

SUNY Upstate Medical University



**University
Hospital**

MEDICINE AT ITS BEST®

Patient's 5-digit phone extension: _____

Educational Television Guide



SYRACUSE, NEW YORK

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University Hospital has health related videos about subjects such as diabetes, heart disease, diet medications, wellness and stroke. There are also videos just for children and their families and some for relaxation.

This service is free of charge and can be ordered using your bedside telephone on demand 24 hours a day. You do not have to pay for a TV to be able to watch.

There also are several patient education channels that have programs on all day. **Channel 46 has the schedule of programs and channels.**

Some of our videos are closed captioned. In this guide you will notice a **CC** by those.

If at any time you are not sure how to use the system or do not understand the information in a video you have watched please let us know.

Instructions to View a TIGR Program:

1. Dial 4-4747 on your telephone. This will connect you to the Video Order Line.
2. Enter the five-digit telephone number found on your telephone or found on the wall display by the TV.
3. When asked, enter the three-digit code number of the program you wish to view.
4. The Video Order Line will then confirm your choice.
5. The system will instruct you to tune your television to a channel number to view your program.
6. Use your remote control to go to the channel number.

Tell your nurse if you are having difficulty receiving the program.

BONES

- 183 How to be Almost Happy on Crutches**
Helpful tips and encouraging insights, explains how to use crutches.
- 296 Joint Replacement at University Hospital**
- 719 Total Hip Replacement**
Preparing for surgery and post-operative rehabilitation.
- 723 Total Knee Replacement**
Preparing for surgery and post-operative rehabilitation.

CANCER

- 241 Cancer Trials**
An Introduction for Patients and Families.
- 605 Diet, Nutrition and Cancer**
- 606 Embarrassed to Death: Colorectal Cancer**
- 150 Neupogen**
How to give yourself a subcutaneous injection.
- 239 Non Small Cell Lung Cancer**
- 131 Oncology: Radiation Therapy**
Learn about the treatment process, how radiation works, and possible side effects.
- 166 So Many Questions – A Patient’s Guide to Cancer**
Chemotherapy.
- 652 What patients and nurses say about ports**

DENTAL

- 629 Baby Bottle Tooth Decay**
- 627 Brushing with Dudley and Dee Dee**
- 633 The Dangers of Smokeless Tobacco**
- 628 Dudley and Dee Dee in Nutritionland**
- 635 Dudley Visits the Dentist**
- 637 Eating Good Snacks**
- 613 Keeping Your Smile**
Covers dental care of natural teeth, dentures, gum diseases and warning signs of oral cancer.
- 626 Melvins Magical Mouth Museum**
- 638 Mouthguards**
- 631 Prevention Ages 1-5**
- 630 Prevention Ages 6-8**
- 632 Sealants**
- 634 Watch Your Mouth**

DENTAL MINUTE:

- 246 Animal Dentistry**
- 639 Brush & Floss**
- 247 Forensics**
- 248 What If An Object Gets Caught In Your Teeth**
- 249 History of Crowns**
- 250 Dental DNA**
- 251 National Foundation of Dentistry for The Handicapped**
- 252 Sleep Apnea**
- 253 History of the ADA**
- 254 Pregnancy and Oral Health**
- 255 Anorexia and Bulimia**
- 256 Side Effects of Medications**
- 257 Why Do Babies Teeth?**
- 258 History of Root Canal**
- 259 First Dental School**
- 260 Nitrous Oxide in the Dentist’s Office**
- 261 Aging and Root Cavities**
- 262 Dental Myths**
- 263 History of False Teeth**
- 264 Composite Fillings**
- 265 ADA Seal**
- 266 What Are Cavities?**
- 267 Why Baby Teeth Are Important**
- 268 Aging and Toothbrushes**
- 269 Dental Insurance**
- 270 Estrogen and Oral Health**
- 271 History of Orthodontics**
- 272 Can You Over-brush and Over-floss?**
- 273 Bridges**
- 274 Thumbsucking**

- 275 Diabetes**
- 276 General Nutrition**
- 277 Remedies for Bad Breath**
- 278 Gum Grafting**
- 279 Crown Lengthening**
- 280 Tooth Extraction**
- 281 Premedication – When it is Necessary**
- 282 Limiting Sugary Soft Drinks**
- 283 When to Change Your Toothbrush**
- 284 Advances in Pain Free Dentistry**
- 285 Diet and Plaque**
- 286 Baby Bottle Tooth Decay**
- 287 Sealants For Kids**
- 288 Child’s First Visit to the Dentist**
- 289 Fluoridation and Kids Health**
- 290 Crowns**
- 291 Wisdom Teeth**
- 292 Tooth Loss-Health Loss**
- 293 Spotting Oral Cancers**
- 294 Long in the Tooth**
- 295 Are Dental Implants For You?**

