

Kaiser
Permanente
**HEALTHPHONE
DIRECTORY**

English/Spanish

1-800-33-ASK ME*



**FREE Recorded
Health Messages
24 Hours a Day**

* TTY access (for people
with impaired hearing) -
1-800-777-9059

Kaiser Permanente HEALTHPHONE DIRECTORY: Information from the physician— without leaving home

We at Kaiser Permanente have helped our members stay healthy for nearly 60 years by providing health care services and health information. We want to make it easy for you and your family to get healthy and stay healthy. Kaiser Permanente Healthphone Directory gives easy access to important health information.

Kaiser Permanente Healthphone Directory is free, convenient, and confidential, and available to members and nonmembers alike. You can trust that the information you receive is accurate and up-to-date, because it is prepared by Kaiser Permanente health care professionals. Call 24 hours a day from any touch-tone phone.

The Healthphone Directory answers your questions on more than 200 topics, ranging from stress reduction to lowering your cholesterol to cancer screening. It offers more than 30 messages on children's health, 20 messages on women's health, and much more information to help you stay healthy and prevent illness.

Please keep this directory near your telephone so you can refer to it any time you have questions.

The information presented on Kaiser Permanente Healthphone Directory is not intended to diagnose health problems or take the place of professional medical care. If you have persistent health problems or if you have further questions, please consult your health care professional.

©1995 Kaiser Permanente. All rights reserved.
SCPMG Regional Health Education,
Health Promotion and Prevention
MH0250 (11/01)
www.kaiserpermanente.org

1-800-33-ASK ME

Kaiser Permanente HEALTHPHONE DIRECTORY Is Easy to Use

Just call 1-800-33-ASK ME
(1-800-332-7563)
and this is what you will hear:

“Thank you for calling the Kaiser Permanente Healthphone Directory. You must have a touch-tone phone to continue.


For messages in English, press 1.

For messages in Spanish, press 2.”

(Press 1 for English)

“If you know the number of the message you want to hear, press 1.”

“To have an index of topics faxed to you, press 2.”

“To request a specific topic to be faxed, press 3.” (for messages with a  symbol in the booklet)

“To hear frequently requested messages, press 4.”

“To repeat this message, press 9.”

Make your selection and follow the guide to your destination.

1-800-33-ASK ME

TIPS

- Be ready to take notes when you hear the Kaiser Permanente Healthphone Directory message.
- To stop a message and select another message, press # at any time during the message.
- To disconnect at any time, simply hang up.

Other Free Health Information from Kaiser Permanente

- Kaiser Permanente national Web site (www.kaiserpermanente.org) is available to the public and contains helpful services such as a physician directory, health education classes, location information, and much more.
- Kaiser Permanente members only Web site (www.kaiserpermanente.org) is available to members only by clicking on Kaiser Permanente Online “Members Only” to register or access services, such as scheduling online appointments, online consultation with a pharmacist, discussion groups, personal health assessments, drug encyclopedia, and health encyclopedia.
- The Member Health Education Department at the Kaiser Permanente location near you. Contact us for information about other available health education services.

Kaiser Permanente Healthphone Directory Messages

Tape #

- 221 **Abortion**
- Abuse**
- 426 Child Sexual Abuse
- 465 Emotional, Physical, and Sexual Abuse of Children and Teens
- 464 **Acquaintance Rape**
- 207 **Addiction/Chemical Dependency**
- 154 **Advanced Illness: Talking with Your Doctor to Make Your Wishes Known**
- 285 **Aging**
-  122 **AIDS/HIV Information**
- 276 Coping with HIV Infection
- 222 HIV Antibody Test
- 223 HIV/AIDS and Blood Transfusions
-  275 HIV/AIDS and Other Sexually Transmitted Diseases
- 277 Pregnancy and HIV
- Alcohol**
- 347 Alcohol, Tobacco, and Drug Use During Pregnancy
- 207 Chemical Dependency/Addiction
- 461 Understanding Alcohol
- 320 **Allergies**
- 429 Airborne Allergies
- 118 Allergies in Children
- 433 Allergies to Medications
- 316 Environmental Allergies
- 317 Food Allergies
- 312 Insect Sting Allergies

