

Alcohol

Pamphlet Name	Publisher	Copyright Date
Alcohol & Women	BACCHUS & GAMMA	2002
5 Smart Steps to Safer Drinking	ETR	2002
Getting What You Want From Drinking	ETR	2001
How to Help a Friend With a Drinking Problem	ETR	2002
Sex Under The Influence	BACCHUS & GAMMA	2002

Blood Pressure

Pamphlet Name	Publisher	Copyright Date
Blood Pressure Control	Krames	2000
Understanding and Controlling Your High Blood Pressure	American Heart Association	2004

Body Image

Pamphlet Name	Publisher	Copyright Date
Body Image Attitudes & Actions	ETR	2004
Body Image Facts	ETR	2005
Getting What You Want from Your Body Image	ETR	2004

Cancer

Pamphlet Name	Publisher	Copyright Date
A Guide to Skin Cancer & Precancers	The Skin Cancer Foundation	2007
Colorectal Cancer	American Cancer Society	2001
Guidelines for the Early Detection of Cancer	American Cancer Society	2003
Melanoma	American Cancer Society	2001
Saving Face & More Skin Cancer	Hope Health	N/A
Skin Cancer	American Academy of Dermatology	2007
Sun & Your Skin, The	American Academy of Dermatology	2008
Sun Protection for Children	American Academy of Dermatology	2001
You Can Prevent Colorectal Cancer	Mass DPH	2004

Dating & Relationships

Pamphlet Name	Publisher	Copyright Date
Dating – What’s Normal What’s Not	ETR	2004
5 Smart Steps to Clear Communication	ETR	2001
5 Smart Steps to Dating Safely	ETR	1998
Internet Dating	ETR	2001
Is This Love?	Planned Parenthood	2007
Responsible Non-monogamy	Bisexual Resource Center	2001
Not Ready for Sex – Talking with Your Partner	ETR	1998
101 High Tech Ways to Make Love Without Doin’ It	ETR	2002
Relationships Self Test	ETR	2001
Sex Self Test	ETR	2001

Diabetes

Pamphlet Name	Publisher	Copyright Date
Diabetes & Your Feet	Massachusetts Clearinghouse	1999
Diabetes Can Harm Your Vision	Massachusetts Clearinghouse	2000
Diabetes: Easy Eating for Busy People	Massachusetts Clearinghouse	2005
Diabetes: Are You at Risk?	Massachusetts Clearinghouse	2002
Don’t Lose Sight of Diabetic Eye Disease	National Eye Institute	N/A
First Step in Diabetes Meal Planning, The	American Diabetes Association	N/A
Heart Disease and Diabetes	American Heart Association	2001
Know Your Blood Sugar Numbers	Massachusetts Clearinghouse	2000
Leg Exercises	N/A	N/A
Handouts		
Diabetes & Alcohol	American Diabetes Association	N/A
Diabetes & Physical Health	American Diabetes Association	N/A
Diabetes & Portion Control	American Diabetes Association	N/A
Diabetes & Your Weight	American Diabetes Association	N/A
Gestational Diabetes	American Diabetes Association	N/A
Sweeteners and Dessert	American Diabetes Association	N/A
Your Guide to Eating Out	American Diabetes Association	N/A

Domestic Violence, Abuse, and Rape

Pamphlet Name	Publisher	Copyright Date
Acquaintance Rape	ACHA	2002
Asian Task Force Against Domestic Violence	Asian Task Force	N/A
BARCC	BARCC	N/A
Cycle of Violence	ETR	2003
Domestic Violence	ACOG	2002
Domestic Violence: The Facts	Peace at Home, Inc.	2000
Emotional Abuse	ETR	2004
HIV & Sexual Assault	BARCC	N/A
I Was Raped – Supporting Survivors	Men Can Stop Rape	2001
Power Wheel, The	CHPW	N/A
Respond, Inc.	Respond, Inc.	N/A
Ten Things Every Man Can Do To End Sexism & Violence	MIT Medical	N/A
Transition House – Programs and Services	N/A	N/A