DIABETES

- 112 Basic Skills for Controlling Diabetes** **CC**
Introduces recently diagnosed patients to the survival skills they need to put into action.
- 299 Basic Skills for Controlling Diabetes** *Spanish*
- 192 Diabetes and Depression** **CC**
Includes how to recognize symptoms.
- 115 Diabetes and Exercise** **CC**
Learn the importance of designing a personal exercise program.
- 101 Diabetes and Heart Disease** **CC**
Explains why people with diabetes have an increased risk of heart disease.
- 109 Diabetes and Nutrition: Eating for Health** **CC**
Learn how to work with the diabetes care team to develop a personal meal plan.
- 297 Diabetes and Nutrition: Eating for Health** *Spanish*

DIABETES — continued from page 1

- 107 Diabetes and Weight Control** **CC**
Introduces relationship between excess weight, lack of activity, and insulin resistance.
- 110 Diabetes Foot and Skin Care: In Step** **CC**
Gives practical suggestions for maintaining healthy skin and feet..
- 132 Diabetes: Staying In Balance:**
An Introduction to Type 1 Diabetes for Kids and Their Parents.
- 111 Emotional Aspects of Diabetes** **CC**
Helps patients and family express and cope with the emotions surrounding diabetes.
- 108 Healthy Food Choices: Daily Decision Making** **CC**
Learn practical ways to follow the principals of diabetes nutrition.
- 105 Healthy Food Choices: Developing a Plan** **CC**
Explains the principles of diabetes nutrition.
- 812 Injecting Insulin** **CC**
A step-by-step demonstration of how to inject both single and mixed doses of insulin.
- 106 Introduction to Carbohydrate Counting** **CC**
Introduces patients to counting carbohydrates and working with a dietitian.
- 117 Introduction to Diabetes: The Game Plan**
Learn what diabetes is, as well as its symptoms and complications.
- 298 Introduction to Diabetes: The Game Plan** *Spanish*
- 113 Monitoring Your Blood Sugar: Key Concepts** **CC**
Reviews blood sugar and ketone testing, doctor visits, and symptoms of high and low blood sugar.
- 116 Preventing Long Term Complications of Diabetes** **CC**
Learn how high blood sugar can lead to possible heart attack, stroke, loss of vision and others.

- 191 Putting Carb Counting into Practice**
- 104 Sick Day Management: Recognizing the Red Flags** **CC**
Patients learn why blood sugar rises when they are sick.
- 114 What is Diabetes? (Type 2)** **CC**
Describes how blood sugar builds up in the bloodstream and components of treatment plan.

DIETARY

- 109 Diabetes and Nutrition: Eating for Health** **CC**
Patients learn how to work with diabetes care team to develop a personal meal plan.
- 297 Diabetes and Nutrition: Eating for Health** *Spanish*
- 604 Eat and Be Healthy** **CC**
Examples of how to add more low fat foods to the diet while limiting high fat foods.
- 601 Eating Healthy for a Healthy Heart**
Provides nutrition information aimed at controlling dietary fat intake and reducing cholesterol.
- 818 Feeding Skills: Your Baby's Early Years**
Discusses the importance of feeding your baby nutritious food.
- 108 Healthy Food Choices: Daily Decision Making**
Learn practical ways to follow the principals of diabetes nutrition.
- 105 Healthy Food Choices: Developing a Plan** **CC**
Explains the principles of diabetes nutrition.
- 106 Introduction to Carbohydrate Counting**
Introduces patients to counting carbohydrates and working with a dietitian.
- 194 Lowdown on Cholesterol**
Includes information on trans-fatty acids, natural cholesterol reducers, and food labels.
- 195 Part 1:** Heart disease and cholesterol
196 Part 2: Fat and calories
197 Part 3: Saturation/Hydrogenation
198 Part 4: Fiber, Folate, Phytochemicals

- 122 Nutrition for the Heart Failure Patient** **CC**

Stresses the importance of complying with the nutritional component of the treatment plan.

- 191 Putting Carbohydrate Counting into Practice** **CC**

Reviews the basic elements of carbohydrate counting.

