## Channel 89
## General Information Channel

Inside OSA: Information for Sleep Apnea Patients (1 Hour)
7:00 AM & 5:00 PM

Pain Management (11:50)
8:00 AM; 1:00 & 7:00 PM

UNC Hospice (15:13)
8:15 & 10:30 AM; 2:30 & 8:30 PM

Standing Up & Fighting Back (22:55)
9:00 & 11:00 AM; 3:00 & 6:00 PM

Avoid ID Theft (10:25)
9:35 & 11:35 AM; 3:35 & 6:35 PM

No Greater Love (16:00)
10:00 AM; 2:00 & 8:00 PM

Never Forget, Never Forgotten (10:00)
10:16 AM; 2:16 & 8:16 PM

Quitting Smoking (12:54)
8:45 AM; 2:45 & 8:45 PM

## Channel 91
## The Cardiac Information Channel

High Blood Pressure: An Introduction to Treatment (15:43)
6:00, 8:00 & 10:00 AM and Noon, 2:00, 4:00 & 6:00 PM

Introduction to Heart Disease Risk Factors (14:40)
6:15, 8:15 & 10:15 AM and 12:15, 2:15, 4:15 & 6:15 PM

Heart Failure: Getting Started with Treatment (13:02)
6:30, 8:30 & 10:30 AM and 12:30, 2:30, 4:30 & 6:30 PM

Coronary Angiography and Angioplasty (15:58)
6:43, 8:43 & 10:43 AM and 12:43, 2:43, 4:43 & 6:43 PM

Heart Surgery: Preparing for Your Surgery (15:00)

7:00 & 9:00, 11:00 AM and 1:00, 3:00, 5:00, 7:00, 9:00 & 11:00 PM

Heart Surgery: Preparing for Discharge (15:12)
7:15 & 9:15, 11:15 AM and 1:15, 3:15, 5:15, 7:15, 9:15 & 11:15 PM

Understanding Anticoagulant Medications (Coumadin)(10:15)
7:30 & 9:30, 11:30 AM and 1:30, 3:30, 5:30, 7:30, 9:30 & 11:30 PM

Aspira (15:19)
7:40 & 9:40, 11:40 AM and 1:40, 3:40, 5:40, 7:40, 9:40 & 11:40 PM

## Channel 92
## Oncology/Transplant Information Channel

Managing Your Colostomy (33:00)
6:00, 8:00 & 10:00 AM; 2:00, 4:00, 6:00, 8:00 &10:00 PM

Managing Your Ileostomy (34:00)
6:33, 8:33 & 10:33 AM; 2:33, 4:33, 6:33, 8:33 &10:33 PM

About Your Urostomy (6:25)
7:08, 9:08 & 11:08 AM; 3:08, 5:08, 7:08, 9:08 & 11:08 PM

How to Apply a Two-Piece Drainable Pouching System (6:40)
7:015, 9:15 & 11:15 AM; 3:15, 5:15, 7:15, 9:15 & 11:15 PM

Caring for Your Central Line (12:00)
7:22, 9:22 & 11:22 AM; 3:22, 5:22, 7:22, 9:22 & 11:22 PM

Preventing & Recognizing Infection (9:54)
7:034, 9:34 & 11:34 AM; 3:34, 5:34, 7:34, 9:34 & 11:34 PM

Giving a Subcutaneous Injection (2:38)
7:044, 9:44 & 11:44 AM; 3:44, 5:44, 7:44, 9:44 & 11:44 PM

(Cancer) Patient & Family Resource Center (4:39)
7:047, 9:47 & 11:47 AM; 3:47, 5:47, 7:47, 9:47 & 11:47 PM

Should You Volunteer (8:26)
7:51, 9:51 & 11:51 AM; 3:51, 5:51, 7:51, 9:51 & 11:51 PM

## Channel 93

## The Diabetes Information Channel

What is Diabetes? (Type 2) (15:23)
6:00 & 10:00 AM; 2:00, 6:00 & 10:00 PM

Diabetes: Making Lifestyle Changes (19:00)
6:15 & 10:15 AM; 2:15, 6:15 & 10:15 PM

