fat  
*KVIE-TV, 1993*  
VC 613.71 C838  (Pts 1-13; 30 min. ea)  


Diet For A New America: your health, your planet  
*KCET, 1991*  
VC 363.192 D566 (56 min.)

**Abstract:** This program presents the impact of our daily food choices on the health of our bodies and the environment.

Eat Right: using my pyramid  
*Learning Seed, 2006*  
DVD 616.3 EAS1E (24 min.)

**Summary:** Examines the 2005 version of the USDA dietary guidelines and revised food pyramid which emphasizes the importance of physical activity and eating nutrient dense foods.

Enzymes: regulators of body chemistry  
*Human Relations Media, 1985*  
VC 612 EN99 (37 min.)

**Contents:** Pt.1. How enzymes work; Pt.2. Enzymes and health.

Executive Diet Helper  
*Ohio Distinctive Software, 1995*  
CD 613.25 Ex31

Exercise  
*Films for the Humanities, 1990*  
VC 613.71 Ex37 (28 min.)

**Summary:** Exercise is for everyone, from the very young to the very old. This program discusses the importance of regular exercise in maintaining good health.

Exercise: shaping up  
Distributed by PBS Video, 1988  
VC 613.71 EX37S (29 min.)

**Abstract:** This program discusses the effects of exercise on physical health, extending life expectancy, and prevention of heart disease and other ailments.
**Fast food nation**  
*Twentieth Century Fox Home Entertainment, 2006*  
DVD 791.4372 F265F (114 min.)

**Summary:** If it's true that we are what we eat, then how do we even know who we are? Don Anderson is trying to balance his search for the truth with an apparent desire not to do anything that might hurt his career. Raul and Sylvia, having crossed the border illegally, take up dangerous, stomach-turning jobs at the meat-processing plant. Amber is a teenage burger-slinger who wants to both change the world and get out of town. These two desires--to fight the system and to win by its rules--are not necessarily incompatible, though they may seem contradictory. Everyone has something to say, but hard ethical choices are set down by the logic of 21st-century consumer capitalism.

**Fat, sick, & nearly dead**  
*Reboot Media, 2011*  
DVD 616.398 F268S (97 min.)

**Summary:** Filmmaker Joe Cross, recently obese and unhealthy, travels the United States promoting to all he encounters a lifestyle "reboot" centered around consuming only fruit and vegetable juices. Along the way he meets Phil Staples, a morbidly obese man to whom Cross offers his reboot cure.

**Food, Inc.**  
*Magnolia Home Entertainment, 2009, 2008*  
DVD 338.19 F739F (91 min.)

**Summary:** Explores the U.S. commercial food industry, examining corporate control of supply and market. The film seeks to demonstrate how the incentive for corporate profit can overwhelm consumer health needs, as well as the livelihood of the American farmer, the safety of workers and the environment. Reveals various details of food ingredients and additives, and how contemporary mass production methods of food affects U.S. culture.

**Forks over knives**  
*Monica Beach Media, 2011*  
DVD 613.28 F764O 2011 (96 min.)

**Summary:** This film examines the claim that most if not all degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. It traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Although they didn't know each other, their individual research led to startlingly similar conclusions: degenerative diseases could usually be prevented--and in many cases reversed--by adopting a whole food, plant-based diet. Despite the profound implications of their findings, their work has remained relatively unknown to the public. The filmmakers explore the ancient idea of food as medicine, following "reality patients" who have adopted a whole foods plant-based diet as the primary approach to treat their ailments.

**Jane Fonda’s New Workout**  
*RCA Video Productions, 1985*  
VC 613.7 J253n (90 min.)
**Jane Fonda’s Workout**  
*RCA Selectavision, 1982*  
VC 613.7 J253 (90 min.)

