



24-Hour Nurse Line Audio Health Library

1-800-642-8065

(Hearing impaired members call Relay Oklahoma TTY/TDD 1-800-722-0353 and ask the operator to call 1-800-642-8065 and select the appropriate option.)

H3755_Nurseline Booklet Rev. 8.15

CMS Approval Date: 9/8/2015

Disclaimer

The Audio Health Library is provided for informational purposes only. It is not intended to be used to diagnose or treat any health condition, nor is it intended to be a substitute for medical advice obtained from a qualified health care professional.

The fact that CommunityCare makes information available through the Audio Health Library regarding a variety of health issues and medical conditions should not be construed to mean that coverage is available for that health issue or medical condition under a policy of individual or group health insurance issued by CommunityCare. Please refer to your health plan's policy and/or schedule of benefits for information regarding coverage of particular health issues or medical conditions.

CommunityCare Senior Health Plan is an HMO with a Medicare contract. Enrollment in CommunityCare Senior Health Plan depends on contract renewal. This information is not a complete description of benefits.

Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premiums and/or copayments may change on January 1 of each year.

Welcome to the 24-Hour Nurse Line

Get Medical Advice at any Time

You may call the nurse line 24 hours a day, seven days a week, including weekends and major holidays. Registered nurses are standing by on the telephone with confidential medical advice. They can help you decide what to do about your health problems, whether you need home treatment with over-the-counter medications, a prescription refill or a visit to an urgent care center. Don't ever hesitate to call - the nurses are always available to assist you.

When Should I Call?

If You Need Medical Advice:

- A fever that won't go away
- A bad sore throat
- A late night injury

If You Need Medical Education:

- How much Tylenol is the correct dosage?
- I was just diagnosed with arthritis.
- I need help managing my diabetes.

Audio Health Library: Easily Accessible Health Information

The nurse line also has an Audio Health Library you can access for professional, up-to-date health information on more than 400 topics. Each topic can assist you in making informative healthcare decisions. The Audio Health Library is available 24 hours a day and is completely confidential. Select one or multiple topics at a time.

How Do I Access the 24-Hour Nurse Line?

- Call **1-800-642-8065** (Hearing impaired members call Relay Oklahoma TTY/TDD **1-800-722-0353** and ask the operator to call **1-800-642-8065** and select the appropriate option.)
- Listen for the 24-hour nurse line prompt
- Press **"1"** to speak to a nurse or press **"2"** to access the Audio Health Library
- If you choose the Audio Health Library, select a topic you would like to hear from the topic list
- Enter the **4-digit topic code**
- Listen to the topic
- Enter a new 4-digit topic code at any time while listening to your current topic to advance to a new topic

NOTE: If this is an emergency, please dial **911** or your local emergency medical service.

Audio Library Directory

Allergies

Allergic Reaction	2338
Allergies	1000
Drug Allergies	2770
Food Allergies	1002
Should I Take Allergy Shots for Allergic Rhinitis and Allergic Asthma?	1007

Asthma

Asthma in Teens and Adults	1981
----------------------------	------

Blood and Lymph

Complete Blood Count	1533
Iron Deficiency Anemia	2623
Rh Sensitization during Pregnancy	2756
Swollen Lymph Nodes	1460
Toxic Shock Syndrome	2680

Bones, Joints and Muscles

Ankle Sprain	2105
Arthritis	1030
Arthroscopy	2162
Bunions	1780
Bursitis	2102
Carpal Tunnel Syndrome	2104
Chronic Fatigue Syndrome	1950
Fibromyalgia	1038
Gout	1039
Herniated Disc	1463
Hip Replacement Surgery	2160
Juvenile Rheumatoid Arthritis	1031
Low Back Pain	1450
Lupus	1033
Muscle Cramps and Leg Pain	2106
Neck Pain	1457
Osteoarthritis	2259
Osteoporosis	1032
Plantar Fasciitis	1784