Introduction to Carbohydrate Counting (12:49)
6:34 & 10:34 AM; 2:34, 6:34 & 10:34 PM

Injecting Insulin (20:21)
7:00 & 11:00 AM; 3:00 & 7:00 PM

Sick Day Management (15:00)
7:20 AM; 11:20, 3:20 & 7:20 PM

Diabetes: Preventing Long Term Complications (17:00)
7:35 AM; 11:35, 3:35 & 7:35 PM

Diabetes Foot and Skin Care: In Step (12:29)
8:00 AM; Noon, 4:00 & 8:00 PM

Gestational Diabetes (29:28)
8:13 AM; 12:13, 4:13 & 8:13 PM

Staying in Balance: An Introduction to Type 1 (17:00)
Diabetes for Kids and Their Parents
8:43 AM; 12:43, 4:43 & 8:43 PM

A Family Perspective: Type 2 Diabetes in Young People (19:13)
9:00 AM; 1:00, 5:00 & 9:00 PM

Advance Directives: The Decision is Yours (17:10)
9:19 AM; 1:19, 5:19 & 9:19 PM

## Channel 94
## The Mother and Baby Channel

Because You're Pregnant (25:45)
6:00 AM; 11:00 & 3:00 & 8:00 PM

Home Before You Know It (33:24)
6:26 AM; 11:26, & 5:26 & 8:26PM

Born Too Soon (35:26)
7:00 AM; Noon, 4:00 & 9:00 PM

A Premie Needs His Mother, Part One (47:52)
7:35 AM; 12:35, 4:35 & 9:35PM

A Premie Needs His Mother, Part Two (21:31)
8:23 AM; 1:23, 5:23 & 10:23 PM

News About Newborns (23:35)
9:00 AM; 2:00 & 6:00 PM

Starting Out Safe and Sound (30:51)
9:24 AM; 2:24 & 6:24 PM

The Period of Purple Crying (11:01)
10:00 AM & 3:00 & 7:00 PM

Back to Sleep (5:24)
10:11 AM & 3:11 & 7:11 PM

Pediatric CPR (18:05)
10:16 AM & 3:16 & 7:16 PM

Don't Risk Your Child's Life (21:00)
10:34 AM & 3:34 & 7:34 PM

## Channel 99
## Nutrition Channel

Common Special Diets (3:55)
6:00 & 10:00 AM; 2:00, 6:00 & 10:00 PM

Introduction to Carbohydrate Counting (12:50)
6:04 & 10:04 AM; 2:04, 6:04 & 10:04 PM

Vitamin D (41:46)
6:17 & 10:17 AM; 2:17, 6:17 & 10:17 PM

Fighting Cancer With Food (54:52)
7:00 & 11:00 AM; 3:00, 7:00 & 11:00 PM

Superfoods: Nature's Medicine (38:00)

8:00 AM; Noon, 4:00 & 8:00 PM

Cancer's Sweet Truth (20:15)
8:38 AM; 12:38, 4:38 & 8:38 PM

Nutrition: Healthy Eating for Life (12:46)
8:58 AM; 12:58, 4:58 & 8:58 PM

## Channel 100
## Medical Information Channel

Dabigatran (3:42)
6:00, 8:00 &10:00 AM; Noon, 2:00, 4:00, 6:00 & 8:00 PM

Enoxaparin (3:32)
6:04, 8:04 &10:04 AM; 12:04, 2:04, 4:04, 6:04 & 8:04 PM

Fondaparinux (3:27)
6:08, 8:08 &10:08 AM; 12:08, 2:08, 4:08, 6:08 & 8:08 PM

Rivaroxaban (3:04)
6:11, 8:11 &10:11 AM; 12:11, 2:11, 4:11, 6:11 & 8:11 PM

Warfarin (5:24)
6:14, 8:14 &10:14 AM; 12:14, 2:14, 4:14, 6:14 & 8:14 PM

Aspira (15:19)
6:20, 8:20 &10:20 AM; 12:20, 2:20, 4:20, 6:20 & 8:20 PM

**July 2013**

**Brief outages may occur during maintenance**