Drugs

Pamphlet Name	Publisher	Copyright Date
Acid LSD Today	Do It Now Foundation	2000
Are You Drug Smart	Do It Now Foundation	2001
Cocaine	Do It Now Foundation	2000
Confronting Marijuana Use	BACCHUS & GAMMA	2002
Designer Drugs	ETR	2001
Ecstasy	Do It Now Foundation	2000
Heroin	Do It Now Foundation	1996
Marijuana, Pot, & Personality	Do It Now Foundation	2001
Nitrous Oxide & Nitrite Inhalants	Do It Now Foundation	2002
Prescription Drug Abuse	ETR	2004

Eating Disorders

Pamphlet Name	Publisher	Copyright Date
Am On My Way to an Eating Disorder	NEDA	2006
Dieting: What's Normal, What's Not	ETR	2000
Eating Disorders: What Everyone Should Know	ACHA	2002
Female Athlete Triad	ETR	1996
How to Help a Friend with an Eating & Body Image Issues	NEDA	2003
Is My Weight Healthy	ETR	2007
Preventing Eating Disorders	NEDA	2002
Restrictive Eating Help is on the Way	ETR	2000

Weight Feelings...What's the Connection?	ETR	2005
What is an Eating Disorder	NEDA	2002

Exercise

Pamphlet Name	Publisher	Copyright Date
A Walking Program Built for You	Hope Health	N/A
Activity Pyramid, The	Park Nicolett	2003
Charles River Distance Map	N/A	N/A
Exercise & Fitness for Women	ACOG	2006
Exercise & Your Heart	American Heart Association	2001
Fitness Wellness Map	Krames	2001
Getting Fit No Time No Money	ETR	2006
Getting What You Want from Exercise	ETR	2004
Just Move	American Heart Association	2001
Too Much Exercise	ETR	2003

General Health

Pamphlet Name	Publisher	Copyright Date
Acne	American Academy of Dermatology	2004
Acne Self-Care	ACHA	2003
Acupuncture	Krames	1999
Allergens – Indoor	AAAAI	2003
Allergens – Outdoor	AAAAI	2006
Allergic Contact Rashes	American Academy of Dermatology	2000
Allergic Skin Conditions	AAAAI	1999
Asthma Triggers & Management	AAAAI	2006
Bed Bugs	N/A	N/A
Diverticulosis & Diverticulitis	Krames	2001
Dozen Ways to Say No to Colds, A	Hope Health	N/A
Eczema & Atopic Dermatitis	American Academy of Dermatology	2001
Fatigue	Hope Health	N/A
Flu Shots What You Need to Know	Hope Health	N/A
Gout	N/A	N/A
Grooming Tips	CHPW	N/A
Healthy Aging	Krames	2007
Hemorrhoids	Krames	1999
Immunizations	Hope Health	N/A
Managing the Common Cold	ACHA	2006
Medic Alert Forms	N/A	N/A

Protect Your Hearing Now	Hope Health	N/A
Safe Use of Medications	Staywell	1999
So You've Got Mono	ACHA	2004
Surgery 25 Questions You Need to Ask	Hope Health	N/A

Heart Disease & Stroke

Pamphlet Name	Publisher	Copyright Date
After Your Heart Attack	American Heart Association	2004
Are You at Risk of Heart Attack or Stroke	American Heart Association	2001
911: Warning Signs & Actions	American Heart Association	2001
Sex & Heart Disease	American Heart Association	2001
Stroke: Are You at Risk	American Heart Association	2002
Understanding Angina	American Heart Association	2001

LBGT

Pamphlet Name	Publisher	Copyright Date
Being Gay/Lesbian	ETR	2002
Bisexuality	Bisexual Resource Center	2002
Coming Out to Your Parents	PFLAG	2004
I Think I Might Be Bi (now what do I do?)	Bisexual Resource Center	2002
Man to Man	ACHA	2005
Transgender Understanding Gender Differences	ETR	2005
What Does it Mean to be Transgender	CHPW	N/A
Woman to Woman	ACHA	2005