Rheumatoid Arthritis	1034
Rotator Cuff Disorders	2169
Should I Have Knee Replacement Surgery?	2163
Should I have Surgery for a Herniated Disc?	2174
Sports Injuries	1456
Surgery for Carpal Tunnel Syndrome	2151
Temporomandibular (TM) Disorders	1461
Tendon Injury	2103

Brain and Nerves

ALS (Lou Gehrig's Disease)	1060
Alzheimer's Disease	1061
Anorexia Nervosa	2052
Attention Deficit Hyperactivity Disorder	1250
Bell's Palsy	1062
Benign Paroxysmal Positional Vertigo	1453
Bipolar Disorder	1069
Bulimia Nervosa	2053
Carpal Tunnel Syndrome	2104
CT Scan of the Body	1536
Dementia	1071
Depression	2057
Diabetic Neuropathy	1515
Dyslexia	1080
Electroencephalogram	1537
Electromyography and Nerve Conduction Studies	1539
Encephalitis	1064
Epilepsy	1063
Erection Problems	2032
Guillain-Barré Syndrome	1068
Herniated Disc	1463
Insomnia	2400
Magnetic Resonance Imaging	1542
Ménière's Disease	1644
Migraine Headaches	1405
Multiple Sclerosis	1065

Neck Pain	1457
Parkinson's Disease	1066
Should I have surgery for a herniated disc?	2174
Stroke	1067
Stroke Rehabilitation	1081
Surgery for Carpal Tunnel Syndrome	2151
Tension Headaches	1404

Cancer

Be Tobacco Free	1841
Breast Biopsy	1531
Cancer Pain	1105
Care at the End of Life	2245
Colon Polyps	1110
Colorectal Cancer	1113
Hospice Care	2240
Lung Cancer	1124
Ovarian Cancer	1111
Prostate Cancer	1128
Prostate-Specific Antigen Test	1545
Skin Cancer, Melanoma	1129
Skin Cancer, Nonmelanoma	1130
Women's Cancer	1120

Children's Health

Attention Deficit Hyperactivity Disorder	1250
Bed-Wetting	1251
Chickenpox	1254
Child Abuse and Neglect	1240
Childhood Rashes	1278
Domestic Violence	1230
Ear Infections	1264
Ear Tubes	2165
Fever, Age 4 and Older	1455
Healthy Eating for Children	1837
Immunizations	1279
Impetigo	1272

Juvenile Rheumatoid Arthritis	1031
Measles or Rubeola	1274
Mumps	1275
Nausea and Vomiting, Age 4 and Older	1462
Pinworms	1280
Reye Syndrome	1259
Roseola	1283
Rubella, or German Measles	1284
Teething	1288
Temper Tantrums	1247
Thrush	1292
Thumb-Sucking	1289
Toilet Training	1290
Urinary Tract Infections in Children	1293

Diabetes

Diabetic Neuropathy	1515
Diabetic Retinopathy	1516
Gestational Diabetes	1504
Home Blood Sugar Monitoring	1506
Prediabetes	1512
Type 1 Diabetes	1508
Type 2 Diabetes	1500
Type 2 Diabetes: Living With Complications	1501
Type 2 Diabetes: Living With the Disease	1502
Type 2 Diabetes: Recently Diagnosed	1503

Digestion

Antidiarrheals	1452
Appendicitis	1600
Barium Enema	1540
Bulking Agents and Laxatives	2000
Colic	1257
Colon Polyps	1110
Colorectal Cancer	1113
Constipation	1451
Crohn's Disease	1618

CT Scan of the Body	1536
Diarrhea, Age 12 and Older	1454
Diverticulosis	1605
Food Poisoning	1402
Gallstones	1608
Gastroesophageal Reflux Disease	1612
Heartburn	1610
Hepatitis A	1952
Hepatitis B	1953
Hepatitis C	1827
Inguinal Hernia	1403
Irritable Bowel Syndrome (IBS)	1611
Laparoscopic Gallbladder Surgery for Gallstones	2154
Laparoscopic Inguinal Hernia Repair	2159
Laparoscopy	2164
Peptic Ulcer Disease	1613
Rectal Problems	1609
Surgery for Hemorrhoids	2158
Ulcerative Colitis	1603
Upper Gastrointestinal Series	1541
Viral and Bacterial Infection	1407
Weaning	2757