Tape #

- 245 **Alzheimer's Disease**
- 104 Dementia: Communicating with a Loved One who Has Alzheimer's Disease/Dementia
- 231 **Amniocentesis**
- Anesthesia**
- 403 Anesthesia for Your Surgery
- 356 Epidural Anesthesia for Labor and Vaginal Delivery
- 345 Pain Relief During Labor and Vaginal Delivery
- 279 **Angiogram, Cardiac Catheterization**
- 280 **Angioplasty, Coronary Artery**
- 306 **Anorexia Nervosa and Bulimia**
- 342 **Anticoagulants**
- 205 **Appendicitis**
- 310 **Arthritis**
- 103 **Asbestos Exposure**
- 327 **Asthma**
- 323 Asthma Peak Flow Meter
- 246 **Athlete's Foot**
- Baby Care**
- 218 Bottle Feeding Your Newborn
- 163 Breast Infection (Mastitis)
- 165 Breastfeeding: Breast Engorgement
- 160 Breastfeeding: Helpful Hints
- 161 Breastfeeding: Latching and Positioning Your Baby
- 164 Breastfeeding: Pumping and Storing Breast Milk
- 162 Breastfeeding: Sore Nipples

1-800-33-ASK ME



*What will keep me
from getting cancer?
Tape #341*

Tape #

- 204 Car Seats for Children
- 414 Care of Your Newborn Baby
- 117 Circumcision
- 150 Colic
- 151 Diaper Rash
- 332 Starting Solid Foods
- 130 **Back: Low-Back Pain**
- 239 **Barium Enema**
- 247 **Bedsores (Pressure Ulcers)**
- 110 **Bedwetting**
- Birth Control – see Family Planning**
-  410 **Bladder Infections in Women**
-  328 **Blood Pressure, High**
- 218 **Bottle Feeding Your Newborn**
- 202 **Breast Cancer Susceptibility Gene**
- 128 **Breast Self-Examination**
- Breastfeeding**
- 163 Breast Infection (Mastitis)
- 165 Breastfeeding: Breast Engorgement
- 160 Breastfeeding: Helpful Hints
- 161 Breastfeeding: Latching and Positioning Your Baby
- 164 Breastfeeding: Pumping and Storing Breast Milk
- 162 Breastfeeding: Sore Nipples

Tape #

- 411 **Bronchitis, Chronic**
- Bulimia**
- 306 Anorexia Nervosa and Bulimia
- 341 **Cancer**
- 212 Cryotherapy of the Cervix
- 304 Lung Cancer
- 407 Prostate Cancer
- 288 Prostate Surgery
- Cancer Screening**
- 418 Abnormal Pap Smear
- 239 Barium Enema
- 202 Breast Cancer Susceptibility Gene
- 128 Breast Self-Examination
- 442 Colposcopy
- 420 Mammography
- 108 Sigmoidoscopy/Proctoscopy
- 313 Testicular Self-Examination
- 204 **Car Seats for Children**
- 203 **Caregiving: Stress-Reduction Techniques and Other Resources**
- 435 **Cataract Surgery**
- Cesarean Section – see Pregnancy and Childbirth**
- 207 **Chemical Dependency/Addiction**
- 423 **Chicken Pox**
- Children's Health**
- 118 Allergies in Children
- 110 Bedwetting
- 204 Car Seats for Children
-  423 Chicken Pox
- 426 Child Sexual Abuse
- 143 Cleanliness: A Message for Kids

1-800-33-ASK ME

Tape #

- 124 Colds in Children
- 415 Constipation in Children
- 324 Diarrhea and Vomiting in Children
- 152 Ear Infections in Children
- 303 Eating Habits for Children
- 465 Emotional, Physical, and Sexual Abuse of Children and Teens
- 127 Fever in Children
- 153 Finding Good Child Care
- 238 Head Lice and Crabs
- 131 Immunizations for Children
- 337 Mumps
- 214 Pinworms
- 148 Preventing Childhood Obesity
- 140 Ringworm
- 155 Temper Tantrums in Children
- 217 Toilet Training
- 240 Tonsillectomy and Adenoidectomy
- 274 **Chlamydia**
- 266 **Cholesterol: How to Lower Yours**
- 250 **Chronic Illness: How to Cope**
- 117 **Circumcision**
- 143 **Cleanliness: A Message for Kids**
- 249 **Cold Sores/Fever Blisters**
- Colds**
- 124 Colds in Children
- 335 Common Cold
- 150 **Colic**
- 442 **Colposcopy**
- 147 **Condoms**

