

# HEALTHY OUTCOMES INDEX

---

<b>Article</b>	<b>Date</b>
%DV: What Does it Mean?.....	1/2006
10 Steps to Emotional Health.....	1/2005
10 Tips for Avoiding Dry Itchy Skin.....	3/2012
10 Ways to Reset Your Sleep Cycle .....	5/2015
10 Worst Foods in Your Pantry .....	5/2011
101 Stress Relievers .....	1/2014
11 Ways to Prevent Stroke .....	7/2011
12 Tips for a Healthier Barbecue.....	6/2014
12 Top Tips to Help You Dine Healthy .....	4/2008; 4/2014
12 Unexpected Reasons to Drink More Water This Year .....	1/2015
15 Cancer Symptoms Men Ignore.....	7/2014
18 Ways to Lose Weight Without Dieting .....	5/2014
2002 Statewide OMR Convention .....	2/2002
2010 Dietary Guidelines – Take Home Points: the Total Diet.....	3/2011
25 Quick Steps to a Healthier Diet .....	1/2007
4 Ways to Make Your New Year’s Resolutions Stick.....	1/2015
5 Exercise Injuries to Your Feet .....	3/2015
5 Heart Rate Myths Debunked .....	5/2015, 3/2016
5 Reasons to Eat Barley .....	7/2013
5 Reasons to Say YES! To Potatoes.....	10/2015
5 Steps to Build a Better Salad .....	6/2016
5 Stroke Warning Signs .....	6/2004; 2/2008
5 Top Tips for Increasing Your Fiber Intake .....	12/2007; 3/2012
6 Diabetes Mistakes and How to Avoid Them .....	1/2016
6 Surprising Health Benefits of Pumpkin .....	11/2015
6 Ways to Keep Exercising Outside with Allergies .....	7/2015
8 A-maizing Corn Facts.....	9/2016
8 Fascinating Facts About Tears.....	8/2014
8 Reasons to Love Watermelon .....	5/2016
8 Simple Steps to a Healthier, Stronger You .....	2/2012
9 Germ-Fighting Facts .....	11/2015
A Barrier-Free Kitchen .....	2/2003

A Breath of Insulin Instead of an Injection? .....	12/2002
A Crab You Don't Have to Crack.....	3/2013
A Hundred Measly Calories.....	7/2007
A Key to Reducing Stress: Simplify .....	1/2014
A Little Fat Helps the Vegetables Go Down .....	7/2004
A Meal-by-Meal Guide to Cutting Fat .....	10/2008; 1/2009; 10/2013
A Pain in the Toe .....	10/2011
A Primer on Cholesterol .....	2/2006; 5/2010
A Sport for All Seasons (Swimming) .....	2/2011; 9/2012
AAIDD Important Information .....	1/2010
Abbreviations, Dangerous .....	11/2002; 1/2003
Abbreviations, What do Those Letters Mean? .....	2/2003
About GERD .....	6/2006
About Home Genetic Testing .....	4/2013
Accidents that are no Accident.....	8/2012
Aches in Your Legs.....	2/2009
Actonel, Medication Review .....	11/2001
Aerobic and Endurance Exercising, to Relax .....	5/2011
Aggression, Understanding it .....	4/2006
Aging and Hypothermia.....	2/2014
Aging and Sleep Quiz .....	10/2005
Aging Changes in the Body Shape.....	11/2006
Aging Changes in the Heart and Vessels.....	4/2009
Aging Changes in the Senses .....	11/2006
Air Quality, Improve the Indoor.....	1/2008
Airline Travel for Persons with Special Needs .....	4/2003
Alexander Disease .....	10/2002
All About Skin Ulcers, Part I .....	10/2001
All About Skin Ulcers, Part II .....	11/2001
Allergens, Tips for Controlling .....	9/2009
Allergic Reactions .....	4/2009; 4/2014
Allergies – Asthma .....	5/2004; 4/2010; 10/2010
Allergies and Allergy Testing.....	4/2007
Allergies, Nasal, When [they] Strike .....	6/2010
Allergies, Ragweed, Pollen and Fall.....	9/2013
Allergies, What Causes Summer.....	5/2016
Allergy Do's and Don'ts.....	4/2012

Allergy Quiz .....	7/2002
Allergy Skin Testing Instructions .....	7/2003
Allergy, What is it? .....	4/2011
ALS (Lou Gehrig’s Disease), What is it? .....	2/2010
Alzheimer’s Disease and Down’s Syndrome .....	1/2002
Alzheimer’s, Can We Stop (it)? .....	11/2015
Angina, What is it? .....	10/2006
Ankle Sprains, Help for .....	8/2016
Annual Medical Exams: Topics to Discuss .....	3/2014
Anti-Anxiety Medications, Family Guide .....	5/2006
Anticoagulants Care Tips .....	9/2002
Antipsychotic Drug Monitoring Urged .....	3/2004; 11/2008
Anxiety Questions .....	7/2009
Anxiety, Overcoming .....	1/2010
Are Sugar Substitutes Safe? .....	8/2013
Are You at Risk for Gallstones? .....	6/2016
Are You Missing Out on Key Nutrients? .....	7/2011
Arthritis Drug Vioxx Pulled Off Market .....	8/2004
Arthritis Quiz .....	11/2001
Arthritis, Exercising with it .....	10/2007; 9/2010
Ask Me 3 .....	10/2007
Asthma – Allergies .....	5/2004; 4/2010; 10/2010
Asthma Facts .....	4/2002
Asthma Treatment .....	3/2003
Atherosclerosis .....	12/2007
Atherosclerosis, What is it? .....	12/2009; 11/2013
Atherosclerosis: How it Forms and how it’s Treated .....	9/2011
Autism Prevalence up 78% in the US .....	5/2012
Autism, What is it? .....	2/2003
Avoiding High Blood Pressure .....	1/2007
Back to Massage? .....	6/2012
Banana, the Appeal .....	12/2011; 2/2012
Banana-Berry Smoothies, Healthy Recipes .....	8/2001
Barbecue Food Safety .....	6/2004; 7/2007; 7/2009; 7/2010; 6/2011
Barbecue, Tips for a Healthier [one] .....	6/2014
Barley, 5 Reasons to Eat it .....	7/2013
Barrett’s Esophagus .....	6/2006

Basic Principles of Body Mechanics.....	11/2003
Be on the Safe Side this Season: Top 10 Tips for Safer Holidays .....	12/2012
Beans, Beans, the Musical Fruit.....	6/2011
Beat the Itch of Winter Skin.....	2/2005
Beating High Blood Pressure with Food.....	11/2010
Benign Paroxysmal Positional Vertigo (BPPV).....	4/2004
Best Knee Exercises.....	5/2016
Best Practice Tip ( <i>Handwashing</i> ).....	3/2001
Better Choices for a Healthier Lifestyle .....	4/2006
Better Labeling on Sunscreen.....	7/2013
Beware of the Salt Shockers.....	5/2006
Bipolar Disorder (Manic-Depressive Illness).....	6/2005; 11/2008
Blisters, Preventing.....	9/2011
Blood Pressure Basics.....	1/2007
Blood Pressure Numbers, What they mean .....	11/2007; 5/2009
Blood Pressure, Lifestyle Changes to Improve.....	8/2007
BMI (Body Mass Index).....	12/2013
BMI, How to Determine Yours.....	5/2006; 1/2012
Body Mass Index (BMI).....	11/2009; 12/2013
Body Mechanics, Basic Principles.....	11/2003
Bone Mineral Density.....	12/2005
Bottled Water, Why it isn't Better.....	5/2016
Broccoli and Cheddar Omelet, Recipe .....	5/2014
Brownies, Butterscotch .....	3/2003
Brushing Your Teeth, How Long is Long Enough? .....	6/2002
Bruxism.....	2/2006
Build a Better Salad, 5 Steps .....	6/2016
Busted! Five Common Food Myths .....	7/2014
Caffeine Withdrawal, Is it a Mental Disorder?.....	11/2004
Caffeine .....	8/2006; 5/2010
Calories, A Hundred Measly.....	7/2007
Calories, How Many do You Need? .....	11/2002
Can Easy-Does-it Exercise Prevent Weight Gain?.....	9/2009
Can Hugs Head off Colds? .....	1/2016
Can Steps Be Taken To Prevent Deep Vein Thrombosis?.....	6/2002
Can We Stop alzheimer's?.....	11/2015
Can Your Dog or Cat Make You Sick?.....	3/2015