Disease and Injury Prevention

Early Disease Detection	1295
Heart Attack Prevention	1904
Pelvic Exam and Pap Test	1544
Travel Health	2204

Ear, Nose and Throat

Benign Paroxysmal Positional Vertigo	1453
Ear Infections	1264
Ear Tubes	2165
Earwax	1640
Hearing Loss	1646
Labyrinthitis	1641
Laryngitis	1648
Ménière's Disease	1644
Strep Throat	1459

Swimmer's Ear	1643
Tonsillectomy and Adenoidectomy	2171
Tonsillitis	1560

Eyes and Vision

Age-Related Macular Degeneration	1711
Cataract Surgery	2152
Cataracts	1709
Color Blindness	1710
Contact Lens Care	1703
Diabetic Retinopathy	1516
Eye Injuries	1705
Eye Problems	1700
Floaters and Flashes	1717
Glaucoma	1712
Pinkeye	1708
Should I Have Laser Surgery for Nearsightedness?	1716
Strabismus	1713
Vision Tests	1702

First Aid

Animal and Human Bites	1750
Ankle Sprain	2105
Blisters	1755
Boils	2332
Bulking Agents and Laxatives	2000
Burns	1761
Calluses and Corns	1781
Choking Rescue Procedure	1255
Cold and Allergy Remedies	2007
Cold Sores	2333
Cold Temperature Exposure	2337
Constipation	1451
Cough Preparations	2003
CPR in babies	6932
CPR in young children	6675
Cuts	1762
Decongestants	2002

Dehydration	1260
Diarrhea, Age 12 and Older	1454
Eye Injuries	1705
Fever, Age 3 and Younger	1253
Fever, Age 4 and Older	1455
Heat-Related Illnesses	1759
How to Take a Temperature	1270
Hypothermia	2256
Insect and Spider Bites and Stings	1751
Nosebleeds	1458
Pain Relievers	2001
Poisoning	1763
Puncture Wounds	1764
Removing Splinters	1766
Rescue Breathing and CPR	2203
Snakebites	1752
Sports Injuries	1456
Tick Bites	1754
Your Home Health Center	1758

Fitness and Exercise

Exercise during Pregnancy	2709
Fitness	1833
Physical Activity for Older Adults	1836

Genes and Chromosomes

Polycystic Ovary Syndrome	1112
---------------------------	------

Genetic Conditions

Polycystic Ovary Syndrome	1112
---------------------------	------

Headaches

Migraine Headaches	1405
Tension Headaches	1404

Healthy Eating

Bottle-Feeding	2753
Breast-Feeding	2751
Diet during Pregnancy	2708
Healthy Aging	2251

Healthy Eating	1853
Healthy Eating for Children	1837
Iron Deficiency Anemia	2623
Weaning	2757

Healthy Weight

Healthy Eating for Children	1837
Healthy Weight	1834

Heart and Circulation

Atrial Fibrillation (Irregular Heartbeats)	1908
Cardiac Rehabilitation	1915
Causes of Heart Attack	1903
Chest Pain	1900
Chest X-Ray	1534
Electrocardiogram	1538
Exercise Electrocardiogram	1532
Heart Attack and Unstable Angina	1901
Heart Attack Prevention	1904
Heart Failure	1907
High Blood Pressure (Hypertension)	1909
High Cholesterol	1832
Magnetic Resonance Imaging	1542
Mitral Valve Prolapse	1910
Pacemakers	1911
Stroke	1067
Stroke Rehabilitation.	1081
Varicose Veins	1912

Heart Problems

Atrial Fibrillation (Irregular Heartbeats).	1908
Cardiac Rehabilitation.	1915
Causes of Heart Attack	1903
Chest Pain	1900
Chest X-Ray	1534
CT Scan of the Body	1536
Electrocardiogram	1538
Exercise Electrocardiogram	1532
Heart Attack and Unstable Angina	1901

