

HEA Binder Contents

- HEA A 01 Do You Have A Complaint About The Service You Have Received From The NHS?**
Leaflet explaining how the Health Service Ombudsman can help you.
- HEA A 02 Pain and Pain Relief**
A guide to treating pain using 'over the counter' medicines.
- HEA A 02A Indigestion**
A guide to the symptoms of indigestion (dyspepsia) and how treat them using 'over-the-counter' remedies.
- HEA A 03 Preparing For Emergencies; What You Need To Know**
General advice about what to do in an emergency.
- HEA A 04 Why Your Child's Weight Matters**
Practical tips that parents can use to help their families stay healthy.
- HEA A 05 Can You Tell Which Of These Sausages Is Properly Cooked?**
Health and safety information on raw meat and cooking raw meat.
- HEA A 06 How to Make a Complaint about the NHS**
Explains what to do if you want to make a complaint about an NHS service.
- HEA A 07 Eat Well Your Guide To Healthy Eating**
Booklet explaining what is needed for a balanced healthy diet, cutting down on fat, sugars, salt and alcohol and eating plenty of fresh fruit and vegetables.
- HEA A 08 Healthy Eating; maintaining a Healthy Diet**
Guidance on foods - fruit and vegetables, meat, bread, cereals, milk, dairy foods, sugar and fatty foods, drinks.
- HEA A 09 It Came From the Chopping Board**
Guide to hygiene in the kitchen.
- HEA A 10 About Food Additives**
Booklet gives information on food additives helping consumers to make an informed choice on those that are safe.
- HEA A 11 Food Safety**
Leaflet which shows how you can help keep food safe.
- HEA A 12 Keeping Food Cool And Safe**
Practical advice on how to load the fridge and keep it running at the right temperature.
- HEA A 13 Food Hygiene; A Guide for Business**
Intended for food shops, restaurants, cafes and other catering business.
- HEA A 13a Labels**
Brochure setting out guidelines concerning labels on food packets and explaining various terminology e.g. 'Use by or Use within'.
- HEA A 14 Eating While You Are Pregnant**
Provides information on simple precautions that can be taken to avoid infections from food and animals.
- HEA A 15 Allergy. What To Consider When Labelling Food. A Guide for Small Businesses that Make or Sell Pre-packed Food**
Advice to businesses on labelling. Also contains some information on legal requirements and some on good practice.
- HEA A 16 A Guide for Parents**
Advice for parents about alcohol and underage drinking.

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- HEA A 16a How Much is Too Much?**
Explains the effects of alcohol on your health, social life, home life and work life. It tells you the number of units in popular alcoholic drinks.
- HEA A 17 Measles. Don't Let Your Child Catch It**
Guide to immunisation with the MMR vaccination.
- HEA A 19 Eating for Your Heart**
Advice on how healthy eating can reduce the risk of developing coronary heart disease.
- HEA A 21 No Time To Draw Breath?**
Aims to help people recognise the possible symptoms of lung cancer so they can seek help and get treatment as soon as possible.
- HEA A 21a S is for Smoking and Pregnancy**
Explains the importance of giving up smoking to women who are pregnant and gives advice on how to stop.
- HEA A 22 Frank All About Drugs; Does Your Child Know More Than You?**
A guide for parents about drugs and solvents, and what to do if parents suspect their children are taking drugs.
- HEA A 24 What Is MS? What Does It Mean To Be Diagnosed With Multiple Sclerosis?**
Leaflet about MS, what causes it, the types, the symptoms and where to get help and support.
- HEA A 25 Better Sight. Caring For Your Eyes**
Leaflet explaining where to get help with eye tests, the different aids that can help with sight degeneration, different forms of sight loss, common eye conditions, and the various groups that exist to help and advise people with sight problems.
- HEA A 26 30 Mins a day - Any Way**
Encourages people to take 30 minutes of moderate physical activity at least five days a week to help reduce the risk of heart disease.
- HEA A 27 Being Positive; Living With HIV**
Helps to address the concerns of those worried about HIV, and details of the agencies who can give advice and support to those living with HIV.
- HEA B 33 HIV Testing**
Aimed at those thinking of having an HIV test or those curious about the test, also explaining the advantages and disadvantages in having the test.
- HEA B 35 Cancer; How To Reduce Your Risks**
Explains what you can do to reduce the risks of getting cancer.
- HEA B 36 Heart Attack And Rehabilitation**
Booklet explaining what a heart attack is, how they are treated, aftercare and possible prevention of future attacks.
- HEA B 38 A Whole New Ball Game How To Check For Testicular Cancer**
Advice for men on checking for testicular cancer.
- HEA B 39 The Cervical Smear Test; Why You Need It?**
Cancer screening.
- HEA B 41 Toxic Shock Syndrome**
Blood poisoning.
- HEA B 42 Your Health; A Guide To Services For Women**
Booklet aimed at women outlining the help and services available to them, covering topics such as domestic violence, family planning, cancer screening and growing older.

