

## Eastern Time Program Schedule • June 28, 2010 - September 26, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 AM	<b>Physical Activity:</b> Improving Your Health	<b>Men's Health:</b> Advice to Baby Boomers	<b>Hospital Acquired Infections:</b> What You Need to Know	<b>Nutritional Needs:</b> Prescription for Health	<b>Understanding Obesity:</b> The Key to Effective Weight Loss	<b>Hospital Acquired Infections:</b> What You Need to Know	<b>Taking Antibiotics Properly</b>
8:00 AM 4:00 PM	<b>Men's Health:</b> Advice to Baby Boomers	<b>Hospital Acquired Infections:</b> What You Need to Know	<b>Nutritional Needs:</b> Prescription for Health	<b>Understanding Obesity:</b> The Key to Effective Weight Loss	<b>Hospital Acquired Infections:</b> What You Need to Know	<b>Taking Antibiotics Properly</b>	<b>Physical Activity:</b> Improving Your Health
12:30 AM 8:30 AM 4:30 PM	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>	<b>Healthy Mother</b>
1:00 AM 9:00 AM 5:00 PM	<b>Asthma:</b> One Breath at a Time	<b>Preventing Flu and Pneumonia</b>	<b>Emphysema &amp; Chronic Bronchitis:</b> Coming Up for Air	<b>Nasal Congestion &amp; Controlling Your Allergies</b>	<b>Preventing Flu and Pneumonia</b>	<b>Managing Sinus Problems</b>	<b>Alzheimer's Disease:</b> Hope and Help
1:30 AM 9:30 AM 5:30 PM	<b>Managing Chronic Pain</b>	<b>Going Home on Blood Thinners</b>	<b>Taking Medications Safely</b>	<b>Women's Health:</b> Advice to Baby Boomers	<b>Going Home on Blood Thinners</b>	<b>Advance Directives:</b> Making Family Health Decisions	<b>Living With Migraines</b>
2:00 AM 10:00 AM 6:00 PM	<b>Living With Heart Disease</b>	<b>Irregular Heartbeats:</b> Restoring the Rhythm	<b>Osteoporosis:</b> Strength for Life	<b>Heart Disease:</b> Women at Risk	<b>Living With Heart Disease</b>	<b>Healthy Aging</b>	<b>Heart Disease:</b> Women at Risk
2:30 AM 10:30 AM 6:30 PM	<b>Leg Pain:</b> When to Act	<b>Heart Failure:</b> Beating the Odds	<b>Healthy Living After a Heart Attack</b>	<b>Heart Failure:</b> Beating the Odds	<b>Controlling Hypertension</b>	<b>Angina:</b> When to Get Help	<b>Controlling Hypertension</b>
3:00 AM 11:00 AM 7:00 PM	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>	<b>Newborn Care</b>
3:30 AM 11:30 AM 7:30 PM	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>	<b>Smoking Cessation:</b> One Day at a Time	<b>Stop Smoking Today</b>
4:00 AM 12:00 PM 8:00 PM	<b>Deep Vein Thrombosis:</b> Are You at Risk?	<b>Stroke Care:</b> Every Minute Counts	<b>Deep Vein Thrombosis:</b> Are You at Risk?	<b>Stroke Care:</b> Every Minute Counts	<b>Deep Vein Thrombosis:</b> Are You at Risk?	<b>Stroke Care:</b> Every Minute Counts	<b>Stroke Care:</b> Every Minute Counts
4:30 AM 12:30 PM 8:30 PM	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>	<b>A Mother's Gift</b>
5:00 AM 1:00 PM 9:00 PM	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Hospital Stays:</b> What You Need to Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital	<b>Hospital Stays:</b> What You Need to Know	<b>Patient Safety:</b> Protecting Yourself in the Hospital	<b>Staying Safe in the Hospital:</b> Patient Essentials	<b>Patient Safety:</b> Doctors' Stories
5:30 AM 1:30 PM 9:30 PM	<b>Diabetes:</b> Prevention	<b>Diabetes:</b> Treatments	<b>Diabetes:</b> Avoiding Complications	<b>Diabetes:</b> Prevention	<b>Diabetes:</b> Treatments	<b>Diabetes:</b> Avoiding Complications	<b>Managing Your Diabetes</b>
6:00 AM 2:00 PM 10:00 PM	<b>Preventing High Cholesterol</b>	<b>Managing High Cholesterol</b>	<b>Controlling Your Cholesterol</b>	<b>Preventing High Cholesterol</b>	<b>Managing High Cholesterol</b>	<b>Controlling Your Cholesterol</b>	<b>Preventing High Cholesterol</b>
6:30 AM 2:30 PM 10:30 PM	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>	<b>Baby Basics</b>
7:00 AM 3:00 PM 11:00 PM	<b>Living with Cancer</b>	<b>Preventing Colon Cancer</b>	<b>Lung Cancer:</b> Improving Survival	<b>Breast Cancer:</b> New Reasons for Hope	<b>Cancer Related Fatigue</b>	<b>Cancer and Nutrition</b>	<b>Living With Prostate Cancer</b>
7:30 AM 3:30 PM 11:30 PM	<b>Your Surgery:</b> Before, During and After	<b>Tests That Can Save Your Life</b>	<b>Chronic Care:</b> Improving Quality of Life	<b>Coping With Low Back Pain</b>	<b>Osteoarthritis:</b> Fighting Joint Pain	<b>Alcohol &amp; Drug Addiction</b>	<b>Depression:</b> Treatments That Work