Heart Attack Prevention	1904
Heart Failure	1907
High Blood Pressure (Hypertension)	1909
High Cholesterol	1832
Magnetic Resonance Imaging	1542
Mitral Valve Prolapse	1910
Pacemakers	1911

Hormones

Hormone Therapy	2651
Hypothyroidism	2550
Polycystic Ovary Syndrome	1112
Type 1 Diabetes	1508
Type 2 Diabetes	1500
Type 2 Diabetes: Living With Complications	1501
Type 2 Diabetes: Living With the Disease	1502
Type 2 Diabetes: Recently Diagnosed	1503

Immune System

Allergic Reaction	2338
Allergies	1000
Atopic Dermatitis	2336
Drug Allergies	2770
HIV Infection and AIDS	1957
Immunizations	1279
Living with HIV Infection	1959
Lupus	1033
Rheumatoid Arthritis	1034
Should I Take Allergy Shots for Allergic Rhinitis?	1007

Infant and Toddler Health

Alcohol Effects on a Fetus	2436
Attention Deficit Hyperactivity Disorder	1250
Bed-Wetting	1251
Bottle-Feeding	2753
Breast-Feeding	2751
Chickenpox	1254
Child Abuse and Neglect	1240
Childhood Rashes	1278

Circumcision	1256
Colic	1257
Croup	1258
Domestic Violence	1230
Ear Infections	1264
Ear Tubes	2165
Fever, Age 3 and Younger	1253
Fifth Disease	1267
Growth and Development of the Newborn	1268
Hand-Foot-and-Mouth Disease	1269
Healthy Eating for Children	1837
Immunizations	1279
Impetigo	1272
Labor, Delivery, and Postpartum Period	2754
Measles or Rubeola	1274
Mumps	1275
Newborn Rashes and Skin Conditions	1261
Pinworms	1280
Reye Syndrome	1259
Rh Sensitization during Pregnancy	2756
Roseola	1283
Rubella, or German Measles	1284
Sudden Infant Death Syndrome (SIDS)	1287
Teething	1288
Temper Tantrums	1247
Thrush	1292
Thumb-Sucking	1289
Toilet Training	1290
Urinary Tract Infections in Children	1293
Weaning	2757

Lungs and Airways

Acute Bronchitis	1983
Allergies	1000
Avian Influenza (Bird Flu)	1408
Be Tobacco Free	1841
Chest X-Ray	1534
Choking Rescue Procedure	1255

Chronic Obstructive Pulmonary Disease (COPD)	1976
Cold and Allergy Remedies	2007
Colds	1400
Cough Preparations	2003
Croup	1258
CT Scan of the Body	1536
Decongestants	2002
Drug Allergies	2770
Food Allergies	1002
Influenza	1401
Laryngitis	1648
Lung Cancer	1124
Lung Function Tests	1546
Magnetic Resonance Imaging	1542
Should I Take Allergy Shots for Allergic Rhinitis?	1007
Sinusitis	1406
Sleep Apnea	2403
Snoring	2406
Tuberculosis (TB)	1956
Viral and Bacterial Infection	1407
West Nile Virus	1965

Men's Health

Benign Prostatic Hyperplasia, or BPH	2034
Birth Control	2600
Chlamydia	2307
Circumcision	1256
Domestic Violence	1230
Erection Problems	2032
Genital Herpes	2308
Genital Warts	2309
Gonorrhea	2310
Infertility	2033
Male Genital Problems and Injuries	2036
Prostate Cancer	1128
Prostate-Specific Antigen Test	1545
Sexually Transmitted Diseases	1848
Syphilis	2311

Transurethral Resection of the Prostate	2167
Trichomoniasis	2315
Vasectomy	2173

Mental and Behavioral Issues

Alcohol and Drug Problems	1838
Anorexia Nervosa	2052
Attention Deficit Hyperactivity Disorder	1250
Bipolar Disorder	1069
Bulimia Nervosa	2053
Child Abuse and Neglect	1240
Dementia	1071
Depression	2057
Domestic Violence	1230
Grief and Grieving	2059
Obsessive-Compulsive Disorder	2051
Panic Attacks and Panic Disorder	2055
Schizophrenia	1070
Social Anxiety Disorder	2063
Stress Management	1845
Suicidal Thoughts or Threats	2066
Teen Alcohol and Drug Abuse	2435
Treatment for Alcohol Use Problems	2428