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- HEA B 43 Your Life Line**
Leaflet and membership form for the Life Line emergency identification systems for people with medical conditions that require special treatment in emergencies.
- HEA B 45 Organ Donation; The Gift of Life**
Includes an NHS organ donor registration form and donor card. .
- HEA B 46 Faulty Medical Equipment? How Do I Report It?**
Brief guide to reporting any type of faulty medical equipment from artificial limbs to wheelchairs.
- HEA B 47 Gases, Glues and Aerosols. Is Your Child at Risk? What Every Parent Needs to Know**
Advice to parents on volatile substance abuse (VSA).
- HEA B 49 Managing Your Medicines**
Advice for older people on taking medication safely.
- HEA B 52 De-Stress Not Distress**
Explains what stress is, its possible causes, and the effects of stress on our everyday lives.
- HEA B 53 The Importance Of A Name; Migraine Type And Symptoms**
Leaflet explaining what migraine is, causes and symptoms, and how to manage it.
- HEA B 54 If You Knew About Flu You'd Get The Job**
Explains who might require a flu vaccination and how the vaccine works.
- HEA B 55 A Guide To Childhood Immunisations Including Advice On Recognising Meningitis**
A leaflet guide to childhood immunisations and vaccines against diphtheria, tetanus, pertussis (whooping cough) hib or haemophilus, influenza type B, polio, measles, mumps and rubella, tuberculosis, and hepatitis B.
- HEA B 55a Second Dose Of Measles, Mumps And Rubella Vaccine**
Explains to parents the benefits of the MMR immunisation, and why some children are being called back for a booster.
- HEA B 56 Don't Ignore the Signs. Fever? Headache? Vomiting? Meningitis**
Leaflet about the signs of meningitis, viral and bacterial and septicaemia and what to do if think someone has meningitis.
- HEA B 57 Cystic Fibrosis; The Facts**
Brief information about cystic fibrosis and explains the work of the Trust.
- HEA B 58 Keep Warm Keep Well. A Guide for People with Disabilities or Long-term Health Conditions**
Advice on maintaining your health during the winter, and tips on heating your home. Also outlines the financial help and benefits available.
- HEA B 60 Shingles**
Advice on how to cope with Shingles.
- HEA B 61 Cancer Guide**
Information for people with cancer and their carers.
- HEA B 62 Keep Warm Keep Well. A Guide for Families**
Useful advice on maintaining good health during the winter.
- HEA C 63 Elder Abuse; What it is and How to Stop It**
Covers the types of abuse - physical abuse, neglect, bullying, theft, sexual abuse, etc.
- HEA C 64 Understanding Post Traumatic Stress Disorder**
Explains what post traumatic stress disorder is, what causes it and what the symptoms are.