1-800-33-ASK ME

What Is Type 1 Diabetes? Tape #119



Tape #

- 106 **Condyloma/Genital (Venereal) Warts**
- Constipation**
- 228 Constipation in Adults
- 415 Constipation in Children
- Contraception – see Family Planning**
- 136 **Cough, Chronic**
- 212 **Cryotherapy of the Cervix**
- 305 **CT Scan**
- 104 **Dementia: Communicating with a Loved One who Has Alzheimer's Disease/Dementia**
- 251 **Dental Care for the Family**
- 443 **Depression**
- Diabetes**
- 142 Blood Sugar Testing for People with Diabetes
- 216 Food and Diabetes
- 206 Foot Care When You Have Diabetes
- 406 For People with Diabetes: When Vomiting, Diarrhea, or Other Illness Occurs
- 145 Monitoring Your Health When You Have Diabetes
- 119 What Is Type 1 Diabetes?
- 219 What Is Type 2 Diabetes?
- 151 **Diaper Rash**

-  324 **Diarrhea and Vomiting in Children**
- Diet – see Nutrition**
- 319 **Dilatation and Curettage (D & C) of the Uterus**
- 346 **Domestic Violence**
- Drug Abuse**
- 347 Alcohol, Tobacco, and Drug Use During Pregnancy
- 207 Chemical Dependency/Addiction
- 462 Drugs: Sniffing, Marijuana, and Hallucinogens
- 463 Drugs: Uppers and Downers
- Ear**
- 152 Ear Infections in Children
- 252 Ear Wax and Swimmer’s Ear
- 466 **Earthquake Preparedness**
- Elderly – see Seniors**
- 400 **Emergency Contraceptive Pills**
- 441 **Emphysema**
- 348 **Endometrial Biopsy**
- 355 **Endometriosis**
- Environmental Risk**
- 103 Asbestos Exposure
- 356 **Epidural Anesthesia for Labor and Vaginal Delivery**
- 236 **Epilepsy**
- Exercise**
-  265 Aerobic Exercise
- 269 Preventing Exercise Injuries
- 272 The Weekend Athlete: Pain After Exercise
- Eyes**
- 435 Cataract Surgery
- 109 Glaucoma

- Family Planning**
- 458 Birth Control for Teens
- 413 Birth Control Methods
- 318 Birth Control Pills
- 147 Condoms
- 315 Diaphragm, Cervical Cap, Foam, and Condoms
- 400 Emergency Contraceptive Pills
- 114 Natural Family Planning and Fertility Awareness
- 430 Norplant and Depo-Provera
- 112 Planning a Healthy Pregnancy Before You Become Pregnant
- 326 Tubal Sterilization
- 432 Vasectomy
- 249 **Fever Blisters/Cold Sores**
- 127 **Fever in Children**
- 230 **First Aid: What to Have in Your Medicine Chest**
- Fitness – see Exercise**
- Flu**
-  421 Stomach Flu
-  125 Upper Respiratory Flu
- 333 **Folic Acid for Women**
- Foot Care**
- 246 Athlete’s Foot
- 206 Foot Care When You Have Diabetes
- 254 **Gall Bladder Disease**
- 105 **Genetic Carrier Testing**
- 224 **Genital Herpes Virus**
- 106 Genital Warts/Condyloma
- 109 **Glaucoma**
- 129 **Gonorrhea**

Tape #

- 336 **Gout**
- 419 **Headaches**
- 248 **Healthier Living: Managing Ongoing Health Conditions**
- Heart**
- 342 Anticoagulants
- 279 Cardiac Catheterization/
Coronary Angiogram
- 215 Congestive Heart Failure
- 280 Coronary Artery Angioplasty
- 115 Heart Attack
- 266 How to Lower Your
Cholesterol
- 329 Reducing the Risk of Heart
Attack
- 405 Treadmill Test
- 126 **Hemorrhoids**
- 132 **Hepatitis**
-  224 **Herpes/Genital Herpes Virus**
- 256 **Hiatal Hernia**
-  328 **High Blood Pressure**
- HIV – see AIDS/HIV**
- 338 **Home Health Services**
- 444 **Hormone Replacement Therapy**
- 328 **Hypertension/High Blood Pressure**
- 427 **Hysterectomy**
- Immunizations**
- 211 Immunizations for Adults
- 131 Immunizations for Children
- 361 **Incontinence, Urinary**
- 417 **Infertility**
- 312 **Insect Sting Allergies**

1-800-33-ASK ME

*How can I manage
my stress?
Tape #227*






Tape #

- 310 **Joint Pain/Arthritis**
- 107 **Kaiser Permanente Healthwise®
Handbook Information**
- 349 **Kegel Exercises**
- 210 **Kidneys, X-Ray Examination**
- Labor and Delivery –
see Pregnancy and Childbirth**
- 416 **Laparoscopy**
- 238 **Lice and Crabs**
- Lungs**
- 327 Asthma
- 411 Chronic Bronchitis
- 441 Emphysema
- 304 Lung Cancer
- 257 **Lyme Disease**
- 420 **Mammography**
- 436 **Measles: Ten-Day**
- 408 **Medical Appointments, Getting
the Most from Your**
- Medications**
- 433 Allergies to Medications
- 342 Anticoagulants
- 431 **Menopause**
- Men's Health**
- Contraception – see Family
Planning
- 346 Domestic Violence