**Jillian Michaels for beginners**  
*Gaiam, 2011*  
DVD 613.71 J563B (97 min.)

**Summary**: The first step in fitness just got easier. Join Jillian Michaels, as she takes you through beginner circuits of cardio and strength exercises that will help melt away the pounds and build muscle. The frontside workout focuses on the muscles in your chest, shoulders, triceps, abdomen, and quadriceps. The backside workout targets your back, buns, hamstrings, and biceps. Join former contestants from The biggest loser, Kimmi Dove, Shane Giles and Pete Thomas, as they workout along with you and provide limitless motivation with their inspirational interviews.

**Leslie Sansone walk away the pounds one mile walk**  
*Good Times DVD, 2005*  
DVD 613.7 SA58W (18 min.)

**General note**: Accompanies book: Walk away the pounds : the break through six-week program that helps you burn fat, tone muscle, and feel great without dieting by Leslie Sansone.

**Lilias! Alive With Yoga**  
*Nityananda Institute, 1986*  
VC 613.7 L627

**Matter of Fat, A**  
*Films for the Humanities, 1988*  
VC 616.398 M429 (26 min.)

**Summary**: Examines the biochemical and genetic explanations for obesity, the "seesaw" relationship between dieting and regaining weight and the "set point" theory. Also shows ongoing research into the biochemistry of weight gain.

**Menu Planner**  
*Ohio Distinctive Software, 1995*  
CD-ROM 641.563 M529

**No more trouble zones**  
*Lionsgate, 2009*  
DVD 613.712 N66M (58 min.)

**Summary**: Get into the zone with TV's kick-butt trainer, Jillian Michaels, and tackle stubborn problem areas with her sure-fire circuit training formula that combines upper and lower-body sculpting moves to obliterate fat even faster.
**Nutrients: their interactions**  
*Video Education America, 2002*  
DVD 613.2 N959I (22 min.)

**Summary:** Looks at nutrients in food. Examines what they are and why we need them. Focuses on vitamins A, B1, B3, B6, B12 folate, vitamins C & D, iron, calcium, phosphorus, iodine and sodium.

**Nutrition & Exercise: facts to live by**  
*Informed, Inc., 1995*  
VC 616.1205 N959 1995 (26 min.)

**Summary:** Basic information on nutrition and exercise to help prevent heart disease.

**Nutrition: eating to live or living to eat & Obesity: the slimming of America**  
*KERA-TV. Distributed by PBS Video, 1988*  
VC 612.3 N959 1988 (58 min.)

**Nutrition: foods, fads, frauds, facts**  
*Guidance Associates, 1986*  
VC 613.2 N959 (22 min.)

**Summary:** Examines the sociology of American eating habits, probes psychological factors governing the development of personal tastes, and outlines basics of daily nutrition.

**Oh, my aching back and Exercise: shaping up**  
Distributed by PBS Video,  
VC 617.564 OH1 1988 (58 min.)

**Physiology of exercise, The**  
*Films for the Humanities and Sciences, 1987*  
VC 612.044 P569 (15 min.)

**RealAge makeover, The**  
*DPTV Media, 2005, 2006*  
DVD 306.4613 R229R (100 min)

**Summary:** Dr. Roizen provides the proper tools needed to incorporate changes to daily routines, so that men and women can look, feel, and actually be many years younger than their calendar age.

**Shred-it with weights. Levels 1 & 2 workouts**  
*Lionsgate, 2010*  
DVD 613.712 SH84W

**Summary:** Get ready for a fresh, dynamic way to work out! Jillian Michaels adds extra weight to her hardcore circuit training techniques for a total-body workout designed to burn maximum fat. Using a kettlebell or a single hand weight helps you build lean
muscle and burn mega calories with two 30-minute boot camp workouts. Begin with Level 1 and progress to Level 2 for maximum body-shredding results. Stick with Jillian's program and you'll see extreme weight-loss results in just 30 days!

**Sports Nutrition: facts and fallacies**
*Increase Video, 1983*
VC 613.2 SP67 (28 min.)

**Staying Fit**
*Films for the Humanities & Sciences, 1987*
VC 613.7 ST29 (19 min.)

**Summary:** A patient recovering from heart bypass surgery explains how he turned his life around through daily exercise and a change in lifestyle.