Cancer Symptoms Men Ignore.....	7/2014
Cancer, Cervical and HPV .....	5/2007
Cancer, Prostate, Myths and Facts .....	6/2014
Cancer, Running Away From it .....	12/2012
Cancer, Skin .....	6/2007
Cancer, Skin, Shining a Light on it .....	8/2011
Cancers, Female.....	12/2006
Carbon Monoxide Poisoning .....	1/2006
Care of the Patient with Down Syndrome.....	10/2003
Care Tips for Those on Anticoagulants .....	9/2002
Careful Antipsychotic Drug Monitoring Urged.....	3/2004; 11/2008
Caring for your Joints .....	7/2014
Cataracts .....	3/2008; 10/2009; 2/2011; 11/2013
Cauliflower with Cheese Sauce.....	12/2015
Cauliflower: Nutrition Best Served Raw.....	4/2016
Cause of Most Heart Attacks Found.....	11/2004
Causes of Low Back Pain .....	11/2007; 1/2011
CDC Approves Final Draft of Flu Vaccine Guidelines.....	3/2001
CDC Issues H1N1 Vaccination Recommendations .....	8/2009
CDC Prioritizes Flu Shots Again .....	10/2005
CDC Updates Recommendations Regarding 2001-02 Influenza Vaccine Schedule.....	8/2001
Celebrating Papaya .....	8/2016
Celiac Disease.....	3/2007
Central PA HCQU Update – <i>Two “New” Regional Nurses</i> .....	10/2001
Central PA HCQU Web Site.....	9/2001
Cerebral Palsy, What is it? .....	6/2004
Cervical Cancer and HPV .....	5/2007
Changing Bad Health Habits .....	12/2015
Charge Association.....	6/2002
Checklist for Identifying Swallowing Problems.....	12/2002
Cheese, is it Healthy? .....	9/2011
Cheese, the Health Benefits of.....	12/2015
Chicken Pockets, Healthy Recipes.....	2/2002
Chocolate on the Brain.....	3/2013
Cholesterol and Fat Avoiding Tips.....	7/2002
Cholesterol Confusion, Clearing.....	10/2012
Cholesterol IQ Test.....	2/2002

Cholesterol IQ, What's Yours? .....	6/2012
Cholesterol, A Primer .....	2/2006; 5/2010
Cholesterol, Do Your Part to Lower it .....	10/2015
Cholesterol, Less in Eggs, USDA Says .....	4/2011
Cholesterol, The Good and Bad .....	1/2010
Cholesterol, What is it and How Does it Affect Me? .....	2/2008; 6/2009
Chronic Kidney Disease (CKD) .....	5/2009
Classification of Parkinson's Disease .....	12/2005
Clearing Cholesterol Confusion.....	10/2012
Coconut Water Craze.....	2/2013
Cognitive Impairment, Mild.....	4/2007
Cold and Flu Season ( <i>General Precautions and Guidelines</i> ).....	3/2001
Cold or the Flu? .....	10/2002; 11/2014
Cold Weather Health Emergencies .....	3/2010
Cold Weather Running Tips .....	2/2014
Colds, Home Remedies .....	2/2004
Common Food Myths.....	7/2014
Common Myths About Digestion .....	10/2014
Common Seizure Types.....	8/2005
Communicating with People with Disabilities, the 10 Commandments .....	2/2011
Communication Importance .....	9/2002
Conductorcise, a Fun Alternative .....	11/2011
Congestive Heart Failure .....	3/2008
Contact Dermatitis .....	1/2009
Contagious Disease Quiz: Can you Catch it?.....	5/2011
Cooking Up Healthy Meals.....	11/2009
COPD, What is it?.....	4/2012
Coping with Panic Attacks.....	4/2009
Corn Facts, 8 A-maizing.....	9/2016
Corneal Ulcers and Infections .....	10/2006
Coronary Artery Heart Disease .....	3/2010
Cranberries: Do they Help Prevent UTIs in Women? .....	6/2008
Creative Ways to Get Portion Size Under Control .....	5/2005
Crunchy Carrot Facts .....	10/2005
Cucumber Pasta Salad .....	5/2007
Customized Oral Health Programs.....	7/2001
Cut the Sugar: A Strategy Guide.....	9/2015

Cutting Fat, a Meal-by-Meal Guide.....	10/2008; 1/2009; 10/2013
Dairy-Diabetes Debate.....	4/2013
Dangerous Abbreviations.....	11/2002; 1/2003
Dangers of a Swallowing Problem.....	12/2002
DD Nursing Network Quarterly Meeting and Training Opportunity.....	1/2003
Dealing with Gout.....	5/2013
Dealing with Jaw Pain.....	8/2015
Dealing with Urinary Track Infections.....	6/2013
Deep Vein Thrombosis (DVT).....	3/2003; 3/2008
Deep Vein Thrombosis, Can Steps be Taken to Prevent it?.....	6/2002
Defensive Walking 101.....	4/2015
Dental – How Long is Long Enough when Brushing Your Teeth?.....	6/2002
Dental and Nutrition Cares.....	2/2003
Dental Awareness for Adults with Special Needs.....	6/2001
Dental Clinics, HCQU News Briefs.....	8/2001
Dental Erosion: 7 Tips for your Teeth.....	8/2012
Depo-Provera Users, New Warning.....	12/2004
Depression, Overview.....	11/2007
Dermatitis.....	9/2008
Dermatitis, Seborrheic.....	9/2008
Determine Your Nutritional Health.....	11/2002
Developmental Disability Center, Focus of New [one].....	12/2010
Dextromethorphan Overdose.....	3/2009
Diabetes Education.....	9/2010
Diabetes Foot Care.....	6/2002; 4/2006; 9/2006; 7/2008; 1/2012
Diabetes Mistakes and How to Avoid Them.....	1/2016
Diabetes Tests.....	7/2003
Diabetes, Increasing Risk for Type 2.....	3/2002
Diabetes, Part 1.....	5/2001
Diabetes, Part II.....	6/2001
Diabetes, should you be tested for it?.....	9/2013
Diabetes, Sick Day Plan.....	9/2001
Diabetes, Test Your Knowledge.....	6/2001
Diabetes, What is Type 1.....	1/2009
Diabetic Ketoacidosis.....	1/2010
Diabetic Neuropathy.....	1/2007
Diabetic Retinopathy.....	10/2006