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- HEA C 64a Understanding Premenstrual Syndrome**
Explains what pre-menstrual syndrome (PMS) is, what the symptoms are, who can experience it, how to determine whether or not you have it, what causes it and what treatments there are available.
- HEA C 64b Understanding Seasonal Affective Disorder**
Explains what Seasonal Affective Disorder (SAD) is, what the symptoms are and what causes it.
- HEA C 65 Depression**
Explains what depression is and the different forms it takes. It looks at causes and treatments available.
- HEA C 66 Anorexia And Bulimia**
Guide to eating disorders.
- HEA C 67 Alzheimer's Disease And Dementia**
Facts about Alzheimer's disease and dementia. Looks at the treatment available and what society can do to help.
- HEA C 70 Better Hearing: Managing Hearing Loss**
Advice for older people on managing hearing loss.
- HEA C 71 Heatwave; A Guide To Looking After Yourself And Others During Hot Weather**
Brief guide to the health risks of a heatwave including dehydration and heatstroke.
- HEA C 72 Mental Health Towards A Better Understanding**
Pamphlet explaining the signs of mental illness and how to get help, as well as the types of treatment available.
- HEA C 73 Registering As Blind Or Partially Sighted**
Guidance on how to register as blind or partially sighted.
- HEA C 74 Walk More - Feel The Difference**
Leaflet promoting the health benefits of a regular walking regime.
- HEA C 75 Welcome To Disabled Living Foundation**
Explains who the Disabled Living Foundation are, what services they provide, and how fundraisers and contributors can help.
- HEA C 76 The Battle Against Colds And Flu**
Practical information and advice, including some myths and legends.
- HEA C 77 What Can I Expect When I See A Chiropractor**
General leaflet explaining what Chiropractors treat, what happens on a first visit, what a client needs to know before treatment starts, payment details and GP involvement.
- HEA C 78 Greater Manchester Regional Resource Centre**
Leaflet of the range of services available, including specialist equipment, blind awareness training, and the work of the specialist staff.
- HEA C 79 Men And Food**
Practical advice on making healthy food choices.
- HEA C 80 Food Should Be Fun ... and Healthy**
Help and tips on choosing healthy food.
- HEA C 81 Sign That You Care Ways To Communicate With Deafblind People**
Leaflet explaining ways to communicate with people who are deaf and blind, includes pictures of the deafblind manual alphabet.

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- HEA C 81a How to Use Your Hearing Aid**
Guide to using your new hearing aid. Includes the fitting, care and maintenance of your hearing aid.
- HEA C 81b Disability On The Agenda - Some Useful Suggestions**
Gives suggestions on how to speak to and assist disabled people.
- HEA C 82 Keep Safe; Ideas For Older People And Those With Disabilities**
Gives advice on how to reduce the risk of having an accident and is a guide to some of the solutions to problems which may arise.
- HEA C 82a Mobile Phones And Health**
Gives the latest information and advice on the health risks associated with using mobile phones.
- HEA C 85 Fitter Feet; Caring for Your Feet**
Advice on simple foot care for older people, includes common foot problems.
- HEA C 86 Healthy Bones**
Falls, calcium, osteoporosis.
- HEA C 87 Staying Steady; Improving your Strength and Balance**
Information and advice on staying steady on your feet.
- HEA C 89 Staying Active and Independent; Keeping Mobile**
Advice for older people on staying active and independent.
- HEA C 89a Safe As Houses. Handy Tips To Prevent Accidents In Your Home**
Advice to older people on how to be safer at home.
- HEA C 90 Keep Out The Cold; Staying Warm This Winter**
Advice on keeping warm in winter and insulating your home.
- HEA C 91 Keep Warm Keep Well; A Guide for People Over 60**
Useful advice on keeping warm yourself, keeping the house warm and what to do if you think someone is suffering from being too cold.
- HEA C 92 Stay On The Right Track**
Gives basic facts about the disease and describes the symptoms and treatments. Includes contact details for local support group.
- HEA C 92a The Prevention And Treatment Of Head Lice**
Explains how to detect headlice and advises on treatment.
- HEA C 93 Getting The Best From Medicines You Buy**
Important information about over-the-counter medicines.
- HEA C 94 Choosing your hospital - Central and Eastern Cheshire Primary Care Trust**
If you and your GP decide that you need to see a specialist for more treatment, you can now choose where and when to have your treatment from a list of hospitals or clinics.
- HEA C 95 So You Want to Lose Weight For Good; A Guide To Losing Weight For Men And Women**
Advice on exercising, diet and meal ideas.