**Super Size Me**
*Hart Sharp Video, 2004*
DVD 394.10973 SU76S (100 min.)

**Summary:** Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once, and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.

**Sweatin’ to the Oldies**
*Deal-A-Meal, 1988*
VC 613.7 Sw31 (47 min.)

**Sweatin’ to the Oldies 2**
*Deal-A-Meal, 1990*
VC 613.7 Sw31t (64 min.)

**Weight Loss Planner**
*Ohio Distinctive Software, 1995*
CD 613.25 W427

**Weight Watchers Easy Shape-Up**
*Time Life Video, 1991*
VC 613.71 W427 (Pts 1 – 3:50 min. ea)

**Pt. 1.** Upper body workout; **Pt. 2:** Healthy back and waist workout; **Pt. 3:** Lower body workout
Yoga meltdown. Levels 1 & 2 workouts  
*Lionsgate, 2012*  
DVD 613.7046 Y75M (66 min.)

**Summary:** Jillian Michaels introduces a new yoga workout unlike any other. Combining hard-core yoga power poses with her dynamic training techniques, Michaels gets real weight-loss results fast. Contains two complete 30-minute workouts that include a warm-up and cool down. Begin with the Level 1 workout which focuses on quickly flowing yoga sequences to burn mega calories. Then progress to Level 2 which adds twists and balance poses for an even greater burn.

You on a Diet  
*DPTV Media, 2007*  
DVD 641.563 Y83Y (100 min.)

**Summary:** Provides complete and easy to follow action steps on how to diet smart. In depth instruction on how to reorganize your lifestyle to start building a healthier, slimmer you. Learn to: determine your ideal waist size & discover why waist is most important; decode food labels; use food to help you lose waist & weight; eat to energize your body and decrease binging; incorporate exercise into your daily routine; restock your kitchen so it makes you lose inches & pounds; select healthy grains to make you younger and thinner.

You on a diet workout: 3 exercise levels on one DVD  
*Salient Media, 2006*  
DVD 613.712 Y83Y (60)

**Contents:** Beginner -- Intermediate -- Advanced.

**Summary:** Joel Harper leads viewers through a set of exercises designed to help them firm, tone, and lose weight.

Your Body, Your Diet And Cholesterol  
*National Dairy Council, 1986*  
VC 616.1 Y88 (21 min.)

Pregnancy and Childbirth

A New Life  
*Films for the Humanities, 1991*  
VC 612.6 N42 (26 min.)

**Abstract:** This program looks at the changes that occur during pregnancy - from the moment of fertilization to birth.

Fetal Alcohol Syndrome
Films for the Humanities, 1992
VC 618.3268 F43 (19 min.)

**Abstract:** This program shows how alcohol ingested by the mother affects the fetus and describes the common characteristics of children with FAS.

**Gentle Birth Choices**
*Healing Arts Press, 1996*
VC 618.45 G289 (46 min.)

**Ignoring the risks: teenage pregnancy and AIDS**
*Films for the Humanities, 1993*
VC 362.196 IG5 (28 min.)

**Abstract:** This program shows interviews with teenagers who are pregnant or already parents, discussing the dangers and consequences of early and unprotected sexual activity.

**In The Womb**
*Ambrose Video, 1994*
VC 612.63 IN1 (26 min.)

**Abstract:** From a single fertilized cell, this program follows the growth of the embryo through the entire nine months to birth.

**Magical Moments of Birth**
*Parenting Pictures, 1990*
VC 612.63 M272 (40 min.)

**Abstract:** This program presents the birth experiences of five families.

**Pregnancy: mom and the unborn baby**
*Medical Media, Inc., 1990*
VC 612.63 P913 (67 min.)

**Abstract:** This program shows four different women at different stages of their pregnancy. It helps alleviate fears and misconceptions about pregnancy and physical exams.

**Reducing Risk Factors**
*Concept Media, 1992*
VC 616.24 R249 (30 min.)

**Abstract:** This program discusses environmental factors in pregnancy that contribute to birth defects and low birth weight.