Men's Health

Pamphlet Name	Publisher	Copyright Date
Cancer Facts for Men	American Cancer Society	2002
Free Screening for Prostate Cancer, Heart Disease & Stroke	Mass DPH	2005
Guidelines for the Early Detection of Prostate Cancer	American Cancer Society	2001
Male Self-Exam	ETR	2008
Male Survivors Initiative	BARCC	N/A
Men & Eating Disorders	ETR	2004
Men & Self-Care	Staywell	2006
Men's Health: What's Normal, What's Not	ETR	2007
Men Protect Your Sexual Health	ETR	2000
Men You and Your Body	ETR	2002
Reducing Your Risk of Prostate Cancer	American Institute for Cancer Research	N/A

Mental Health

Pamphlet Name	Publisher	Copyright Date
Anxiety Disorders	National Mental Health Association	2007
Anxiety Help is on the Way	ETR	2007
Bi Polar Disorder	National Mental Health Association	2000
Children What Every Child Needs for Good Mental Health	National Mental Health Association	N/A
Dealing with Depression	ACHA	2004
Depression Help is on the Way	ETR	2000
Depression Later in Life	National Mental Health Association	2007
How to De-Stress the Holidays	Hope Health	N/A
Men & Depression	ETR	2004
Mental Fitness	ETR	2005
Mental Health & You	National Mental Health Association	2002
Mental Illness in the Family: Recognize the Warning Signs	National Mental Health Association	2000
Mental Illness in the Family: Finding the Right Care	National Mental Health Association	2001
Obsessive Compulsive Disorder	ETR	2006
Panic Attacks	ETR	2007
Schizophrenia	National Mental Health Association	2000
Stigma	National Mental Health Association	2000
Teen Self-Esteem	National Mental Health Association	1998

Nutrition

Pamphlet Name	Publisher	Copyright Date
Boning Up on Calcium	American Dietetic Association	2001
Caffeine	American Dietetic Association	2001
Cooking Solo	American Institute for Cancer Research	2004
Counting Down Cholesterol	American Dietetic Association	2002
DASH Diet		
Eating 101 : The Basics of Good Nutrition	American College Health Association	2006
Eating Out & Eating Healthy	American Dietetic Association	2002
Eating Vegetarian	Krames	2003
Eating Vegetarian	ETR	2006
Eating Well with No Time, No Money	ETR	2007
Fiber Facts	American Dietetic Association	2001
Food Allergy	AA of AAI	2006
Get Wise to Portion Size	ETR	2004
Healthy Cooking	Krames	2001
Healthy Eating Out	Krames	2001
Healthy Food Shopping	Krames	2006

How Not to Get Stuffed During the Holidays	Hope Health	N/A
Liquid to Light	ACHA	1995
Losing Weight the Healthy Way	American Heart Association	2008
Making Healthy Food & Lifestyle Choices	American Heart Association	2007
Managing Your Weight	Krames	2006
Snack Attacks Are Ok	American Dietetic Association	2001
Sodium Story, The	American Dietetic Association	2002
Sports Nutrition	American Dietetic Association	2003
Tips for Eating Out	American Heart Association	2007
Understanding and Controlling Cholesterol	American Heart Association	2007
Understanding Food Labels	American Dietetic Association	2001
Vitamins & Mineral Supplements	Hope Health	N/A
Water	American Dietetic Association	2002
Weight Management	Krames	2006
Health Educator Handouts		
Bulking Up Healthfully	N/A	N/A
Cereals – Whole o Refined?	N/A	N/A
Dining on Central Campus	N/A	N/A
Dining on East Campus	N/A	N/A
Dining on West Campus	N/A	N/A
Dunkin Donuts Menu	N/A	N/A
Eating Healthfully	N/A	N/A
Game Plan for Good Nutrition	N/A	N/A
Health Educator Top Picks @ LaVervdes	N/A	Fall 2006
Health Educator Top Picks @ MacGregor Convenience	N/A	Spring 2005
Health Educator Top Picks On & Off Campus	N/A	Fall 2006
Healthy Eating @ MIT	N/A	N/A
Healthy Eating Pyramid	N/A	N/A
How Much Food Do I Need?	N/A	N/A
Hunger Scale	N/A	N/A
Lose Weight, Keep the Energy	N/A	N/A
Love Your Body	N/A	N/A
Nourish the Mind, Nourish the Body	N/A	N/A
Overcoming Emotional Eating	N/A	N/A
Serving Size	N/A	N/A
Snacks for Games and Practices	N/A	N/A