Diabetics and Eye Exams .....	5/2009
Diabetics Avoid Eye Exams .....	1/2008
Diarrhea .....	2/2007
Dietary Fats, the Skinny on them .....	7/2007
Dietary Guidelines for Americans 2015-2020: The News About Sugar.....	2/2016
Digestion, Common Myths About.....	10/2014
Dilated Cardiomyopathy.....	4/2008
Dine Healthy, 12 Top Tips to Help You .....	4/2008; 4/2014
Diphtheria, Tetanus.....	6/2002
Disabled Workers Benefit as Company Produces Towels for Steelers, Packers .....	2/2011
Diseases from Animals, Part 1 .....	7/2003
Diseases from Animals, Part 2 .....	8/2003
Diseases from Animals, Part 3 .....	10/2003
Disinfect/Sanitize, Why? .....	3/2006; 11/2008
Do Food Expiration Dates Really Matter? .....	9/2005
Do I Have Tinnitus? .....	2/2016
Do You Need a Multi Vitamin? .....	10/2013
Do Your Part to Lower Your Cholesterol .....	10/2015
Doctor's Successful Visit Tips .....	10/2002
Doctor's Visit, Tips for a Successful One.....	2/2003; 2/2008
Documentation – Do's and Don'ts .....	4/2001; 8/2006; 5/2010
Does Stress + Tension = Hypertension? .....	2/2016
Don't Forget the Sunscreen .....	5/2001; 7/2005; 6/2006
Don't Let a Cold Get You Down .....	1/2015
Doorway to Forgetfulness .....	1/2013
Down Syndrome, Care of the Patient .....	10/2003
Down's Syndrome and Alzheimer's Disease .....	1/2002
Drink More Water This Year, 12 Unexpected Reasons to .....	1/2015
Driving While Older .....	5/2013
Drug Interactions.....	3/2002; 7/2006; 5/2008
Drug Metabolism and Elimination.....	4/2002
Drug/Food Interactions.....	9/2002
Drugs that Cause Photosensitivity.....	4/2001
Drugs that Should not be Crushed .....	4/2001
Dry Eyes: Prevention and Treatment .....	9/2015; 7/2016
Dry Itchy Skin, 10 Tips to Avoid it.....	3/2012
Dry Skin in the Winter, What to do .....	3/2011; 3/2014



Dry Skin, Keeping Moisture in .....	3/2011
Dry Skin: the Itching Hour .....	3/2012
DVT – Pulmonary Embolism: A Complication of DVT.....	4/2016
DWO – Driving While Older.....	5/2013
Ears, Keeping Clean .....	4/2003
Easy-Does-It Exercise, Can it Prevent Weight Gain? .....	9/2009
Eating Healthy on Thanksgiving.....	11/2014
Eating to the Extreme: Fast Food Meals .....	1/2012
Eczema and Psoriasis – What are They?.....	3/2002
Educational On-Line Courses .....	9/2001
Egg Safety .....	9/2006
Egghead Quiz .....	5/2014
Eggs, When [they] Become Unsafe.....	6/2013
Electrical Hazards Following a Natural Disaster, How to Protect Yourself .....	8/2008
Emergencies: Know What to Do .....	10/2002
Energy Bar Exam.....	9/2012
Epilepsy – Safety in the Home .....	3/2005
Epilepsy: Medications to Treat Seizures.....	3/2005
Evaluating Falls.....	1/2002
Exercise and Your Heart .....	6/2010
Exercise Injuries to Your Feet .....	3/2015
Exercises, Best Knee .....	5/2016
Exercising to Relax .....	5/2011; 9/2011; 1/2015
Exercising with Arthritis .....	10/2007; 9/2010
Exercising: 6 Ways to Keep Exercising Outside with Allergies .....	7/2015
Exercising: 8 Simple Steps to a Healthier, Stronger you .....	2/2012
Expiration Dates, Learn the Lingo .....	3/2007; 9/2014
Extending and Enhancing Your Life .....	9/2008
Eye Exams and Diabetics .....	5/2009
Eye Health: Is it a Styte or a Chalazion? .....	1/2016
Fact Sheet: Screening for Older Adults .....	9/2005
Facts About Asthma.....	4/2002
Facts About Older Adults with Mental Retardation .....	2/2002
Facts About Plaque.....	2/2003
Falling Arches, Watch out .....	10/2012
Falls, Evaluating.....	1/2002
Family Guide to Self-Injurious Behavior in Persons with Mental Retardation... ..	3/2006

Family Guide to the Use of Anti-Anxiety Medications.....	5/2006
Family Guide to Understanding Aggression in Persons with Mental Retardation... ..	4/2006
FAQs About Tuberous Sclerosis .....	1/2003
Fascinating Facts about Tears .....	8/2014
FASD, International Awareness Day .....	9/2014
Fast and Feast Diets .....	5/2013
Fast Food Meals: Eating to the Extreme .....	1/2012
Fat and Cholesterol Avoiding Tips.....	7/2002
Fat Helps the Body Absorb Nutrients .....	7/2004
Fat Types.....	4/2010
Fatigue.....	9/2007
FDA Issues Alert for Abbot Glucose Meters .....	11/2005
Feel Better All Day, Tips .....	7/2014
Female Cancers.....	12/2006
Fetal Alcohol Syndrome Disorders, International Awareness Day .....	9/2014
Fiber Intake, 5 Top Tips for Increasing Yours.....	12/2007; 3/2012
Fiber Up to Slim Down: 5 Ways to Do It .....	6/2016
Fibromyalgia Facts.....	12/2010
Fibromyalgia, What is it? .....	6/2002
Fight Germs, Wash Your Hands .....	10/2008
Figs: Thinking Outside the Cookie.....	10/2010
First Aid for Seizures.....	7/2001
First Aid in Special Circumstances .....	7/2004
First Aid Kit Contents .....	7/2005
Fitness Trends for 2004, Top Ten .....	1/2004
Flip-flops – How Bad are They? .....	8/2010
Flu IQ, Raise Yours.....	1/2004
Flu Shots, CDC Prioritizes Again .....	10/2005
Flu Vaccine, Key Facts .....	11/2010
Flu, Protection Against it .....	10/2014
Flying Hymenoptera (Bees, Wasps, Hornets, Yellow Jackets) .....	5/2001; 7/2005; 8/2008; 8/2014
Food and Barbecue Safety.....	7/2009
Food for the Heart.....	6/2010
Food Labels to Identify Allergy-Related Ingredients .....	7/2004
Food Labels to Include Trans Fat Content .....	7/2003
Food Labels, Know what “Special” Nutrition Claims Mean .....	10/2001
Food Myths, Common.....	7/2014

Food Poisoning Facts .....	2/2016
Food Pyramid, New Proposed .....	10/2003
Food Safety Advice Tips .....	4/2004
Food Safety and Stuffing.....	12/2009; 11/2013
Food Safety and Weather Emergency .....	1/2008
Food Safety Habits, Spring is Time for Sprucing Up .....	4/2004
Food Safety while Hiking, Camping and Boating.....	8/2010
Food Safety, Barbecue .....	7/2007
Food Safety, Mail Order.....	12/2004; 11/2010
Food Tips for the Young at Heart.....	3/2004; 3/2008; 10/2010
Foodborne Illness Tips.....	4/2002; 7/2002
Foods in your Pantry, 10 Worst.....	5/2011
Foot Care for People with Diabetes.....	6/2002
Foot Care, Rules.....	6/2001
Fracture Prevention Tips.....	3/2001
Fragile X Syndrome .....	1/2002
Frequently Asked Questions about Heartburn and GERD.....	11/2001
Frequently Asked Questions about MRSA .....	5/2001
Fried Fish: Don't Get Hooked.....	11/2012
Frostbite and Hypothermia .....	11/2002
Fruit of the Month: Nectarines .....	8/2005
Fruits, Summer Super .....	7/2015
Gallstones, Are You at Risk? .....	6/2016
Garlic, Is it Good for You?.....	10/2012
Garlic: is it Good for Cholesterol? .....	6/2008
General Guidelines for Gluten-Free Eating .....	3/2007
Generic Fentanyl Pain Patch Approved for Treating Severe Chronic Pain .....	3/2005
Generic Goods, How Good are they? .....	8/2013
GERD and Heartburn, FAQs.....	11/2001
GERD at a Glance .....	2/2002
GERD, About .....	6/2006
GERD: The Link Between Sleep and Heartburn.....	1/2006; 5/2010; 3/2012
Germ Busting the Bathroom.....	1/2006
Germ Busting the Kitchen .....	12/2005; 2/2010; 12/2014
Germ Fighting Facts, 9.....	11/2015
Get Fit Without Getting Hurt.....	4/2016
Get the Most out of Your Sunscreen .....	7/2004