**Teenage Pregnancy**
*Films for the Humanities and Science, 1990*
VC 618.2 T229 (26 min.)
Summary: This program follows several teenagers through the births of their children and subsequent changes in their lives. The program also covers problems caused in the past when some girls gave their babies up for adoption.

**Psychoactive Drugs: Use, Misuse, and Abuse**

*Alcoholism & Chemical Dependency in Women*
*Hospital Satellite Network, 1985*
VC 616.861 AL18w (29 min.)

**Abstract:** From the fifth annual Betty Ford Center conference, this program heightens awareness of the prevalence of drug and alcohol dependency in present day society.

*Altered States: a history of drug use in America*
*Films for the Humanities, 1993*
VC 362.29 Al79 (57 min.)

**Abstract:** This program focuses on the history of America's drug use and abuse, from the days of the early settlers up to today.

*Animated Neuroscience and the Action of Nicotine, Cocaine, and Marijuana in the Brain*
*Films for the Humanities and Sciences, 2005*
DVD 615.78 AN54A (25 min.)

**Abstract:** Using 3D animation, this program takes viewers deep into the brain to study effects of the three substances.

*Crank*
*Films for the Humanities & Sciences, 2003*
DVD 362.2917 C851CR (56 min.)

**Abstract:** The number one drug problem in rural America. Methamphetamine or crank is a cheap, easy to make, and has the lowest recovery rate for adults. Discusses the history of the drugs and explains its wildfire spread in rural areas.

*Drugs, Alcohol & Pregnancy: what you should know*
*Human Relations Media, 1992*
VC 618.3268 D842 (25 min.)

**Abstract:** This program discusses the effects on unborn children of illegal drugs such as crack and cocaine as well as legal substances like alcohol and cigarettes.

*Drug Free Kids: a parent’s guide to childhood drug abuse*
*LCA, 1987*
VC 613.8 D842 (70 min.)

**Drugs: uses and abuses - narcotics**  
*Cambridge Educational, 2005*  
DVD 362.293 D842DR (29 min.)

**Abstract:** Discusses the history of legal and illegal drugs as well as physical, mental effects on the user. Includes interviews with doctors, counselors, and former users.

**Drugs: uses & abuses video series**  
*Cambridge Educational, 2005*  
DVD 616.86 D842U (Pts. 1 – 8)

**Pt. #**
1. Sedatives (32 min.)
2. Narcotics (29 min.)
3. Stimulants (39 min.)
4. Psychedelics & Hallucinogens (29 min.)
5. Inhalants (20 min.)
6. THC (30 min.)
7. PCP & Ketamine (17 min.)
8. Steroids (24 min.)

**Summary:** Each program in the series discusses the history of individual legal and illegal drugs, the physical and mental effects on the user, and variations of drugs in each classification. Includes interviews with doctors, substance abuse counselors, and former users. Provides a comprehensive overview of medicinal uses and illegal abuses of sedatives, narcotics stimulants, etc.

**Hooked: America on meth**  
*Films for the Humanities & Sciences, 2006*  
DVD 616.863 H763A (11 min.)

**Summary:** "This ABC news program reports on the Montana meth Project, an organization undertaking an aggressive plan to "unsell" meth--with an ad campaign designed to frighten Montana's youth into avoiding the drug. Highlighting the campaign's gritty imagery and language involving prison, rape and prostitution, the report includes information on the project's financing, how the ads play out in Montana's teen demographic, and the need for long-term antidrug programs."

**LSD and Ergot**  
*Films for the Humanities, 1995*  
VC 581.634 L959 (26 min.)

**Abstract:** This program shows the use of LSD and other psychedelic drugs by medical researchers, to treat pain in terminally ill patients, and by a shaman in a healing ceremony.
Marijuana and Your Mind
*Sunburst Communications, 1982*
VC 362.293 M338 (31 min.)

