

Healthy Roads Media DVDs

Handouts in all languages that cover the content of each DVD are available for free download.

Short runtime DVD's (2-10 min), Medium runtime DVD's (20-40 minutes), and waiting room (long runtime) DVDs (about 1 hour).

Download handouts and order DVDs at www.healthyroadsmedia.org/dvd.htm

Short Runtime DVDs (Single Topic – English +2nd Language) - \$10 each		
Area	Topic	2 nd Language
Asthma	Asthma and Children- A Guide to Coping	Russian. Spanish, Vietnamese
Cancer	Prostate Cancer	Spanish
Children And Infants	Obesity in Childhood	Spanish
	Car Seat Safety	French, Russian, Somali, Spanish
Diseases and Conditions	Alcoholism	Spanish
Emergencies	Using the 911 Emergency Phone System	Bosnian, Somali, Spanish
	Recognizing Medical Emergencies	Bosnian, Somali, Spanish
	What to Expect in the Emergency Room	Bosnian, Somali, Spanish
Medical Tests	Mammogram	French, Russian, Somali, Spanish
Medicines	Take Medicine Safely	Bosnian , Liberian English, Somali, Spanish
Mental Health	Post Traumatic Stress Disorder (PTSD) – A Real Illness	Arabic , Bosnian, Burmese, Kirundi, Russian, Somali, Spanish
	Anxiety	Russian, Somali, Spanish
	Autism	Russian, Somali, Spanish
	Bipolar Disorder	Russian, Somali, Spanish
	Mental Health	Russian, Somali, Spanish
	Panic Disorder	Russian, Somali, Spanish
	Postpartum Depression	Russian, Somali, Spanish
	Obsessive Compulsive Disorder (OCD)	Russian, Somali, Spanish
	Schizophrenia	Russian, Somali, Spanish
Suicide	Russian, Somali, Spanish	
Staying Healthy	Clean Hands Save Lives	Spanish
Women	Prenatal Care	Spanish

Medium runtime DVDs (Multiple topics or languages)				
Area	Topic(s)	Language(s)	Price	
Abuse	Domestic Violence hurts the whole family	Arabic, Bosnian, English, Russian, Somali, Spanish	\$20	
Asthma	Asthma and Children- A Guide to Coping	English, Russian, Spanish, Vietnamese	\$20	
Children & Infants	Car Seat Safety	English, French, Russian, Somali, Spanish	\$20	
	Infancy	Arabic, Bosnian, English, Kirundi	\$20	
		English, Liberian English, Nepali, Somali	\$20	
Diabetes	Diabetes – Are You at Risk?	Arabic, Bosnian, English, Somali, Spanish	\$25	
	Control Your Diabetes - It's Worth Your Time 1. The Basics 2. Diet and Exercise 3. Medicines and Glucose Numbers	Amharic	\$20	
		Bosnian	\$20	
		English	\$20	
		Somali	\$20	
Spanish		\$20		
Diseases and Conditions	Surviving the Cold and Flu Season	Arabic, Bosnian, English, Russian, Spanish	\$20	
Immunization	MMR Vaccine (VIS 31/15/03) (Short version video. Full text is in handout)	Amharic, Arabic, English, Farsi, French, Russian, Somali, Spanish	\$20	
	Polio Vaccine (VIS 1/1/00) (Short version video. Full text is in handout)	Amharic, Arabic, English, Farsi, French, Russian, Somali, Spanish	\$20	
	1. Chickenpox Vaccine 2. DTaP Vaccine 3. H1N1 Flu Vaccine-Inactivated (English only) 4. H1N1 Flu Vaccine-Live (English Only) 5. Hib Vaccine	English		\$25

	6. Hepatitis A Vaccine 7. Hepatitis B Vaccine 6. Inactivated Influenza Vaccine 7. MMR Vaccine 8. Pneumococcal Polysaccharide (PPSV) Vaccine 9. Polio Vaccine 10. Td Vaccine	Spanish	\$25
Medicines	Coumadin®/warfarin – 1. Introduction 2. What it is and What it Does 3. How to Take 4. Blood Tests 5. Possible Side Effects 6. Stay Safe While Taking 7. Use of Other Medications 8. Diet 9. Share Information with Your Other Doctors 10. Medical Conditions Treated	Spanish	\$20
		English	\$20
	Take Medicine Safely	Bosnian, English, Liberian English, Somali, Spanish	\$25
Mental Health	1. Anxiety Disorder 2. Autism 3. Bipolar Disorder 4. Mental Health 5. OCD 6. Panic Disorder 7. Postpartum Depression 8. PTSD 9. Schizophrenia 10. Suicide	English	\$25
		Russian	\$25
		Somali	\$25
		Spanish	\$25
	PTSD	Arabic, Bosnian, Burmese and English	\$25
		English, Kirundi, Russian, Somali and Spanish	\$25
Staying Healthy	SpeakUP - Prevent Errors in Your Care Parts 1 and 2	English, Spanish	\$20
		English, Somali	\$20
	Prevent Errors in Your Child's Care - Basics - Going to the Hospital - Having a Safe Operation - Taking Medicine Safely - Lab and Medical Tests	English	\$12
Tuberculosis	1. What is a TB Test? 2. Do I Need a TB Test? 3. TB and BCG 4. TB Infection 5. TB Disease 6. TB Medicines 7. TB and HIV	Arabic	\$20
		English	\$20
		French	\$20
		Korean	\$20
		Russian	\$20
		Somali	\$20
		Spanish	\$20
		Tagalog	\$20
Vietnamese	\$20		

Waiting Room (Long Runtime) DVDs (1 hour+)			
Area	Topic(s)	Language(s)	Price
Multiple Health Topics	Disk 1 (49 general health introduction topics)	English	\$50
	Disk 2 (49 general health introduction topics)	English	\$50
	Disk 3 (49 general health introduction topics with a children's focus)	English	\$50
	Disk 4 (49 general health introduction topics with a women's focus)	English	\$50
	Disk 5 (49 general health introduction topics with a senior's focus)	English	\$50
Diabetes/Vaccines	Amharic Health Topics – Disk 1	Amharic/English	\$39
Multiple Health Topics	Arabic Health Topics – Disk 1	Arabic	\$39
Multiple Health Topics	Bosnian Health Topics – Disk 1	Bosnian	\$39
Multiple Health Topics	Spanish Health Topics – Disk 1	Spanish	\$39