
GETTING STARTED WITH MY HEALTH DECISIONS

BACK PAIN

- Acute Low Back Pain: Managing your pain through self-care
- Chronic low back pain: managing your pain and your life
- Herniated Disc: choosing the right treatment for you
- Spinal stenosis: choosing the right treatment for you

BONES AND JOINTS

- Managing early-stage knee osteoarthritis
- Protecting your bones: preventing another fracture
- Treatment choices for hip osteoarthritis
- Treatment choices for knee osteoarthritis
- Treatment choices for torn meniscus: after age 40

WOMEN'S HEALTH

- Managing menopause: choosing treatment for menopause symptoms
- Treatment choices for abnormal uterine bleeding
- Treatment choices for uterine fibroids

BREAST CANCER

- Breast reconstruction: is it right for you?
- Ductal carcinoma in situ: choosing your treatment
- Early-stage breast cancer: choosing your surgery
- Living with metastatic breast cancer: making the journey your own

CARDIOVASCULAR

- Heart tests: learning about your choices
- Living with heart failure: helping your heart day-to-day
- Treatment choices for stable chest discomfort
- Treatment choices for peripheral artery disease

CEREBROVASCULAR

- Treatment choices for carotid artery disease

CHRONIC CONDITIONS

- Living better with chronic pain
- Living with diabetes: making lifestyle changes to last a lifetime (Spanish version available)
- Sleeping better: help for long-term insomnia

MENTAL HEALTH

- Coping with symptoms of depression
- Help for anxiety: treatments that work

COLON CANCER

- Colon cancer screening: deciding what's right for you

PROSTATE HEALTH

- Benign prostatic hyperplasia: choosing your treatment
- Hormone therapy: when the PSA rises after prostate cancer treatment
- Is a PSA test right for you?
- Treatment choices for localized prostate cancer

AGING

- Growing older, staying well

END OF LIFE DECISIONS

- Advanced directives
- Looking ahead: choices for medical care when you're seriously ill

WEIGHT MANAGEMENT

- Weight loss surgery: is it right for you?

VISION

- cataracts

GENERAL

- Getting the healthcare that's right for you
-
-