**Summary:** Focuses on the known physical and emotional risks teenagers run when they smoke marijuana. Urges students to cope with anxieties on their own without turning to marijuana for help.

Say “No” To Drugs
*Academic Industries, 1987*
VC 613.8 Sa99 (17 min.)

Snowbabies: the innocent victims
*Snowbabies, Inc., 1989*
VC 618.3268 Sn61 (24 min.)

**Abstract:** This program shows the devastating effects of alcohol and drug use on newborns, a problem that is reaching epidemic proportions in hospitals around the country.

Substance Misuse
*Films for the Humanities, 1994*
VC 362.2917 Su16 (28 min.)

**Abstract:** This program examines the most commonly misused substances, explaining the effects of each and the problems it can cause.

The Los Angeles Lakers “Just Say No!”
*CBS/Fox Video, 1987*
VC 613.8 L896 (20 min.)

The Mind
*PBS Video, 1980*
VC 152 M662

Pt.4 – Addictions (60 min.)

**Sexuality: A Variety of Behaviors and Relationships**

From puberty to menopause and When sex was good, it was very, very good; when it was bad
*Distributed by PBS Video, 1988*
VC 612.661 F925 1988 (58 min.)

Human Animal, The
*Films for the Humanities, 1986*
VC 150 D714h

Pt5 - The Family (45 min.)
Love: the ultimate affirmation
*Univ. of Wisc., 1980*
VC 152.4 L941u (58 min.)

Love: what is essential is invisible to the eye
*Univ. of Wisc., 1974*
VC 152.4 L941 (88 min.)

When Sex Was Good, It Was Very, Very Good; When It Was Bad . . .
*Distributed by PBS Video, 1988*
VC 616.69 W574 (28 min.)

**Abstract:** This program examines the psychological and physical causes of sexual problems in adults.

Zig Ziglar Video Presentations
*Zig Ziglar Corp., 1986*
VC 158.1 Z64

Pt 4 - Courtship After Marriage (55 min.)

**Sexuality: Biological and Psychosocial Origins**

Discovering Psychology
*Annenberg Media, 2001*
DVD 150 D631 2001

Pt. 5 - Sex and Gender; Maturing and aging (180 min.)

Discovering Psychology
*Intellimation, 1989*
VC 150 D631

Pt. 17 - Sex and Gender (30 min.)

Human Animal, The
*Films for the Humanities, 1986*
VC 150 D714h (Pt1,2)

Pt. #
1. Love & Sex (45 min.)
4. Woman and Man (45 min.)

Love: the ultimate affirmation
Stress: Managing the Unexpected

Brain, The
WNET TV: distributed by Films, Inc., 1984
VC 612.82 B731
Pt. 4 – Stress and Emotion (60 min.)

Hypertension: your blood pressure is showing and Stress: is your lifestyle killing you?
Distributed by PBS Video, 1988
VC 616.132 H999Y 1988 (58)

Understanding Human Behavior
Coast Community College District, 1981
VC 150 Un2
Pt. 14 - Stress (30 min.)

Managing stress
Cambridge Educational, 2000
VC 650.13 M311SM (20 min.)

Summary: Provides an explanation of the effects of emotional stress, and offers advice on how to manage and deal with it.

Managing Stress, Anxiety, and Frustration
Human Relations Media, 1985
VC 152.4 M311 (55 min.)

Contents: What is stress?; Stress and the body; Relaxation techniques; Life-management skills.

Managing stress through humor & choice
Aquarius Productions, Inc., 1997
VC 155.9042 M311 (50 min.)

Summary: Lecturer and stress management specialist Loretta LaRoche discusses the value of using humor to relieve stress.

Post-Traumatic Stress Disorder
Films for the Humanities, 1990
Abstract: In this program, host Jamie Guth interviews a Vietnam veteran and follows him in a support group and at home with his wife and children.

The relaxation response
Films for the Humanities, 1992
VC 155.9211 R279

Abstract: The relaxation response is explained and students are guided through some exercises designed to trigger the response. Flotation tanks are also discussed.