Get Your Flu Shot .....	11/2015
Ginseng, an Herb for all Ailments?.....	2/2013
Glucose Monitoring .....	6/2001
Gluten-Free Eating, General Guidelines .....	3/2007
Go Red for Women Movement.....	7/2010
Good Oral Health Begins Here.....	5/2012
Gout, Dealing with it.....	5/2013
Great Health and Fitness Gifts Under \$100.....	1/2004
Green Food: is it Valuable?.....	6/2008
Green Pea and Green Bean Salad.....	6/2008
Grilling Tips.....	7/2010
Guide to a High Fiber Diet.....	4/2002
H. Pylori and Peptic Ulcers.....	9/2007
H1N1 Flu (Swine Flu), what is it? .....	6/2009
H1N1 Swine Origin Influenza Virus .....	8/2009
H1N1 Vaccination Recommendations.....	8/2009
Hand Hygiene Guidelines .....	3/2003
Hand-Sanitizing Gel Kills Germs .....	11/2004
Handling Insulin While You Travel.....	7/2016
Handwashing 101 .....	10/2003
Handwashing Procedure.....	3/2001; 3/2003
Handwashing, Best Practice Tip .....	3/2001
Handwashing: Handy Advice .....	6/2012
Hard to Chew or Swallow, What to do.....	4/2016
Hazards Associated with Thunderstorms .....	9/2010
HCQU – County Groupings.....	2/2001
HCQU – Update for the North Central Region.....	3/2001
HCQU Activities and Plans.....	2/2001
HCQU News Briefs – <i>Dental Clinics</i> .....	8/2001
HCQU Spring Day of Learning .....	4/2016
HCQU Update – <i>HCQU Regional News</i> .....	5/2001
HCQU Update.....	6/2001; 7/2001
HCQU, Geisinger’s .....	11/2015
Headache Basics .....	9/2014
Headaches, Sinus.....	4/2015
Health Alert – Ipecac.....	7/2004
Health Alert – Oral-B Crossaction Power and Powermax Toothbrushes and Refills .....	12/2004

Health Benefits of Cheese .....	12/2015
Health Benefits of Pumpkin, 6 Surprising .....	11/2015
Health Care Quality Unit – Fact Sheet .....	2/2001
Health Care Quality Unit ( <i>What is HCQU?</i> ) .....	2/2001
Health Care Quality Unit Director .....	2/2001
Health Record, Make a Personal .....	4/2010
Healthier Barbecue, Tips.....	6/2014
Healthy Diet, the Role of Nuts .....	2/2010
Healthy Eating Habits.....	2/2008
Healthy Food Shopping.....	3/2009
Healthy Holiday Eating Tips .....	12/2004; 12/2010; 12/2013
Healthy Holiday Food and Diet Tips .....	10/2009
Healthy Meals, Cooking Up.....	11/2009
Healthy Recipes – <i>Banana-Berry Smoothies</i> .....	8/2001
Healthy Recipes – <i>Chicken Pockets</i> .....	2/2002
Healthy Recipes – <i>Linguine with Garlic Sauce</i> .....	9/2001
Healthy Recipes – <i>Turkey Salad</i> .....	10/2001
Healthy Weight Basics, Know Yours .....	5/2014
Hearing Loss, How to Prevent it.....	10/2014
Hearing Loss, Warning Signs.....	4/2003
Heart and Exercise for it.....	6/2010
Heart Attacks, Cause of Most Found.....	11/2004
Heart Disease in Sibling Doubles Your Risk.....	11/2004
Heart Disease Symptoms Differ Between Sexes.....	7/2009
Heart Disease, Coronary Artery .....	3/2010
Heart Disease, What You Need to Know.....	9/2009
Heart Protection from Fiber-Rich Fruits and Cereals.....	3/2004
Heart Rate Myths Debunked .....	5/2015, 3/2016
Heart, Food for it.....	6/2010
Heartburn and GERD, FAQs.....	11/2001
Heartburn, what do you really know about it?.....	10/2008
Heart-Healthy Label Facts .....	12/2002
Heat Related Illnesses .....	8/2007
Heat-Related Illness, Tips for Preventing .....	6/2009
Heed Safe Cooking and Food Handling Advice.....	7/2006
Helicobacter Pylori (H.pylori).....	9/2001; 7/2009
Helpful Hints for a Healthy Back.....	11/2007; 1/2011

Hemorrhoids, the Lowdown.....	7/2012
Help for Ankle Sprains .....	8/2016
Hepatitis B, What is it? .....	3/2010
Hey, Where's my Waist?.....	4/2012
Hiatal Hernia .....	4/2006
Hiccup Causes and Cures .....	8/2015
High Blood Pressure, Avoiding.....	1/2007
High Blood Pressure, Beating it with Food .....	11/2010
High Blood Pressure, New Normal.....	3/2004
High Blood Pressure, Reducing the Risk.....	6/2015
High Blood Pressure, Steps to Take .....	2/2006; 2/2012
High Blood Pressure, the Hidden Burden.....	7/2012
High Blood Pressure, The Silent Killer .....	10/2011
High Fiber Diet, a Guide.....	4/2002
High Triglycerides, What to do .....	12/2011
Hiking, Camping and Boating Food Safety.....	8/2010
Holiday Tips .....	12/2004
Home Genetic Testing .....	4/2013
Home Remedies for Colds .....	2/2004
Household Cleansers: Coming Clean .....	7/2012
How Are Disorders Inherited? .....	1/2002
How Dangerous is Thirdhand Smoke?.....	4/2013
How Good are Generic Drugs .....	8/2013
How Long is Long Enough when Brushing Your Teeth? .....	6/2002
How Many Calories do You Need? .....	11/2002
How to Buy Pasta .....	6/2014
How to Determine your BMI .....	5/2006; 1/2012
How to Eat a Healthy Lunch.....	4/2007
How to Prevent Hearing Loss.....	10/2014
How to Prevent Mosquito Bites .....	9/2016
How to Protect Yourself... from Electrical Hazards Following a Natural Disaster .....	8/2008
How to Rid Your Yard of Hidden Mosquitoes .....	5/2004
How to Stay Warm and Healthy in the Winter .....	2/2014
How to Start a Running Habit.....	7/2016
How to Trim the Holidays .....	11/2003
How to Use Insect Repellents Safely .....	5/2004
Hydration, Year Round.....	5/2012

