

The Angry Heart: The Impact of Racism on Heart Disease Among African Americans

57 minutes/2000

Added: 1/02 Requests: 0 User rating: n/a

*Fanlight Productions
Boston, MA*

African-Americans die from heart disease at rates which are disproportionately higher than those of white Americans. *The Angry Heart* spotlights this modern epidemic through the story of 45-year-old Keith Hartgrove, who has already experienced two heart attacks and quadruple bypass surgery. Together with the experts who are interviewed in this documentary, he analyzes the impact of a wide variety of factors including depression, stress, diet, smoking and other lifestyle issues, but makes clear that, for African-Americans, such factors are inseparable from racism, and from the discrimination, poverty, segregation, substandard education, and day-to-day tensions which racism engenders. Equally important, however, are the powerful family, church, and community ties that have supported Hartgrove through his recovery. AVAILABLE FROM: Fanlight Productions, 4196 Washington Street, Ste. 2, Boston, MA 02131. Phone (800) 937-4113. www.fanlight.com. COST: \$195.

Community Voices: Exploring Cross-Cultural Care through Cancer

67 minutes/2000

Added: 1/02 Requests: 0 User rating: n/a

*Fanlight Productions
Boston, MA*

The *Community Voices* video, produced by the Harvard Center for Cancer Prevention, consists of seven 10-minute segments developed to educate a range of health care professionals about the challenges and rewards of cross-cultural care. The theme of cancer – particularly cancer prevention and screening – serves as a lens through which to explore how culture comes to bear on all kinds of illnesses. Through interviews with patients, medical interpreters, community health outreach workers, social workers, physicians and nurses, *Community Voices* offers a fascinating range of perspectives rarely heard together. Each of the seven segments addresses an important aspect of cross-cultural care. When used in conjunction with the facilitator's guide, the segments are intended to trigger discussion among viewers and can be used independently or in concert. AVAILABLE FROM: Fanlight Productions, 4196 Washington Street, Ste. 2, Boston, MA 02131. Phone (800) 937-4113. www.fanlight.com. COST: \$245.

Demuestra tu cariño ¡vacuna a tu bebé! / Show Your Love: Immunize Your Baby!

11 minutes/1998

Added: 3/03 Requests: 0 User rating: n/a

*National Coalition of Hispanic Health
and Human Services Organizations
Washington, DC*

In Spanish with English subtitles, this video provides basic information on the importance of immunization to protect children from childhood disease. The instructional video is appropriate for a bilingual audience of parents and other child care providers. The video addresses many sensitive issues, including costs, language barriers, and documentation concerns. AVAILABLE FROM: COSSMHO, 1501 16th Street NW, Washington, DC 20036. Phone (202) 387-5000.

The Drop-in Group: An AIDS Risk and Prevention Program for the Mentally Ill

24 minutes/1992

Added: 10/00 Requests: 0 User rating: n/a

*Fanlight Productions
Boston, MA*

This Academy Award winning video (for best documentary short) presents a drop-in group model of AIDS prevention designed for individuals with serious mental illnesses. Under the direction of clinical staff, participants learn about AIDS prevention and practice skill to reduce their risk for getting the HIV virus. A training manual provides guidelines for preparing and facilitating one-hour drop-in group sessions on AIDS risk and prevention. AVAILABLE FROM: Fanlight Productions, 4196 Washington Street, Ste. 2, Boston, MA 02131. Phone (800) 937-4113.

**Por Amor al Corazon (For the Love of Your Heart)
AND Cocinar con el Corazon en Mente (Cooking With Your Heart in Mind)**