- 605 Diet, Nutrition and Cancer**

HEART

- 640 Cardiac Resynchronization Therapy**
- 703 Coronary Angioplasty**
This video takes patients through the angioplasty procedure.
- 601 Eating Healthy for a Healthy Heart**
Provides nutrition information aimed at controlling dietary fat intake and reducing cholesterol.
- 705 Emotional Aspects of Heart Disease**
Patients learn how to cope with anger, fear, and other negative feelings.
- 612 Heart Attack: Every Minute Counts**
- 124 Heart Failure Treatment: Getting Started** **CC**
Shows patients how taking an active role in treatment can improve their quality of life.
- 711 Heart Surgery: Getting Ready to Leave the Hospital**
Patients learn what to expect after returning home from the hospital.
- 625 High Blood Pressure: An Introduction to Treatment**
- 609 Introduction to Heart Disease Risk Factors** **CC**
Learn to reduce risk of heart attack by minimizing or eliminating controllable risks .
- 189 Living with your ICD**
Providing information about the implantable Cardiac Defibrillator.
- 708 Living with Your Pacemaker**
- 122 Nutrition for the Heart Failure Patient** **CC**
Stresses the importance of complying with the nutritional component of the treatment plan.

721 Recovering from a Heart Attack **CC**
Stresses the importance of recognizing warning signs and quickly getting to the hospital.

123 Understanding Heart Failure Medications **CC**
Explains how medications available today make heart failure a manageable condition.

725 Understanding Pacemakers
Describes how a pacemaker works.

KIDNEY

704 EPO
Discusses what EPO (erythropoietin) is and how it works to treat anemia.

709 Hemodialysis
Helps patients and their families understand Hemodialysis.

720 Peritoneal Dialysis
Helps patients and their families understand peritoneal dialysis.

724 Transplantation
Helps patients and their families understand transplantation.

MEDICINES

234 Fragmin—Once daily
(dalteparin sodium injection) *Spanish*

235 Fragmin—Once daily
(dalteparin sodium injection) *English*

165 Las Medicinas y Usted (Medicine and You) *Spanish*

153 Lovenex
Guide to self-injection of Lovenex helping recovery at home.

603 Medical Effects of Alcohol Use
Discusses long term effects including alcohol and drug interactions.

123 Understanding Heart Failure Medications
Explains how medications available today make heart failure a manageable condition.

MENTAL HEALTH ISSUES

603 Medical Effects of Alcohol Use
Discusses long term effects including alcohol and drug interactions.

170 Mirror for the Heart
Stories of 5 women illustrate the costs and contributing factors to eating disorders, and the impact on family and friends.

169 Stranger in the House: Schizophrenia and the Family
Documentary that examines 2 families coping and adjusting to this disease.

168 Through the Darkness: Understanding Depression
Examines coping issues related to the disease of clinical depression.

NEUROSCIENCE

658 Act Fast Stroke

164 Gamma Knife® Center
Discusses what to expect during this procedure.

619 Guillain-Barre – Climbing the Ladder to Recovery
Describes the expectations of the disease and recovery.

608 Stroke: Reducing the Risk **CC**
Patients learn the warning signs and methods to reduce the risk.

224 Taking Charge: Living with Epilepsy

243 Understanding Brain Injury
Explains the effects of brain injury and what to expect during recovery.

182 Understanding Complex Partial Seizures
Adults describe their daily challenges of coping with this disorder.

PAIN

706 PCA: Patient Controlled Analgesia
Demonstrates the patient's role in delivery of his/her own pain medication through a computerized pump attached to the IV line.

PEDIATRICS for Parents

236 Age Appropriate Play – The First 12 months
Holding, gazing & talking for bonding and stimulation. Learn motor skills; self-awareness using simple games.

237 Age Appropriate Play – 12 to 24 Months
Stimulating language through reading, singing, and playing games. Begin imitative and imaginative play, motor skills with balls, water, sand and everyday objects.

238 Age Appropriate Play – 2 and 3 Year Olds
Develop fine motor skills using art. Promote positive social behaviors at home and preschool. Improve language with music, stories, books and more.

825 Common Rashes
Description of causes, symptoms and treatment of several common rashes.

818 Feeding Skills: Your Baby's Early Years
Discusses the importance of feeding your baby nutritious food.

653 First Signs My Baby Can Talk

128 Parenting in the ICU

181 Pediatric Tracheostomy Home Care Video
Assists parents of children with tracheostomies in proper home use and care.

648 Portrait of Promise Shaken Baby Syndrome

645 Sudden Infant Death Syndrome

662 Welcome to the Children's Surgery Center

PEDIATRICS for Children

801 All Systems Go
Young people explore some major body systems and learn how they work to make a person "go."

815 Bicycle Safety
Children meet Zeek, a talking bicycle, and follow him as he explores Zones of Danger.

826 Crossing the Line: The Truth About Gangs
An inside look at the consequences of joining a gang, and specific tips to avoid risky behavior that could lead to gang participation.