Hymenoptera, Flying (Bees, Wasps, Hornets, Yellow Jackets) .....	8/2014
Hypertension, Does Stress + Tension = ? .....	2/2016
Hypertension, Types of .....	5/2007
Hypothermia and Aging.....	2/2014
Hypothermia and Frostbite .....	11/2002
Ice Cream Add-ons Add up .....	9/2013
Ice Cream Tips for Summer .....	9/2016
If the Shoe Fits.....	6/2003; 5/2007
Immune Boosting Foods .....	1/2011
Improve the Indoor Air Quality.....	1/2008
Increasing Risk for Type 2 Diabetes.....	3/2002
Indoor Tanning is Strongly Linked to Melanoma Risk.....	6/2011
Influenza Season, what you should know.....	10/2012
Influenza Vaccine.....	11/2006
Ingrown Nails, Toe Woe.....	11/2011
Insect Bites and Stings.....	6/2010
Insect Repellants .....	9/2002; 5/2004; 7/2008
Insomnia, What is it?.....	3/2006
Insulin, a Breath instead of an Injection?.....	12/2002
Insulin, Handling While You Travel .....	7/2016
Interacting with People with Disabilities.....	4/2013
International Classification of Epilepsies .....	4/2001
International Fetal Alcohol Syndrome Disorders Awareness Day.....	9/2014
Introduction to Prader-Willi Syndrome (PWS) .....	2/2002
Ipecac – Health Alert.....	7/2004
Irritable Bowel Syndrome (IBS) .....	2/2004; 12/2008; 11/2009
Is Caffeine Withdrawal a Mental Disorder? .....	11/2004
Is Cheese Healthy?.....	9/2011
Is Garlic Good for You?.....	10/2012
Is It a Cold or the Flu?.....	10/2002; 11/2014
Is Shingles Contagious? .....	5/2015
It's Late, Turn off that Computer!.....	6/2013
Jaw Pain, Dealing with it .....	8/2015
Joints, Caring for Yours.....	7/2014
Just a Little Bit of Sugar .....	11/2011
Kale 101.....	2/2015
Kale Chowder .....	2/2015

Kale, Ways to Prepare .....	2/2015
Keep it Off! (Weight Control) .....	2/2009
Keeping Ears Clean .....	4/2003
Keeping Moisture in the Skin.....	3/2011
Keeping Your Kitchen Safe, Sponge 101 .....	3/2016
Keeping Your Memory in Shape .....	6/2014
Kegels as a Urinary Continence Treatment.....	10/2006
Ketoacidosis, Diabetic.....	1/2010
Key Facts about Seasonal Flu Vaccine .....	11/2010
Key Nutrients, are you Missing Out? .....	7/2011
Kidney Disease, Chronic.....	5/2009
Kidney Stone Advice .....	8/2012
Knee Exercises, Best.....	5/2016
Know What “Special” Nutrition Claims Mean on Food Labels.....	10/2001
Know Your Healthy Weight Basics .....	5/2014
Label Facts, Heart-Healthy .....	12/2002
Learn the Lingo of Expiration Dates .....	3/2007; 9/2014
Leg Aches.....	8/2008
Less Cholesterol in Eggs, USDA Says.....	4/2011
Letter From Lynn.....	10/2015
Lifestyle Changes to Improve Blood Pressure.....	8/2007
Lifting Tips .....	4/2003
Light Pumpkin Custard.....	1/2005
Lightning Strikes .....	6/2005
Linguine with Garlic Sauce, Healthy Recipes .....	9/2001
Living with a Sensitive Gut .....	10/2007
Lose Weight Without Dieting .....	5/2014
Lou Gehrig’s Disease, What is it? .....	2/2010
Low Back Pain, Causes .....	11/2007; 1/2011
Low Cholesterol Diet: How to Cut Out the Fat.....	4/2008; 5/2008
Lycopene .....	4/2005
Lycopene: Will it Reduce the Risk for Cancer?.....	6/2008
Lyme’s Disease.....	6/2002; 7/2002; 8/2007
Magnesium: A Mighty Mineral .....	1/2013
Mail Order Food Safety .....	12/2004; 11/2010
Make [2005] New Year’s Resolutions a Reality .....	1/2005
Make a Personal Health Record .....	4/2010



Making Sense of Smell .....	6/2015
Mall Walking, The Perks .....	11/2015
Managing Ménière’s Disease .....	8/2016
Managing Threatening Confrontations .....	5/2005
Manic-Depressive Illness (Bipolar Disorder).....	11/2008
Many Diabetics Avoid Eye Exams.....	1/2008
Maple Syrup Urine Disease.....	4/2007
March is National Developmental Disabilities Awareness Month.....	3/2013
Marfan Syndrome .....	7/2002
Marinated Vegetable Salad .....	8/2003
Medical Myths .....	5/2005
Medicare “Part D” Prescription Drug Plan .....	10/2005
Medication Administration Tips .....	2/2005
Medication and Food Interactions .....	3/2001
Medication Review – <i>Actonel</i> .....	11/2001
Meditation Matters .....	10/2015
Melanoma Risk, Indoor Tanning is Strongly Linked.....	6/2011
Melanoma, the ABCD, and Now E .....	11/2005
Memory, Keeping Yours in Shape.....	6/2014
Men and their Aging Bones .....	7/2013; 4/2015, 3/2016
Ménière’s Disease, Managing .....	8/2016
Mental Retardation, Physician Fact Sheet.....	2/2006
Metabolic Syndrome .....	7/2012
Mild Cognitive Impairment.....	4/2007
Mosquito Bites, How to Prevent .....	9/2016
Mosquitoes, How to Rid Your Yard of Hidden ones.....	5/2004
MRSA, Frequently Asked Questions .....	5/2001
MRSA, What is Staphylococcus Aureus.....	12/2007
Multi Vitamin, do you need it? .....	10/2013
Multi Vitamins, Tips for buying .....	10/2013
Mumps: an Overview .....	4/2014
Myths about Digestion.....	10/2014
Myths and Facts About Sleep .....	3/2015
Myths and Facts of Prostate Cancer .....	6/2014
Napping May Not be Such a No-No .....	12/2009
Napping, the Power of it.....	7/2013
Nasal Allergies, When [they] Strike .....	6/2010

Nearsighted Vision on the Rise .....	11/2015
Nectarines, Fruit of the Month .....	8/2005
New (Still Proposed) Rules for Sunscreen .....	8/2010
New Dental Clinic Shaping up in Sunbury .....	7/2001
New Normal in High Blood Pressure .....	3/2004
New US Diet Guidelines: A Roadmap to Health .....	3/2005
New Warning for Depo-Provera Users .....	12/2004
New Year's Resolutions to Keep You Safe .....	1/2005
New Year's Resolutions, 4 Ways to Make Yours Stick .....	1/2015
New Year's Resolutions, Make [them] a Reality .....	1/2005
Newsletter Content .....	3/2001
Night Vision Problems and Driving .....	7/2016
Nine Steps Towards a Longer, Healthier Life .....	9/2008
No Resolutions, Just do it! .....	1/2011
Norovirus .....	2/2009; 11/2014
Not Exercising? That's as Bad as Smoking! .....	2/2015
Nutrients Provide Fuel for Healing.....	7/2004
Nutrients, Are You Missing Out on Key [ones]?.....	7/2011
Nutrition and Dental Cares .....	2/2003
Nutrition Facts Label Update.....	9/2016
Nutrition Health, Determine Yours.....	11/2002
Nuts about Peanuts .....	9/2012
Nuts for Health.....	11/2014
Nuts, the Role in a Healthy Diet .....	2/2010
Obsessions – Compulsions: What Are They? .....	12/2002
Older Ears.....	5/2009
One Minute Retreat.....	1/2009
Online and In Shape .....	11/2001
Oral Care, Prevention: The Best Medicine .....	2/2004; 2/2010
Oral Health Programs, Customized.....	7/2001
Oral Health, Where Does it Begin? .....	8/2006; 5/2008
Oral-B Crossaction Power and Powermax Toothbrushes and Refills, Health Alert.....	12/2004
Orthostatic Hypotension: Passing Out when Standing up .....	8/2011
Osteoarthritis .....	6/2002; 8/2003
Osteoporosis Among Adults with Disabilities.....	6/2001
Osteoporosis Drug, Vitamin D Now in 1 Pill .....	5/2005
Osteoporosis in Women with Disabilities, Part I .....	7/2004