Stress Management: a positive strategy
Time Life Video, 1990
VC 155.9042 St83 (Pts. 1 - 5; 30 min. ea.)
Pt. #
  1. Becoming Aware
  2. Taking Stock
  3. Managing Yourself
  4. Solving Problems
  5. Looking Ahead

Suicide
Everything to Live For
Films for the Humanities, 1987
VC 616.858445 EV27 (52 min.)

Suicide: causes and prevention
Human Relations Media, 1976
VC 616.858445 SU37 (32 min.)

The Maturing Adult: Moving Through Transitions
Discovering Psychology
Annenberg Media, 2001
DVD 150 D631 2001
Pt. 5 - Sex and Gender ; Maturing and aging (180 min.)

Discovering Psychology
Intellimation, 1989
**Factors in Healthy Aging**  
*Films for the Humanities, 1991*  
VC 612.67 F119 (28 min.)

**Summary:** Researchers explains the theories and finding from the field of geriatrics on what causes people to age at different rates.

**From Puberty To Menopause And When Sex Was Good, It Was Very, Very Good; When It Was Bad ...**  
*Distributed by PBS Video, 1988*  
VC 612.661 F925 1988 (58 min.)

**Geriatric Symptom Assessment and Management**  
*Mosby-Year Book, 1998*  
VC 615.8208 G315 (128 min.)

**Contents:**
- Module 1: Symptom assessment framework
- Module 2: Cardiopulmonary
- Module 3: Gastrointestinal
- Module 4: Neuromuscular and urinary

**Gerontology: meeting mental health needs**  
*Medcom, 1987*  
VC 612.67 G319ME (30 min.)

**Summary:** Discusses normal and abnormal mental health changes of aging and demonstrates guidelines for intervention.

**Gerontology: meeting mobility, sexual, and nutritional needs**  
*Medcom, 1987*  
VC 612.67 G319MO (35 min.)

**Summary:** Reviews normal age-related physiologic changes. Highlights functional impairment, osteoporosis, rheumatoid arthritis, degenerative joint disease, sexual dysfunction and nutritional problems.

**Gerontology: meeting oxygenation and fluid and electrolyte needs**  
*Medcom, 1987*  
VC 612.67 G319O

**Summary:** Reviews age-related changes affecting oxygenation and fluid and electrolyte balance. Discusses coronary artery disease, chronic obstructive pulmonary disease, congestive heart failure, incontinence and diverticular disease.
Growing Old: something to live for  
*McGraw-Hill Films, 1978*  
VC 301.43 G919

**Summary:** Reviews the facts and myths about aging. Considers how the elderly view themselves and how they are regarded by the rest of the population.

Mind, The  
*PBS Video, 1980*  
VC 152 M662

Pt.3 – Aging (60 min.)

RealAge Makeover, The  
*DPTV Media, 2006*  
DVD 306.4613 R229R (100 min.)

**Summary:** Dr. Roizen provides the proper tools needed to incorporate changes to daily routines, so that men and women can look, feel, and actually be many years younger than their calendar age.

Seasons of Life: late adulthood  
*Intellimation, 1989*  
VC 155 Se17 (Pts. 4 &5; 60 min. ea.)

Pt. #  
4. Middle Adulthood  
5. Late Adulthood

The Eight Stages of Human Life: adolescence to old age  
*Human Relations Media, 1980*  
VC 155.5144a (65 min.)

**Abstract:** This program explores the physical, mental, and emotional aspects of human development from adolescence to old age.

What’s New About Menopause?  
*WGBH Educational Foundation, 1994*  
VC 618.175 W558 (57 min.)

**Abstract:** This program presents case studies of women of various ages experiencing menopause, including new therapies using hormones.

When Someone You Love Has Alzheimer’s  
*Medcom, 1995*  
VC 618.9768 W574 (33 min.)
Abstract: This program attempts to help us experience what Alzheimer's may be like through short, dramatic segments, and offers practical advice for caregivers.