132 Diabetes: Staying In Balance
An Introduction to Type 1 Diabetes for Kids and their Parents.

PEDIATRICS for Children

—continued from page 3

- 811 Don't Pop Your Cork on Mondays**
Provides children with an understanding of stress, and the importance of stress survival skills.
- 167 Kids Introduction to Ports (Infusaports)**
- 650 Lane's Journey Home**
A child's recovery after burns
- 659 "The Round Up" Starring Billy the Ball**
- 660 Spike's Poison Adventure**
- 805 Your Special Operation**
A 10-year-old girl talks about what children can expect when having surgery.
- 662 Welcome to the Children's Surgery Center**

PREVENTION

- 222 Instructions for Breast Self-Examination**
- 608 Stroke: Reducing the Risk **CC****
Patients learn the warning signs and methods to reduce the risk.
- 200 Smoking—Getting Ready to Quit**
- 242 Ten Reasons to Get and Stay in Shape**

PROCEDURES

- 245 Photodynamic Therapy for Macular Degeneration**

RELAXATION

- 136 A Day Away from Stress (without narration)**
Spend the perfect day in nature while you listen to soothing new age music.
- 143 A Day Away from Stress**
Relaxation techniques are demonstrated.
- 615 Be at Peace (Relaxation)**
Reassuring thoughts to end your day.
- 643 In The Presence of Nature: A Journey through our National Parks**
Part 1

- 644 In The Presence of Nature: A Journey through our National Parks**
Part 2
- 147 Just Relax (without narration)**
Listen to a peaceful blend of classical music and environmental sounds.
- 139 Just Relax (with narration)**
5 relaxation techniques help you melt away stress while you watch scenic vistas.
- 148 Laughing Matters**
Laugh with the experts on humor and stress. Features Dr. Steve Allen, Jr.
- 133 Nothing Is Permanent Except Change**
Learning to manage transition in your life.
- 149 Relaxation Channel Closing**
Beautiful images of nature.
- 134 Relaxation Channel Introduction**
Beautiful images of the Grand Canyon.
- 146 The Relaxation Tape (with narration)**
Five techniques help you relax while you watch beautiful images of nature.
- 141 The Relaxation Tape (without narration)**
Relax to spectacular scenery of nature from sunsets over Big Sur to sunrise over Chesapeake Bay.
- 140 Relaxation Techniques**
- 144 Relaxing Through the Seasons (without narration)**
Visual journey through the four seasons.
- 135 Relaxing Through the Seasons**
Take a relaxing journeys through the four seasons and follow along with exercises.
- 145 Saving for Stress**
Using the analogy of money saved, shows how you can actually prepare for stress.
- 142 Short Circuiting Stress**
Gives tips on how to alter your perception of stress and how to reduce stress.
- 138 Sick of Stress**
Learn about stress, what it is, what it does to the body, and what you can do to cope with it.
- 672 Soothe Yourself**
Images of Wildlife
- 673 The Perfect Day**

RESPIRATORY

- 701 Chronic Obstructive Pulmonary Disease **CC****
Explore treatment options.
- 710 Living with Asthma **CC****
Explains what asthma is and describes the various elements of management.
- 190 Managing Your COPD**
- 240 Pleural Cather Drainage Kit**
Assist the patient in mastering the care and drainage of the Pleeurtz intermittent pleural drainage system at home.
- 200 Smoking—Getting Ready to Quit**
Gives hints that have helped smokers quit smoking.
- 821 Winning Against Asthma**
A boy with asthma learns from cartoon characters about asthma and how to control it.

SAFETY

- 618 Patients Play a Vital Role In Patient Safety**
This video is divided into five sections:
- 620 1. Medications**
Why so many questions?
- 621 2. Being Informed About Your Illness and Treatments**
So many things on my mind.
- 622 3. Expressing Your Concerns**
This pill looks different.
- 623 4. Report Changes in Your Symptoms**
I didn't want to complain.
- 624 5. Instructions for Discharge**
It's a lot to remember.
- 637 Emmi Safety**
Safety tips for patients



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