

2018 Krames Patient Education Price Guide

Title	Product #	Price
Behavior Management		
A Healthy Back for Life: Staying on Track	11774	1.60
A Healthy Weight for Life	11736	1.60
Being Active for Life	11754	1.60
Being Active: Thinking About	11750	1.60
Eating Smart for Life	11748	1.60
Eating Smart: Thinking About	11744	1.60
Healthy Blood Pressure for Life: Staying on Track	11786	1.45
Healthy Cholesterol for Life: Staying on Track	11780	1.60
My Back Care Plan: Taking Action	11772	1.60
My Back: Thinking About	11770	1.60
My Cholesterol Management Plan: Taking Action	11778	1.60
My Cholesterol: Thinking About	11776	1.00
My Plan for An Active Life	11752	1.60
My Plan for Eating Smart	11746	1.60
My Plan for Eating Smart (Spanish)	11747	1.60
My Quit-Smoking Plan: Taking Action	11766	1.60
My Smoking: Thinking About	11764	1.60
My Stress Management Plan	11740	1.60
My Weight Management Plan	11734	1.60
Quit Smoking for Life: Staying on Track	11768	1.60
Staying on Track, Managing Stress for Life	11742	1.60
Thinking About My Blood Pressure	11782	1.60
Thinking About My Weight	11732	1.60
Thinking About Stress	11738	1.60
Cardiology		
After Your Heart Attack	11977	3.05
After Your Heart Attack (Spanish)	12076	3.05
Cardiac Nuclear Imaging	91931	27.20/pkg of 50
Cardiac Resynchronization Therapy, CRT	12154	2.45
Cardiac Resynchronization Therapy, CRT (Spanish)	12186	2.45
Cardioversion	91932	27.20/pkg of 50
Common Arrhythmias	12146	2.20
Common Arrhythmias (Spanish)	12178	2.20
Fitness and Heart Disease	11083	2.20
Healthy Heart, FastGuide	71893	2.00
Healthy Heart, FastGuide (Spanish)	72008	2.00
Heart Failure: Warning Signs of a Flare-up, CarePlanner Tearsheet	5433	18.50/pad of 50
If You Take Coumadin, CarePlanner Tearsheet	5520	18.50/pad of 50
Implantable Cardioverter Defibrillators, ICDs	12148	2.60
Implantable Cardioverter Defibrillators, ICDs (Spanish)	12180	2.60
Living Well with Heart Disease Workbook	12139	4.70
Living Well with Heart Disease Workbook (Spanish)	12171	4.70
Living Well with Heart Failure Workbook	12142	4.70
Living Well with Heart Failure Workbook (Spanish)	12174	4.70
Living Well with Heart Failure, Magnet FastGuide	71986	2.00
Living with Angina	12140	2.40
Living with Angina (Spanish)	12172	2.40
Managing Heart Disease and Preventing Stroke	12150	2.20

Title	Product #	Price
Managing Heart Disease and Preventing Stroke (Spanish)	12182	2.20
Managing Heart Failure, FastGuide	72033	2.00
Managing Heart Failure, FastGuide (Spanish)	72051	2.00
Managing High Blood Cholesterol and Other Lipids	12153	2.20
Managing High Blood Cholesterol and Other Lipids (Spanish)	12185	2.20
Managing High Blood Pressure	12151	2.40
Managing High Blood Pressure (Spanish)	12183	2.40
Sex, Intimacy and Heart Disease	1900	2.20
Stress Echocardiography	940247	27.20/pkg of 50
Taking Nitroglycerin, CarePlanner Chapter	5521	18.50/pad of 50
Tilt-Table Testing	911275	27.20/pkg of 50
Transcatheter Aortic Valve Replacement (TAVR)	12314	\$3.05
Transesophageal Echocardiography (TEE)	940248	27.20/pkg of 50
Transthoracic ECHO	91928	27.20/pkg of 50
Understanding Angioplasty and Stenting	11989	2.60
Understanding Angioplasty and Stenting (Spanish)	12083	2.60
Understanding Atrial Fibrillation	11992	2.40
Understanding Atrial Fibrillation (Spanish)	12085	2.40
Understanding Cardiac Catheterization	11963	2.60
Understanding Cardiac Catheterization (Spanish)	12073	2.60
Understanding Cardiac Rehabilitation	12149	2.20
Understanding Cardiac Rehabilitation (Spanish)	12181	2.20
Understanding Cardiomyopathy	12152	2.40
Understanding Cardiomyopathy (Spanish)	12184	2.40
Understanding Catheter Ablation	12155	2.40
Understanding Catheter Ablation (Spanish)	12187	2.40
Understanding Coronary Artery Bypass Surgery	11964	3.25
Understanding Coronary Artery Bypass Surgery (Spanish)	12074	3.25
Understanding Coronary Artery Procedures	11965	2.60
Understanding Coronary Artery Procedures (Spanish)	12078	2.60
Understanding Electrophysiology Studies	12141	2.40
Understanding Electrophysiology Studies (Spanish)	12173	2.40
Understanding Heart Failure	11972	2.40
Understanding Heart Failure (Spanish)	12075	2.40
Understanding Heart Valve Disease	12143	2.20
Understanding Heart Valve Disease (Spanish)	12175	2.20
Understanding Heart Valve Surgery	11971	3.05
Understanding Heart Valve Surgery (Spanish)	12081	3.05
Understanding Metabolic Syndrome, FastGuide	71790	2.00
Understanding Pacemakers	12144	2.40
Understanding Pacemakers (Spanish)	12176	2.40
Understanding Syncope	11274	2.20
What Every Woman Needs to Know About Heart Disease	11617	1.90
Women and Heart Disease, FastGuide	72034	2.00
Women and Heart Disease, FastGuide (Spanish)	72052	2.00
Your First Few Weeks After Heart Surgery	12147	2.20
Your First Few Weeks After Heart Surgery (Spanish)	12179	2.20
Chiropractic		
Chiropractic Care for Low Back Pain	940315	25.30/pkg of 50
The Chiropractic Back Book	11867	2.00