*How can I tell
if I'm pregnant?
Tape #321*



Tape #

- 282 Men's Sexual Problems:
Physical
- 283 Men's Sexual Problems:
Psychological
- 407 Prostate Cancer
- 288 Prostate Surgery
- 313 Testicular Self-Examination
- 271 Viagra
- Mental Health**
- 306 Anorexia Nervosa and Bulimia
- 203 Caregiving: Stress-Reduction
Techniques and Other
Resources
- 207 Chemical Dependency/
Addiction
- 276 Coping with HIV Infection
- 250 Coping with Severe Chronic
Illness
-  443 Depression
- 283 Men's Sexual Problems:
Psychological
- 133 Relaxation through Deep
Breathing
- 138 Relaxation through
Progressive Muscle
Relaxation
- 149 Relaxation through
Visualization
-  402 Sleep Problems
-  227 Stress
- 465 Teens: Emotional, Physical,
and Sexual Abuse

Tape #

- 120 **Miscarriage**
- 434 **Mononucleosis**
- 337 **Mumps**
- 259 **Nosebleeds**
- 139 **Nuclear Medicine Tests**
- Nutrition**
-  141 Eating a Healthier Diet
- 303 Eating Habits for Children
- 216 Food and Diabetes
- 311 How to Cut Down on Salt
-  322 How to Lose 10 Pounds
or More
- 266 How to Lower Your
Cholesterol
- 113 Nutrition During Pregnancy
- 148 Preventing Childhood Obesity
- 137 **Osteoporosis**
- 418 **Pap Smear, Abnormal**
- 213 **Peptic Ulcers**
- 214 **Pinworms**
- 226 **Poisons in Your Home**
- Pregnancy and Childbirth**
- 221 Abortion
- 347 Alcohol, Tobacco, and Drug
Use During Pregnancy
- 231 Amniocentesis
- 234 Caring for Yourself After
Delivery
- 412 Cesarean Birth
-  225 Common Problems in the First
Six Months of Pregnancy
- 121 Common Problems in the Last
Three Months of Pregnancy
-  321 Early Signs of Pregnancy

1-800-33-ASK ME

Tape #

- 356 Epidural Anesthesia for Labor and Vaginal Delivery
- 424 Fetal Testing, Stress and Nonstress, during Pregnancy
- 105 Genetic Carrier Testing
- 120 Miscarriage
- 113 Nutrition During Pregnancy
- 345 Pain Relief During Labor and Vaginal Delivery
- 112 Planning a Healthy Pregnancy Before You Become Pregnant
- 277 Pregnancy and HIV
- 232 Pregnancy-Induced Hypertension/Toxemia
- 353 Preventing Early (Preterm) Labor
- 459 Teen Pregnancy
- 209 Ultrasound Examination
- 428 When You Should Go to the Hospital for Delivery
- 437 **Premenstrual Syndrome (PMS)**
- 247 **Pressure Ulcers/Bedsores**
- Prostate**
- 407 Prostate Cancer
- 288 Prostate Surgery
- 451 **Puberty and Adolescence for Boys**
- 450 **Puberty and Adolescence for Girls**
- 464 **Rape, Acquaintance**
- Relaxation**
- 133 Relaxation through Deep Breathing
- 138 Relaxation through Progressive Muscle Relaxation
- 149 Relaxation through Visualization

1-800-33-ASK ME

How can I get the most from my medical appointment?
Tape #408



Tape #

- 140 **Ringworm**
- Safety**
- 466 Earthquake Preparedness
- 230 First Aid: What to Have in Your Medicine Chest
- 226 Poisons in Your Home
- 236 **Seizures/Epilepsy**
- Seniors**
- 285 Aging
- 245 Alzheimer's Disease
- Services**
- 154 Advanced Illness: Talking with Your Doctor to Make Your Wishes Known
- 408 Getting the Most from Medical Appointments
- 248 Healthier Living: Managing Ongoing Health Conditions
- 338 Home Health Services
- 107 Kaiser Permanente Healthwise® Handbook Information
- Sex**
- 282 Men's Sexual Problems: Physical
- 283 Men's Sexual Problems: Psychological
- 456 Myths About Sex
- 460 Sexual Orientation, Understanding