Osteoporosis in Women with Disabilities, Part II .....	7/2004
Osteoporosis.....	2/2004
Osteoporosis, Taking Calcium for it.....	8/2005
Osteoporosis: Keeping Your Bones Healthy .....	5/2012
Overcoming Anxiety .....	1/2010
Overheating Stages .....	8/2005; 8/2008; 8/2014
Over-hydration .....	11/2003
Overview of Depression .....	11/2007
PA DD Nursing Network Quarterly Meeting and Training Opportunity.....	1/2003
PAD (Peripheral Arterial Disease), Understanding It and What Causes It .....	8/2015
Pain in Persons with DD, Recognizing .....	12/2002; 2/2007
Pain in the Toe.....	10/2011
Pain, Causes of Low Back .....	11/2007; 1/2011
Pain, the Non-Verbal Language .....	12/2002; 2/2007
Panic Attacks and Panic Disorder .....	2/2006
Panic Attacks, Coping.....	4/2009
Panic Disorder .....	1/2004; 7/2005
Papaya, Celebrating .....	8/2016
Parkinson’s Disease, Classification.....	12/2005
Pass the Kidney Stone Advice .....	8/2012
Passing out when Standing up, Orthostatic Hypotension .....	8/2011
Pasta, How to Buy it.....	6/2014
Peach and Blackberry Crumble.....	7/2015
Peach Pie Smoothie .....	11/2009
Peanut Butter Packs a Healthy Punch .....	1/2005
People with Disabilities, the 10 Commandments of Communicating with [them] .....	2/2011
Peptic Ulcers and H. Pylori.....	9/2007
Percent Daily Value: What Does it Mean on a Food Label? .....	1/2006
Peripheral Arterial Disease (Understanding PAD and What Causes It) .....	8/2015
Peripheral Artery Disease: the Leg/Heart Connection .....	6/2012
Perks of Mall Walking.....	11/2015
Personality Patterns May Affect Weight .....	12/2008
Personality Types and Health .....	1/2013
Phobic Disorders.....	12/2006; 12/2008
Physical Activity .....	4/2002
Physician Fact Sheet on Mental Retardation.....	2/2006
Pica Sweep Sheet.....	4/2005

Pica, What is it? .....	4/2005; 4/2011
Plaque, Facts About.....	2/2003
Plyometrics .....	9/2015
Pneumococcal Vaccine, Should it be Repeated in the Elderly?.....	3/2002
Poison Ivy and its Cousins .....	6/2006
Poison Ivy .....	8/2012
Poison Prevention Tips for Adults .....	4/2004
Pollen Allergy .....	10/2007
Popcorn Basics .....	6/2015
Portion Control, the power of it.....	1/2014
Portion Distortion: Serving Sizes are Growing.....	7/2010
Portions, Scale Down Yours.....	12/2015
Potatoes: 5 Reasons to Say YES!.....	10/2015
Power Walking Tips .....	8/2014
Prader-Willi Syndrome (PWS), Introduction .....	2/2002
Prader-Willi Syndrome, Questions and Answers .....	9/2006
Pressure Areas .....	6/2003
Pressure Points in Various Positions.....	6/2003
Prevent Hearing Loss, How to.....	10/2014
Prevent Poisoning in the Home .....	8/2004
Prevent Slips and Falls .....	7/2004
Prevent Stroke, 11 Ways .....	7/2011
Preventing a Stroke .....	2/2007
Preventing Blisters .....	9/2011
Prevention Tips for Lyme’s Disease .....	6/2002
Prevention: The Best Medicine for Oral Care .....	2/2004; 2/2010
Procedure for a Medical Appointment .....	5/2004
Proposed New Food Pyramid .....	10/2003
Propoxyphene Withdrawn from US Market .....	12/2010
Prostate Cancer in Younger and Older Men.....	8/2006
Prostate Cancer, Myths and Facts .....	6/2014
Prostate Cancer, Yearly Test May Save Lives .....	11/2005
Prostate Gland.....	3/2006; 3/2009
Protection Against the Flu .....	10/2014
Psoriasis and Eczema – What are They?.....	3/2002
Psychotropic Medication .....	9/2006
Pulmonary Embolism: A Complication of DVT .....	4/2016

Pumpkin Custard, Light.....	1/2005
Pumpkin Parfait.....	11/2003
Pumpkin, 6 Surprising Health Benefits of .....	11/2015
Questions and Answers on Prader-Willi Syndrome .....	9/2006
Ragweed, Pollen and Fall Allergies.....	9/2013
Raise Your Flu IQ .....	1/2004
Reasons to Drink More Water .....	1/2015
Recipes	
Basil Green Goddess Dressing .....	6/2016
Broccoli and Cheddar Omelet.....	5/2014
Butterscotch Brownies.....	3/2003
Cauliflower with Cheese Sauce .....	12/2015
Cucumber Pasta Salad.....	5/2007
Dreamy Tahini Dressing .....	6/2016
Fresh Strawberry Dressing.....	6/2016
Green Pea and Green Bean Salad .....	6/2008
Healthy Homemade Ice Cream.....	9/2016
Kale Chowder.....	2/2015
Light Pumpkin Custard .....	1/2005
Marinated Vegetable Salad .....	8/2003
Mixed Greens and Apple Salad .....	6/2016
Papaya-Stuffed Chicken and Basmati Rice .....	8/2016
Parmesan Herbed Walnuts.....	6/2016
Peach and Blackberry Crumble .....	7/2015
Peach Pie Smoothie .....	11/2009
Pumpkin Parfait.....	11/2003
Sweet Barbecue Shrimp.....	7/2006
Turkey Meatloaf.....	11/2012
Watermelon and Feta Salad with Arugula and Spinach .....	5/2016
Zucchini Oven Chips .....	10/2013
Recognizing and Tracking Pain in Persons with Developmental Disabilities .....	12/2002
Recognizing Pain in Persons with Developmental Disabilities.....	2/2007
Red Light Warning Symptoms.....	7/2003; 10/2010
Reducing the Risk of High Blood Pressure.....	6/2015
Reflections on Being Prepared for Appointment for Psychiatrist Appointment.....	12/2011
Reset Your Sleep Cycle, 10 Ways .....	5/2015
Resources: Focus of New Developmental Disability Center .....	12/2010

Rett Syndrome .....	4/2002
Risk Factors of Swallowing Disorders .....	9/2001
Roasting Those “Other” Holiday Meats .....	12/2006
Rules for Good Foot Care .....	6/2001
Running Away from Cancer .....	12/2012
Running Habit, How to Start.....	7/2016
Running vs Walking, the Calorie Race .....	12/2011
Safe Cooking and Food Handling for the Summer Grilling Season .....	7/2006
Safe Medicine Use, the 3 Rs.....	11/2006
Safely Handle and Prepare Stuffing .....	12/2008
Safety Tips.....	3/2009
Salad, 5 Steps to Build a Better One.....	6/2016
Salad Dressing: Dump, Dunk, or Dip?.....	6/2015
Salmon – Heart Health in a Can.....	3/2012
Salmonellosis Fact Sheet.....	6/2009
Salt Shockers, Beware.....	5/2006
Salt, Shaking the Habit.....	7/2008; 10/2009
Salt: Don’t Ban it Entirely .....	8/2004
Sanfilippo Syndrome .....	3/2002
Sanitize/Disinfect, Why? .....	3/2006; 11/2008
Scabies .....	10/2014
Scale Down Your Portions .....	12/2015
Screening for Older Adults, Fact Sheet .....	9/2005
Seasonal Affective Disorder .....	3/2007
Seasonal Flu Vaccine, Key Facts.....	11/2010
Seborrheic Dermatitis.....	9/2008
Seizure Documentation.....	7/2001
Seizure Types and First Aid .....	12/2014
Seizure Types, Common.....	8/2005
Seizures, First Aid.....	7/2001
Self-Injurious Behavior, Family Guide .....	3/2006
Sertraline .....	2/2002
Seven Tips for Buying Multi Vitamins .....	10/2013
Shaking the Salt Habit.....	7/2008; 10/2009
Shingles, is it Contagious? .....	5/2015
Shingles: the Inside Story .....	3/2014
Shining a Light on Skin Cancer .....	8/2011