National Heart, Lung and Blood Institute
Bethesda, MD

24 minutes each program/1997

Added:8/01 Requests: 0 User rating: n/a

This video – in Spanish – focuses on heart health for the Latino community. It contains two 24-minute educational programs: *For the Love of Your Heart* focuses on the prevention of the risk factors for heart disease and *Cooking With Your Heart in Mind* takes the viewers on a heart-healthy food shopping tour and shows ways to prepare delicious heart-healthy Latino dishes. A guide, *From Heart to Heart: A Bilingual Group Discussion Guide*, - written in English and Spanish - accompanies the video. It explains how to organize and conduct two 1-hour educational sessions (*charlas*) on heart health. The guide contains ideas for choosing a facilitator, a master copy of handouts to reproduce before the sessions and ideas for optional activities. Acclaimed journalist Maria Elena Salinas shares her personal experience (88 pages). AVAILABLE FROM: National Heart, Lung and Blood Institute (NHBLI) Information Center, PO Box 30105, Bethesda, MD 20824-0105 Phone: (301) 592-8563, Fax (301) 592-8573. COST: \$11.00 (including S&H)

Habits and Choices: Addiction in the Age of AIDS

Jersey City Family Health Center
Jersey City, NJ

29 minutes/1992

Added: 9/96 Requests: 0 User rating: n/a

Habits and Choices is a health education tool in which persons who are addicted to drugs and alcohol present a spectrum of responses to the following issues: How do you become addicted? What is the relationship between addiction and HIV infection? How do you decide to take the test for HIV antibodies? How do you respond to the results? How are you managing to live with HIV? The participants in the video are currently or formerly homeless people and represent the Ahard-core@ of users. They are largely people of color, and their responses reflect their experiences of living in the inner city. AVAILABLE FROM: M.A.S.H., 114 Clifton Place, Jersey City, NJ 07304. Phone: (201) 915-2528.

Healing Spirit

National Film Board of Canada
Montreal, Quebec

57 minutes/1993

Added:1/02 Requests: 0 User rating: n/a

Healing Spirit explores the human journey through life and death, illness and healing. It poses the idea that wellness is more than just the absence of disease and healing goes deeper than simply curing symptoms. Disillusioned with the technological approach to health care, people are rediscovering spiritual traditions. Without exception, the patients in this film have used their pain as a pathway to healing rather than as an excuse to sink into self-pity and bitterness. *Healing Spirit* features several prominent physicians and healers, including Dr. Deepak Chopra, Dr. Bernie Siegel, and Marion Woodman. For the patients portrayed here, their healing has taken place; their spirits are whole even though their bodies may be ill. Their testimony challenges us in our comfortable definitions of health and healing and presents us with powerful alternatives. Closed captioned for deaf and hard of hearing. A decoder is required. AVAILABLE FROM: Bullfrog Films, PO Box 149, Oley, PA 19547. 610/779-8226. www.bullfrogfilms.com/catalog/heal.html. COST: \$49.

Leap: Caring for Your Feet

Bureau of Primary Health Care
Bethesda, MD

82 minutes/1998

Added: 1/01 Requests: 0 User rating: n/a

The Lower Extremity Amputation Prevention (LEAP) Program is designed to dramatically reduce lower extremity amputations in persons with Diabetes Melitus, Hansen's Disease, or any condition that causes loss of protective sensation in feet. The basis of the program is a 5.07 monofilament that delivers 10 grams of force. The low cost, easy to use screening tool can identify patients at risk. Topics include patient education in English/Spanish (15 min. each), foot screening (14 min.), foot care techniques (30 min.), and footwear selection (8 min.). AVAILABLE FROM: Div. of Program for Special Populations, BPHC, 4350 East-West Hgwy, 9th Fl., Bethesda, MD 20814. Phone (301) 594-4424. Fax (301) 594-4989. Website: <http://bphc.hrsa.gov/leap>.

**Recognizing Drug Seeking Behavior:
An Interview with Henry Douglas Mathews**
20 minutes/1989
Added: 9/96 Requests: 15 User rating: 4.8

*Health Sciences Consortium
Chapel Hill, NC*

This program is designed to introduce physicians, dentists, and other health professionals who prescribe medication, to common drug seeking behavior patterns. An interview with a former professional patient and addict highlights the basic repertoire of techniques used to manipulate the physician into prescribing narcotics and other controlled substances. These rules include self-diagnosis, emotional tactics, the out-of-town ploy telephone scam, and addiction confession. AVAILABLE FROM: Health Sciences consortium, Inc., 201 Silver Cedar Court, Chapel Hill, NC 27514