Pregnancy and Childbirth

Alcohol Effects on a Fetus	2436
Amniocentesis	2714
Birth Control	2600
Cesarean Section	2720
Chorionic Villus Sampling	1535
Complications after Delivery	2752
Danger Signs during Pregnancy	2704
Diet during Pregnancy	2708
Episiotomy	2157
Exercise during Pregnancy	2709
Gestational Diabetes	1504
Home Pregnancy Tests	2701
Infertility	2033

Labor, Delivery, and Postpartum Period	2754
Miscarriage	2717
Multiple Pregnancy: Twins or More	1211
Postpartum Depression	2750
Precautions during Pregnancy	2426
Pregnancy	2705
Preparing for a Healthy Baby	2700
Rh Sensitization during Pregnancy	2756
Rubella and Pregnancy	2710
Stretch Marks from Pregnancy	2719
Symptoms and Stages of Labor	2707
Symptoms and Stages of Pregnancy	2706
Ultrasound for Normal Pregnancy	1548

Senior Health

Age-Related Macular Degeneration	1711
Alzheimer's Disease	1061
Care at the End of Life	2245
CT Scan of the Body	1536
Dementia	1071
Healthy Aging	2251
Hospice Care	2240
Ingrown Toenail	2261
Nausea and Vomiting, Age 4 and Older	1462
Physical Activity for Older Adults	1836
Prevent Medical Errors	2006
Prevent Medication Errors	2004
Urinary Tract Infections in Teens and Adults	1291

Sexual and Reproductive Organs

Bacterial Vaginosis	2640
Benign Prostatic Hyperplasia, or BPH	2034
Breast Biopsy	1531
Cesarean Section	2720
Chlamydia	2307
Chorionic Villus Sampling	1535
Circumcision	1256
Complications after Delivery	2752
CT Scan of the Body	1536

Dilation and Curettage	2156
Dysfunctional Uterine Bleeding	2675
Endometriosis	2672
Episiotomy	2157
Erection Problems	2032
Functional Ovarian Cysts	2677
Genital Herpes	2308
Genital Warts	2309
Gonorrhea	2310
Hysterectomy	2674
Infertility	2033
Labor, Delivery, and Postpartum Period	2754
Laparoscopy	2164
Magnetic Resonance Imaging	1542
Male Genital Problems and Injuries	2036
Mammogram	1107
Mastitis While Breast-Feeding	2755
Menopause and Perimenopause	2650
Menstrual Cramps	2678
Miscarriage	2717
Missed or Irregular Periods	2670
Multiple Pregnancy: Twins or More	1211
Ovarian Cancer	1111
Pelvic Exam and Pap Test	1544
Pelvic Inflammatory Disease	2312
Pelvic Organ Prolapse	2723
Polycystic Ovary Syndrome	1112
Premenstrual Syndrome	2724
Prostate Cancer	1128
Prostate-Specific Antigen Test	1545
Sexually Transmitted Diseases	1848
Syphilis	2311
Transurethral Resection of the Prostate	2167
Trichomoniasis	2315
Tubal Ligation and Tubal Implants	2172
Uterine Fibroids	2673
Vaginal Yeast Infections	2643
Vasectomy	2173

Sexual Health

Birth Control	2600
Chlamydia	2307
Genital Herpes	2308
Genital Warts	2309
Gonorrhea	2310
HIV Infection and AIDS	1957
Menstrual Cramps	2678
Sexual Problems in Women	2039
Sexually Transmitted Diseases	1848
Syphilis	2311
Trichomoniasis	2315
Vasectomy	2173