Shining a Light on Winter Depression .....	1/20176
Should the Pneumococcal Vaccine be Repeated in the Elderly? .....	3/2002
Should you be Tested for Diabetes? .....	9/2013
Sick Day Plan for Diabetes .....	9/2001
Simplify, a key to Reducing Stress .....	1/2014
Singing is Good Medicine .....	3/2016
Sinus Headaches.....	4/2015
Skin Aging and Dryness.....	3/2011
Skin Cancer .....	6/2007; 8/2011
Skin Ulcers, All About.....	10/2001
Sleep and Aging Quiz .....	10/2005
Sleep and Weight, the Link Between.....	11/2012
Sleep Apnea: When a Snore is More than Just a Snore.....	1/2012
Sleep Cycle, 10 Ways to Reset Yours.....	5/2015
Sleep Hygiene Tips.....	12/2010
Sleep Walking.....	9/2007
Sleep, Myths and Facts.....	3/2015
Sleep, Too Early to Get Up, Too Late to Get Back to Sleep .....	12/2010
Sleeping Difficulty .....	4/2010
Sleeping Pills: A Wake-up Call? .....	2/2013
Slim Gyms of “Avenues” .....	1/2006
Smart Food Shopping .....	9/2007
Smell, Making Sense of it.....	6/2015
Smith-Magenis Syndrome, What is it? .....	4/2004
Smoothies, Banana-Berry (Healthy Recipes) .....	8/2001
Snoring and Cardiovascular Risk .....	4/2008; 4/2014
Sodium Guidelines (USDA).....	3/2011
Sodium: How Low Can you Really Go? .....	3/2013
Some Tips on Staying Cool this Summer .....	5/2001; 7/2005
Speed up your Walking.....	6/2013
SPF.....	7/2015
Sponge 101: Keeping Your Kitchen Safe .....	3/2016
Spring is Time for Sprucing Up Food Safety Habits .....	4/2004
Sprouts for Health? .....	4/2015
Stages of our Lives .....	8/2009
Stages of Overheating .....	8/2005; 8/2008; 8/2014
Stairway to Health.....	12/2012

Stand up for your Heart.....	6/2011
Staph Infection, What is it?.....	9/2005
Staphylococcus Aureus – What is MRSA?.....	12/2007
Stay Warm and Healthy in the Winter, How to.....	2/2014
Steps to Take if You Have High Blood Pressure .....	2/2006; 2/2012
Strengthen Your Core: The Plank .....	8/2015
Strep Throat, What is it? .....	11/2007
Stress Less .....	9/2008
Stress Reduction and Water, What’s the Link? .....	9/2014
Stress Relievers.....	1/2014
Stress, A key to Reducing it .....	1/2014
Stress, Using Food to Cope with it .....	1/2014
Stretching is Great for Older Adults, Why.....	2/2014
Strikes Against Strokes .....	3/2013
Stroke Warning Signs .....	6/2004; 2/2008; 7/2011
Stroke, 11 Ways to Prevent it.....	7/2011
Stroke, Preventing .....	2/2007
Stroke, Transient Ischemic Attack .....	10/2015
Stuffing and Food Safety.....	12/2009; 11/2013
Stuffing, Safely Handle and Prepare it .....	12/2008
Success Story .....	1/2002
Sugar Substitutes, are they safe? .....	8/2013
Sugar, Just a Little Bit .....	11/2011
Sugar, The News About (Dietary Guidelines for Americans 2015-2020) .....	2/2016
Summary of Changes in Medical Assistance for 2005.....	10/2005
Summer Allergies, What Causes .....	5/2016
Summer Heat Safety.....	8/2011; 8/2016
Summer Readiness .....	6/2003
Summer Super Fruits.....	7/2015
Sunglasses: What to Look for in a New Pair of Shades.....	6/2007
Sunscreen.....	6/2007
Sunscreen, Better Labeling on it .....	7/2013
Sunscreen, Don’t Forget it .....	7/2005; 6/2006
Sunscreen, Get the Most out of Yours .....	7/2004
Sunscreen, New (Still Proposed) Rules.....	8/2010
Surprising Health Benefits of Pumpkin .....	11/2015
Surprising Sources of Vitamin C .....	9/2013



Surviving the Holidays when Someone you love has died.....	12/2015
Swallowing Disorders, Risk Factors .....	9/2001
Swallowing Problem Dangers .....	12/2002
Swallowing Problems, Identifying Checklist.....	12/2002
Swallowing Problems, Types and Causes.....	1/2003
Sweet Barbeque Shrimp .....	7/2006
Swim Your Heart Out! .....	12/2012
Swimming, a Sport for All Seasons .....	2/2011; 9/2012
Swimming, Why it is so Good for You .....	8/2013
Swine Flu (H1N1), what is it? .....	6/2009
Swine Origin Influenza Virus (H1N1).....	8/2009
Taking Calcium for Osteoporosis .....	8/2005
Tanning (Indoor) is Strongly Linked to Melanoma Risk .....	6/2011
Tardive Dyskinesia.....	10/2003
Tears, 8 Fascinating Facts .....	8/2014
Tell Tale Nails? .....	4/2005
Ten Rules for Keeping Food Safe Outdoors.....	6/2005
Test Your Brain .....	3/2001
Test Your Cholesterol I.Q.....	2/2002
Test Your Knowledge on Diabetes .....	6/2001
Tetanus, Diphtheria.....	6/2002
Thawing Your Turkey .....	12/2005; 12/2013; 12/2014
The 10 Commandments of Communicating with People with Disabilities .....	2/2011
The 3 Rs for Safe Medicine Use .....	11/2006
The ABCD, and now E of Melanoma.....	11/2005
The Appeal of the Banana .....	12/2011; 2/2012
The Calorie Race: Running vs Walking.....	12/2011
The Central PA Health Care Quality Unit – <i>What we Look Like and Who we are</i> .....	1/2002
The Coconut Water Craze .....	2/2013
The Dairy-Diabetes Debate.....	4/2013
The Decline of Trans Fats .....	2/2013
The Good and Bad of Cholesterol.....	1/2010
The Health Benefits of Cheese .....	12/2015
The Hidden Burden of High Blood Pressure.....	7/2012
The Importance of Communication .....	9/2002
The Importance of Water to Your Health.....	7/2001; 6/2006
The Link Between Sleep and Weight .....	11/2012