Physical Health

Pamphlet Name	Publisher	Copyright Date
Back Basics Managing Spine & Disk Problems with Self Care	Krames	1999
Back Exercises	Krames	2003
Elbow Owner's Manual	Krames	2001
Hand & Wrist Owner's Manual	Krames	1998
Healthy Back	Krames	2006
Knee Exercises	Krames	1996
Knee Ligament Surgery	Krames	1998
Knee Owner's Manual	Krames	1999
Low Back Pain	American Academy of Orthopedic Surgeons	1996
Neck Basics	Krames	1999
Neck Exercises	Krames	1998
Neck Pain	American Academy of Orthopedic Surgeons	1999
Oh My Aching Back! (discontinued)	ACHA	1996
RSI	MIT Medical	N/A
Shoulder Owner's Manual	Krames	1999
Shoulder Pain	American Academy of Orthopedic Surgeons	1998
Stretch Breaks	CHPW	N/A
Taking Care of Computer Users	ETR	2004

Pregnancy

Pamphlet Name	Publisher	Copyright Date
Be Good to Your Baby Before It Is Born	March of Dimes	2001
Breastfeeding Your Baby	ETR	2006
Drugs & Pregnancy	ACOG	2000
Easing Back Pain During Pregnancy	ACOG	1997
Exercise During Pregnancy	ACOG	2003
Kegel Exercises	Krames	2003
Nutrition During Pregnancy	ACOG	2007
Prenatal Perineal Massage	International Childbirth Education Assoc.	1996
Relaxation	International Childbirth Education Assoc.	1998
Travel During Pregnancy	ACOG	2001
What About Sex During Pregnancy	International Childbirth Education Assoc.	1988
Working During Pregnancy: Risks & Rights	ACOG	2001

Sleep

Pamphlet Name	Publisher	Copyright Date
ABC's of Sleep, The	National Sleep Foundation	2005
Cheat Sleep	CHPW	N/A
Getting What You Want From Sleep	ETR	2008
Sleep Diary	National Sleep Foundation	2000
Sleep-O-Meter – Measure Your Sleep IQ	CHPW	N/A

Smoking Cessation

Pamphlet Name	Publisher	Copyright Date
Becoming a Former Smoker	ETR	2000
Cigars	ETR	2001
Effects of Smoking, The	American Heart Association	2001
How Tobacco Affects Your Body	Journeyworks	2004
101 Reasons to Stop Smoking	ETR	2005
101 Ways Not to Smoke	ETR	2006
Quit Smoking for Good	American Heart Association	2001
Smoking & Men	ETR	2007
Smoking & Women	ETR	2007
You Didn't Start Alone, Don't Quit Alone	QuitNet	N/A

STD's/HIV/AIDS/Safer Sex

Pamphlet Name	Publisher	Copyright Date
Chlamydia	Planned Parenthood	2005
Condom Basics	ETR	2007
Condoms, Contraception, & STD's	ASHA	2002
Confidentiality & HIV Testing	N/A	N/A
Everything You Need to Know About Herpes	Howard Heller, M.D.	2004
Health Care Workers & HIV	Mass Clearing House	2000
Herpes: Questions and Answers	ASHA	2002
Herpes: Talking to Your Partner	ASHA	2006
HIV & AIDS – Information for Young People	MA DPH HIV/AIDS Bureau	2003
HIV & AIDS – The Basics	GMHC	2001
HIV Infection & AIDS – What Everyone Should Know	ACHA	2007
HIV Testing Resources for MIT Students	CHPW	N/A
HPV - Some Questions & Answers	ASHA	2007
HPV...Symptoms, Treatment & Prevention	ACHA	2006
Know Your Status: Testing for HIV	ACHA	2006
Lesbians & HIV – Are You at Risk	Journey Works	2004