**Tobacco Use: A Losing Choice**

*Animated Neuroscience and the Action of Nicotine, Cocaine, and Marijuana in the Brain*

Films for the Humanities and Sciences, 2005
DVD 615.78 AN54A (25 min.)

Abstract: Using 3D animation, this program takes viewers deep into the brain to study effects of the three substances.

**I Am Joe's Lung**

Medcom, 1975
VC 612 IA1L (25 min.)

Abstract: This program uses three dimensional animation and live sequences to present the functions of the human lungs, showing what neglect and smoking can do to them.

**If You Love Someone Who Smokes**

Films for the Humanities, 1989
VC 362.296 IF1 (30 min.)

**Kick the Habit**

Films for the Humanities, 1987
VC 362.296 K534 (22 min.)

Summary: This program shows the efforts being made to educate people to the hazards of smoking, explains the conditioning process by which people get hooked on cigarettes, and presents evidence on the dangers of secondary smoke.

**Let's Learn About Smoking**

Health Edco, 1995
VC 613.85 L569 (9 min.)

Abstract: This program discusses the dangers to health caused by smoking.

**Smoking: a research update**

Pleasantville Media, 1984
VC 616.865 SM75 (27 min.)

Summary: Gives young people the latest facts on smoking and the smoking controversy. Designed to help them understand the complexity of the legal, ethical and economic issues, while heightening their awareness of the health risks.
Smoking: hazardous to your health and smoking: kicking the habit
*Distributed by PBS Video, 1988*
VC 616.865 SM75H 1988 (58 min.)

**Viruses, Plagues, Diseases, & Infections**

**Ebola: the plague fighters**
*WGBH Boston Video, 2007*
DVD 614.57 EB72 2007 (54 min.)

**Summary:** When a dreaded outbreak of the deadly Ebola virus swept through a remote region of Zaire in May 1995, Nova was the only film crew permitted to cover the outbreak. The Ebola plague kills a very high percentage of its victims (77% in Kikwit), often by dissolving their internal organs and connective tissue. Learn how disease specialists traced the origins of the outbreak.

**Ebola: the plague fighters**
*WGBH Video, 1996*
VC 614.57 EB72 (55 min.)

**Abstract** This program documents an investigation into the deadly Ebola virus and the 1995 outbreak of the disease in Kikwit, Zaire.

**E. coli: case of the mysterious microbe**
*Films for the Humanities & Sciences, 1998*
VC 616.92 E1 1998 (26 min.)

**Abstract:** (Producer) In this factual case study, revelers at a Burns Day celebration in Scotland become ill. When E. coli is suspected, health officials conduct a medical manhunt to discover its source. During the program, researchers working on the case trace the evolution of the deadly 0157 E. coli strain from animals to ancient humans, and make connections between E. coli and diseases including flu and tuberculosis.

**Kidney Disease**
*Films for the Humanities, 1990*
VC 616.61 K54 (26 min.)

**Abstract:** This program deals with end-state renal disease--progressive kidney failure which, up until a generation ago, was routinely fatal but which can now be treated by means of hemodialysis and organ transplantation.

**Viruses: the mysterious enemy**
*Human Relations Media, 1985, 1982*

Summary: Examines what is known about the tiny, mysterious, protein-covered nucleic acids called viruses and discusses their history, biochemistry, and life cycle. Tells how medical science is trying to eliminate this threat.

With Every Breath: the hanta virus
Films for the Humanities & Sciences, 1999
VC 616.925 W772 2000 (26 min.)

Scope and content: (Producer) In 1993, Native Americans in the Southwest were struck by a lethal epidemic that inexplicably caused victims' lungs to fill with fluid. With pneumonia, influenza, pneumonic plague, and even germ warfare agents from a nearby Army depot ruled out, the disease was named Navajo Flu. In this program, medical investigators from the Centers for Disease Control and Prevention, the Indian Health Service, and other health agencies use DNA analysis and intensive research to reveal the true identity of the deadly illness: the hanta virus, transmitted by the droppings of infested mice.