*How can I
quit smoking?
Tape #237*

Tape #


- 457 Sexually Transmitted Diseases:
Know the Facts!
- 271 Viagra
- 350 Women's Sexual Concerns
- Sexually Transmitted Diseases**
- 274 Chlamydia
- 147 Condoms
-  224 Genital Herpes Virus
- 106 Genital (Venereal) Warts/
Condyloma
- 129 Gonorrhea
-  275 HIV/AIDS and Other Sexually
Transmitted Diseases
- 457 Sexually Transmitted Diseases:
Know the Facts!
- 331 Syphilis
- 425 Trichomonal Vaginal Infection
- 261 **Shingles**
- 108 **Sigmoidoscopy/Proctoscopy**
-  402 **Sleep Problems**
- Smoking**
- 347 Alcohol, Tobacco, and Drug
Use During Pregnancy
- 441 Emphysema
- 241 Getting Ready to Get Ready
to Quit Smoking
- 237 Smoking: A Plan for Quitting

1-800-33-ASK ME

Tape #

- 452 Smoking Facts for Teens
- 267 Using Nicotine Replacement
- 311 **Sodium: How to Cut Down on Salt**
- 229 **Sore Throats**
- 263 **Sprained Ankle**
-  421 **Stomach Flu**
-  227 **Stress – also see Mental Health**
- 264 **Strokes: Family Information**
- Surgery**
- 403 Anesthesia for Your Surgery
- 205 Appendicitis
- 435 Cataract Surgery
- 416 Laparoscopy
- 438 Preparing for Surgery
- 240 Tonsillectomy and
Adenoidectomy
- 252 **Swimmer's Ear and Ear Wax**
- 331 **Syphilis**
- Teen Health**
- 464 Acquaintance Rape
- 306 Anorexia Nervosa and Bulimia
- 458 Birth Control for Teens
- 462 Drugs: Sniffing, Marijuana, and
Hallucinogens
- 463 Drugs: Uppers and Downers
- 465 Emotional, Physical, and
Sexual Abuse of Children
and Teens
- 453 Looking Good and Feeling
Good
- 456 Myths About Sex
- 451 Puberty and Adolescence
for Boys
- 450 Puberty and Adolescence
for Girls
- 457 Sexually Transmitted Diseases:
Know the Facts!
- 452 Smoking Facts for Teens

Tape

- 459 Teen Pregnancy
- 461 Understanding Alcohol
- 460 Understanding Your Sexual Orientation
- 155 **Temper Tantrums in Children**
- 313 **Testicular Self-Examination**
- Tests**
- 305 CT Scan
- 210 X-Ray Examination of the Kidneys
- 339 X-Ray Examination of the Upper G.I.
- 257 **Ticks/Lyme Disease**
- 217 **Toilet Training**
- 240 **Tonsillectomy and Adenoidectomy**
- 232 **Toxemia/Hypertension, Pregnancy-Induced**
- 405 **Treadmill Test**
- 326 **Tubal Sterilization**
- 111 **Tuberculosis**
- 213 **Ulcers, Peptic**
- 209 **Ultrasound Examination**
- 339 **Upper G.I., X-Ray Examination**
- 361 **Urinary Incontinence**
- 134 **Uterine Fibroids**
- 404 **Varicose Veins**
- 432 **Vasectomy**
- 271 **Viagra**
-  324 **Vomiting and Diarrhea in Children**
- Women's Health**
- 418 Abnormal Pap Smear
-  410 Bladder Infections in Women

Tape

- 128 Breast Self-Examination
- Contraception – see Family Planning
- 212 Cryotherapy of the Cervix
- 319 Dilatation and Curettage (D & C) of the Uterus
- 346 Domestic Violence
- 348 Endometrial Biopsy
- 355 Endometriosis
- 333 Folic Acid for Women
- 444 Hormone Replacement Therapy
- 427 Hysterectomy
- 417 Infertility
- 349 Kegel Exercises
- 416 Laparoscopy
- 420 Mammography
- 431 Menopause
- 137 Osteoporosis
- 437 Premenstrual Syndrome (PMS)
- 425 Trichomonal Vaginal Infections
- 326 Tubal Sterilization
- 134 Uterine Fibroids
-  220 Vaginal Discharges and Infections
- 439 Vaginal Hygiene
- 350 Women's Sexual Concerns
- 422 Yeast or Candida Vaginal Infection
- X-Ray**
- 305 CT Scan
- 210 X-Ray Examination of the Kidneys
- 339 X-Ray Examination of the Upper G.I.
- 422 **Yeast or Candida Vaginal Infection**

1-800-33-ASK ME