Oral Sex	AIDS Action	N/A
Planned Parenthood Services	Planned Parenthood	N/A
Safer Sex	Fenway Community Health	N/A
Safer Set for Bisexuals	Fenway Community Health	2001
Safer Sex – Talking with Your Partner	ETR	2003
Sexually Transmitted Infections: The Facts	Planned Parenthood	2007
STI's: What Everyone Should Know	ACHA	2006
Women & HIV	Mass Clearing House	2003

Stress

Pamphlet Name	Publisher	Copyright Date
At Your Desk Exercises: Tension Reducer	N/A	N/A
Children's Rx to Stress	N/A	N/A
Coping with Your Job	National Mental Health Association	2007
Coping with Loss	National Mental Health Association	2008
Destressing Family Vacations	Hope Health	N/A
Developing Low Stress Workstyle	Krames	1998
5 Smart Steps to Less Stress	ETR	2005
Get What You Want from Stress	ETR	2006
Guide to Managing Stress, A	Krames	2001
How to Help Students in Distress	MIT Medical	N/A
Making Stress Work for You	ETR	2005
Manage Stress	Krames	2001
101 Stress Busters	ETR	2007
Stress Coping with Everyday Problems	N/A	N/A
Stress in College	ACHA	2006
Wellness Map	Krames	1998

Suicide

Pamphlet Name	Publisher	Copyright Date
Facts About Suicide	N/A	N/A
For the Survivors: Friends, Family, Members of the MIT Community	N/A	N/A
If You Suspect Someone You Care About is Considering Suicide	National Depressive & Manic Depressive	N/A
Helping a Friend	ETR	2004
Safe Place	N/A	N/A
Suicide Who is at Risk?	ETR	2001
Teen Depression & Suicide	National Mental Health Association	2003
When You Suspect Suicide	N/A	N/A
You Can Help Save a Life by Talking About Suicide	The Samaritans	N/A

Women's Health

Pamphlet Name	Publisher	Copyright Date
ABC's of Breast Cancer	American Cancer Society	2003
Abnormal Pap	ETR	2004
Barrier Methods to Contraception	ACOG	2003
Breast Health	Krames	2001
Breast Self-Exam	ACOG	2001
Cancer Facts for Women	American Cancer Society	2003
Choosing Abortion: Questions & Answers	Planned Parenthood	2003
Contraception: Choosing A Method	ACHA	2007
Emergency Contraception	Planned Parenthood	2005
Facts About Birth Control	Planned Parenthood	2006
Fight Osteoporosis Now	The Medical Foundation	N/A
GYN Exams Can Save Your Life!	Planned Parenthood	2005
Gynecological Visit & Exam, The	Planned Parenthood	2002
Mammography	ACOG	2004
Menopause Years, The	ACOG	2003
Older You Get the More You Need a Mammogram, The	American Cancer Society	2006
PMS	ETR	2001
Sexuality & Sexual Problems	ACOG	2000
3 Steps to Finding Breast Cancer Early	American Cancer Society	N/A
Tracking Your Fertility Pattern to Prevent Pregnancy	Planned Parenthood	2007
Urinary Tract Infections	ETR	2007
Ways to Chart Your Fertility Pattern	Planned Parenthood	2001
What Every Woman Should Know About HPV	Digene	2007
What's Normal, What's Not	ETR	2007
What You Should Know About Birth Control	Women's Health Network	2001
What You Should Know About Cervical Cancer	Women's Health Network	2006
Women's Health	Krames	2007
Women Protect Your Sexual Health	ETR	2007
You & The Pill	Planned Parenthood	2004