The Lowdown on Hemorrhoids .....	7/2012
The News About Sugar, Dietary Guidelines for Americans 2015-2020.....	2/2016
The Non-Verbal Language of Pain.....	12/2002; 2/2007
The Perks of Mall Walking .....	11/2015
The Plank, Strengthen Your Core .....	8/2015
The Power of Napping .....	7/2013
The Power of Portion Control.....	1/2014
The Role of Nuts in a Healthy Diet .....	2/2010
The Silent Killer.....	10/2011
The Skinny on Dietary Fats.....	7/2007
The Value of Green Food.....	4/2005
Third-hand Smoke, How Dangerous is it? .....	4/2013
Thunderstorms, Hazards Associated with [them] .....	9/2010
TIA (Transient Ischemic Attack) .....	10/2015
Tinnitus, Do I have it? .....	2/2016
Tips for a Healthier Barbecue.....	6/2014
Tips for a Successful Doctor's Visit .....	10/2002; 2/2003; 2/2008
Tips for Avoiding Fat and Cholesterol .....	7/2002
Tips for Controlling Allergens .....	9/2009
Tips for Healthy Holiday Eating .....	11/2012; 12/2013
Tips for Power Walking .....	8/2014
Tips for Preventing Heat-Related Illness .....	6/2009
Tips on Eating Healthy Heating on Thanksgiving .....	11/2014
Tips on Foodborne Illness.....	7/2002
Tips on How to Safely Use Insect Repellents.....	9/2002
Tips on Preventing Foodborne Illness .....	4/2002
Tips to Feel Better all Day.....	7/2014
Tips to Help you Dine Healthy.....	4/2014
TMD (Dealing with Jaw Pain) .....	8/2015
TMD: a Mouthful of Pain .....	11/2011
Toe Pain .....	10/2011
Toe Woe: Ingrown Nails.....	11/2011
Too Early to Get Up, Too Late to Get Back to Sleep .....	12/2010
Top Ten Fitness Trends for 2004 .....	1/2004
Toxic Plants .....	4/2001; 7/2006
Training Information – <i>Blackboard Training</i> .....	4/2001
Training Information – <i>Training Needs Assessments</i> .....	4/2001

Training Initiatives – <i>Training Coordinator</i> .....	5/2001
Training Initiatives.....	6/2001
Training News.....	7/2001
Training Update – <i>Consumer Training at “Community Unity”</i> .....	8/2001
Training Update – <i>Juniata Valley County Training Events</i> .....	10/2001
Training Update – <i>Schuylkill County Training</i> .....	9/2001
Trans Fats.....	8/2003
Trans Fats, the Decline.....	2/2013
Trans Fats, What are they and why are they unhealthy?.....	7/2015
Transdermal Drug Delivery Systems.....	10/2001
Transient Ischemic Attack.....	10/2015
Tuberous Sclerosis, FAQs About.....	1/2003
Turkey Meatloaf.....	11/2012
Turkey Salad, Healthy Recipes.....	10/2001
Type 1 Diabetes, What is it?.....	1/2009
Types and Causes of Swallowing Problems.....	1/2003
Types of Fat.....	4/2010
Types of Hypertension.....	5/2007
Ulcers, Skin (All About).....	10/2001
Umami Flavor on the Rise.....	6/2016
Understanding Osteoarthritis.....	8/2003
Understanding PAD (Peripheral Arterial Disease) and What Causes It.....	8/2015
Unexpected Reasons to Drink More Water.....	1/2015
Urinary Tract Infections.....	12/2006
USDA Sodium Guidelines.....	3/2011
Using Food to Cope with Stress.....	1/2014
UTIs, Dealing with them.....	6/2013
Vegetable Salad, Marinated.....	8/2003
Vision Loss, Warning Signs.....	4/2003
Vitamin C, Surprising Sources.....	9/2013
Vitamin D Deficiency.....	10/2009
Vitamin D.....	10/2010
Vitiligo Basics.....	7/2007
Walking 101, Defensive.....	4/2015
Walking for Fitness.....	6/2007; 11/2013
Walking the Malls, the Perks of.....	11/2015
Walking, Speed up.....	6/2013

Warning Signs of Hearing Loss.....	4/2003
Warning Signs of Vision Loss.....	4/2003
Watch out for Falling Arches .....	10/2012
Watch Your Step.....	3/2015
Water and Stress Reduction, What's the Link? .....	9/2014
Water .....	2/2005
Water, the Importance to Your Health .....	7/2001; 6/2006
Water, Why You Should Drink it.....	11/2003
Watermelon, 8 Reasons to Love it .....	5/2016
Ways to Lose Weight Without Dieting .....	5/2014
Ways to Prepare Kale .....	2/2015
Ways to Reset Your Sleep Cycle .....	5/2015
Weather Emergency and Food Safety .....	1/2008
Weight and Sleep, the Link Between.....	11/2012
Weight Control (Keep it Off!) .....	2/2009
Weight Management Fact and Fiction.....	10/2002; 5/2007
West Nile Virus .....	9/2002; 6/2003; 5/2004; 7/2008
What are Trans Fats and Why are they Unhealthy? .....	7/2015
What Causes Summer Allergies?.....	5/2016
What do Those Letters Mean? .....	2/2003
What do you Really Know about Heartburn?.....	10/2008
What is an Allergy? .....	4/2011
What is Angina?.....	10/2006
What is Atherosclerosis?.....	12/2009; 11/2013
What is Autism? .....	2/2003
What is Cerebral Palsy?.....	6/2004
What is Cholesterol and How Does it Affect Me? .....	2/2008; 6/2009
What is Chronic Obstructive Pulmonary Disease? (COPD).....	4/2012
What is Fibromyalgia?.....	6/2002
What is H1N1 Flu (Swine Flu)? .....	6/2009
What is Hepatitis B?.....	3/2010
What is Insomnia? .....	3/2006
What is Irritable Bowel Syndrome? .....	11/2009
What is Lou Gehrig's Disease? .....	2/2010
What is Osteoarthritis?.....	6/2002
What is Pica?.....	4/2005; 4/2011
What is Smith-Magenis Syndrome? .....	4/2004

What is Staph Infection? .....	9/2005
What is Strep Throat? .....	11/2007
What is Type 1 Diabetes? .....	1/2009
What Those Blood Pressure Numbers Mean .....	11/2007; 5/2009
What to do About Dry Skin in the Winter .....	3/2011; 3/2014
What to do About High Triglycerides .....	12/2011
What to do if it's Hard to Chew or Swallow .....	4/2016
What You Need to Know About Heart Disease .....	9/2009
What you Should Know for the 2012-2013 Influenza Season.....	10/2012
What's Eating You? Using Food to Cope with Stress .....	1/2014
What's New with the HCQU? <i>March Events</i> .....	4/2001
What's the Link Between Water and Stress Reduction?.....	9/2014
What's Your Cholesterol IQ? .....	6/2012
When Eggs Become Unsafe .....	6/2013
When Nasal Allergies Strike.....	6/2010
When You Lose Your Voice .....	5/2013
Where Does Good Oral Health Begin? .....	8/2006; 5/2008
Where's my Waist? .....	4/2012
Who is the Health Care Quality Unit? .....	2/2001
Whole Grain Pasta Tips .....	5/2015
Whole Grains: the 10-to-1 Rule.....	8/2013
Wholly Macaroni! .....	10/2011
Why Bottled Water Isn't Better .....	5/2016
Why Disinfect/Sanitize? .....	3/2006; 11/2008
Why Stretching is Great for Older Adults.....	2/2014
Why Swimming is so Good for You .....	8/2013
Why You Should Drink Water.....	11/2003
Why You Shrink as You Age .....	9/2015
Winter Home Safety Tips .....	2/2009
Winter Super Foods .....	2/2015
Year Round Hydration.....	5/2012
Yearly Prostate Cancer Test May Save Lives .....	11/2005
Zucchini Oven Chips.....	10/2013