Skin, Hair and Nails

Acne	2330
Allergic Reaction	2338
Animal and Human Bites	1750
Atopic Dermatitis	2336
Blisters	1755
Boils	2332
Burns	1761
Calluses and Corns	1781
Childhood Rashes	1278
Cold Sores	2333
Cold Temperature Exposure	2337
Cuts	1762
Dandruff	2334
Drug Allergies	2770
Fifth Disease	1267
Food Allergies	1002
Fungal Nail Infections	2346
Hair Loss	2031
Hand-Foot-and-Mouth Disease	1269
Ingrown Toenail	2261
Insect and Spider Bites and Stings	1751
Lice	1273
Lupus	1033

Newborn Rashes and Skin Conditions	1261
Psoriasis	2344
Rashes	2343
Removing Splinters	1766
Scabies	1296
Shingles	2349
Skin Cancer, Melanoma	1129
Skin Cancer, Nonmelanoma	1130
Snakebites	1752
Stretch Marks from Pregnancy	2719
Styes and Chalazia	1707
Sunburn	2352
Tick Bites	1754
Warts	2353

Substance Abuse

Alcohol and Drug Problems	1838
Alcohol Effects on a Fetus	2436
Teen Alcohol and Drug Abuse	2435
Treatment for Alcohol Use Problems	2428

Teen Health

Asthma in Teens and Adults	1981
Attention Deficit Hyperactivity Disorder	1250
Bulimia Nervosa	2053
Infectious Mononucleosis	1951
Juvenile Rheumatoid Arthritis	1031
Measles or Rubella	1274
Mumps	1275
Nausea and Vomiting, Age 4 and Older	1462
Reye Syndrome	1259
Rubella, or German Measles	1284
Teen Alcohol and Drug Abuse	2435
Urinary Tract Infections in Teens and Adults	1291

Urinary System

Abdominal Ultrasound	1547
Bed-Wetting	1251
Benign Prostatic Hyperplasia, or BPH	2034

<u>Chlamydia</u>	<u>2307</u>
<u>Chronic Kidney Disease</u>	<u>2570</u>
<u>CT Scan of the Body</u>	<u>1536</u>
<u>Cystoscopy</u>	<u>2155</u>
<u>Gonorrhea</u>	<u>2310</u>
<u>Kidney Stones</u>	<u>2576</u>
<u>Laparoscopy</u>	<u>2164</u>
<u>Magnetic Resonance Imaging</u>	<u>1542</u>
<u>Prostate Cancer</u>	<u>1128</u>
<u>Prostate-Specific Antigen Test</u>	<u>1545</u>
<u>Sexually Transmitted Diseases</u>	<u>1848</u>
<u>Syphilis</u>	<u>2311</u>
<u>Transurethral Resection of the Prostate</u>	<u>2167</u>
<u>Urinary Incontinence in Women</u>	<u>2257</u>
<u>Urinary Tract Infections in Children</u>	<u>1293</u>
<u>Urinary Tract Infections in Teens and Adults</u>	<u>1291</u>
<u>Viral and Bacterial Infection</u>	<u>1407</u>

Wise Health Consumer

<u>Be Tobacco Free</u>	<u>1841</u>
<u>Caregiver Tips</u>	<u>1202</u>
<u>Drug Allergies</u>	<u>2770</u>
<u>Finding a Doctor Who Will Be a Partner</u>	<u>1802</u>
<u>Healthy Living</u>	<u>1830</u>
<u>Making Wise Health Decisions</u>	<u>1800</u>
<u>Prevent Medical Errors</u>	<u>2006</u>
<u>Prevent Medication Errors</u>	<u>2004</u>
<u>Shared Decisions About Surgery</u>	<u>2503</u>
<u>Stress Relief and Relaxation</u>	<u>1964</u>
<u>The Mind-Body Connection</u>	<u>1835</u>
<u>Travel Health</u>	<u>2204</u>
<u>Work in Partnership with Your Doctor</u>	<u>1801</u>

Women's Health

<u>Bacterial Vaginosis</u>	<u>2640</u>
<u>Birth Control</u>	<u>2600</u>
<u>Bottle-Feeding</u>	<u>2753</u>
<u>Breast Biopsy</u>	<u>1531</u>
<u>Cesarean Section</u>	<u>2720</u>

<u>Chlamydia</u>	<u>2307</u>
<u>Complications After Delivery</u>	<u>2752</u>
<u>Danger Signs During Pregnancy</u>	<u>2704</u>
<u>Diet During Pregnancy</u>	<u>2708</u>
<u>Dilation and Curettage</u>	<u>2156</u>
<u>Domestic Violence</u>	<u>1230</u>
<u>Dysfunctional Uterine Bleeding</u>	<u>2675</u>
<u>Endometriosis</u>	<u>2672</u>
<u>Episiotomy</u>	<u>2157</u>
<u>Exercise During Pregnancy</u>	<u>2709</u>
<u>Functional Ovarian Cysts</u>	<u>2677</u>
<u>Genital Herpes</u>	<u>2308</u>
<u>Genital Warts</u>	<u>2309</u>
<u>Gestational Diabetes</u>	<u>1504</u>
<u>Gonorrhea</u>	<u>2310</u>
<u>Home Pregnancy Tests</u>	<u>2701</u>
<u>Hormone Therapy</u>	<u>2651</u>
<u>Hysterectomy</u>	<u>2674</u>
<u>Infertility</u>	<u>2033</u>
<u>Labor, Delivery, and Postpartum Period</u>	<u>2754</u>
<u>Mammogram</u>	<u>1107</u>
<u>Mastitis While Breast-Feeding</u>	<u>2755</u>
<u>Menopause and Perimenopause</u>	<u>2650</u>
<u>Menstrual Cramps</u>	<u>2678</u>
<u>Miscarriage</u>	<u>2717</u>
<u>Missed or Irregular Periods</u>	<u>2670</u>
<u>Multiple Pregnancy: Twins or More</u>	<u>1211</u>
<u>Osteoporosis</u>	<u>1032</u>
<u>Ovarian Cancer</u>	<u>1111</u>
<u>Pelvic Exam and Pap Test</u>	<u>1544</u>
<u>Pelvic Inflammatory Disease</u>	<u>2312</u>
<u>Pelvic Organ Prolapse</u>	<u>2723</u>
<u>Polycystic Ovary Syndrome</u>	<u>1112</u>
<u>Postpartum Depression</u>	<u>2750</u>
<u>Precautions During Pregnancy</u>	<u>2426</u>
<u>Pregnancy</u>	<u>2705</u>
<u>Premenstrual Syndrome</u>	<u>2724</u>
<u>Preparing for a Healthy Baby</u>	<u>2700</u>

<u>Rh Sensitization during Pregnancy</u>	<u>2756</u>
<u>Rubella and Pregnancy</u>	<u>2710</u>
<u>Sexual Problems in Women</u>	<u>2039</u>
<u>Sexually Transmitted Diseases</u>	<u>1848</u>
<u>Stretch Marks from Pregnancy</u>	<u>2719</u>
<u>Symptoms and Stages of Labor</u>	<u>2707</u>
<u>Symptoms and Stages of Pregnancy</u>	<u>2706</u>
<u>Syphilis</u>	<u>2311</u>
<u>Toxic Shock Syndrome</u>	<u>2680</u>
<u>Trichomoniasis</u>	<u>2315</u>
<u>Tubal Ligation and Tubal Implants</u>	<u>2172</u>
<u>Uterine Fibroids</u>	<u>2673</u>
<u>Vaginal Yeast Infections</u>	<u>2643</u>
<u>Women's Cancers</u>	<u>1120</u>

© 1995-2009 Healthwise, Incorporated. This information does not replace the advice of a doctor. Healthwise disclaims any warranty or liability for your use of this information.

Audio Library - English v1.9

CommunityCare Senior Health Plan
Williams Center Tower II
Two West Second Street, Suite 100
Tulsa, Oklahoma 74103
1.800.642.8065
TTY/TDD 1.800.722.0353

www.ccok.com