Title	Product #	Price
The Chiropractic Neck Book	11865	2.00
Dental		
Adult Orthodontics	12214	2.00
Adult Orthodontics (Spanish)	12242	2.00
After a Tooth Extraction (Spanish)	940403	27.20/pkg of 50
After Tooth Extraction	940380	27.20/pkg of 50
Brace Yourself for a New Smile!	12215	1.85
Brace Yourself for a New Smile! (Spanish)	12243	1.85
Braces Owner's Manual	11985	2.30
Braces Owner's Manual (Spanish)	12269	2.30
Brushing and Flossing	9319	27.20/pkg of 50
Early Orthodontic Treatment	1505	1.85
Elastics	9495	27.20/pkg of 50
Mouth Owner's Manual	11433	2.00
Orthodontic Hygiene	9498	27.20/pkg of 50
Orthodontic Problems	9499	27.20/pkg of 50
Orthodontics	91146	27.20/pkg of 50
Orthognathic Surgery	12217	2.85
Orthognathic Surgery (Spanish)	12244	2.85
Palatal Expander	9494	27.20/pkg of 50
Saving Your Teeth with Root Canal Therapy	11579	1.60
Scaling and Root Planing	9431	27.20/pkg of 50
Sealants	9317	27.20/pkg of 50
Straight Talk About Braces	12218	2.30
Straight Talk About Braces (Spanish)	12245	2.30
Teeth Grinding	9427	27.20/pkg of 50
Temporomandibular Disorders	12219	2.15
Temporomandibular Disorders (Spanish)	12246	2.15
Tooth Friendly Foods	93068	27.20/pkg of 50
Treatment Options for Damaged and Missing Teeth: Crowns, Bridges, Implants and Partial Dentures	11562	2.00
Understanding and Treating Periodontal Disease	12220	2.15
Understanding and Treating Periodontal Disease (Spanish)	12247	2.15
Understanding Dental Implants	11979	2.50
Understanding Dental Implants (Spanish)	12260	2.50
Wisdom Teeth Removal	11982	2.15
Wisdom Teeth Removal (Spanish)	12082	2.15
Your Child's Teeth	9428	27.20/pkg of 50
Dermatology		
Skin Health	91228	25.30/pkg of 50
Diabetes		
An Active Life with Diabetes	12306	\$2.20
An Active Life with Diabetes (Spanish)	12307	\$2.20
Diabetes and Foot Care	11422	2.00
Diabetes and Foot Care (Spanish)	11439	2.00
Diabetes and Heart Disease	12019	2.15
Diabetes and Heart Disease (Spanish)	12069	2.15
Eating Well with Diabetes	11375	2.05
Eating Well with Diabetes (Spanish)	11376	2.05
Growing Up with Type 1 Diabetes	11308	1.90
Living Well with Diabetes Workbook	12170	4.50
Living Well with Diabetes Workbook (Spanish)	12190	4.50
Living Well with Diabetes, FastGuide	71894	2.00
Living Well With Diabetes, FastGuide (Spanish)	72009	2.00

Title	Product #	Price
Meal Planning and Diabetes	5585	18.50/pad of 50
Type 1 Diabetes	11314	1.90
Type 1 Diabetes (Spanish)	11315	1.90
Type 2 Diabetes	12017	2.30
Type 2 Diabetes (Spanish)	12064	2.30
Understanding Prediabetes, FastGuide	71780	2.00
Understanding Prediabetes, FastGuide (Spanish)	72017	2.00
EAP		
Coping with Change	1252	1.90
Ergonomics		
Back Tips for People Who Sit	1133	1.75
Eye Care		
Age-Related Macular Degeneration	11320	2.40
Age-Related Macular Degeneration	940330	25.30/pkg of 50
Blepharitis	940320	25.30/pkg of 50
Cataracts	940322	25.30/pkg of 50
Clear Cornea Cataract Surgery	11186	2.55
Diabetic Retinopathy	940324	25.30/pkg of 50
Dry Eyes	940325	25.30/pkg of 50
Flashes and Floaters	940326	25.30/pkg of 50
Glaucoma	940327	25.30/pkg of 50
LASIK	11343	2.40
Retinal Tears and Detachments	11368	2.20
Small-Incision Cataract Surgery	1891	2.55
Strabismus and Amblyopia: Improving Your Child's Vision for Life	11367	2.30
Understanding Cataracts	11352	2.55
Understanding Diabetic Retinopathy	11319	2.55
Understanding Glaucoma	11325	2.40
Understanding Refractive Surgery	11897	2.40
YAG Capsulotomy	940334	25.30/pkg of 50
Gastroenterology		
Barrett's Esophagus	9780	25.30/pkg of 50
Colonoscopy	12232	1.55
Colonoscopy (Spanish)	12233	1.55
Colorectal Cancer Screening	940382	25.30/pkg of 50
Colorectal Cancer Screening (Spanish)	940386	25.30/pkg of 50
Constipation	9322	25.30/pkg of 50
Dysphagia	911262	25.30/pkg of 50
Gastritis	911261	25.30/pkg of 50
Helicobacter Pylori	9325	25.30/pkg of 50
Hemorrhoids	940383	25.30/pkg of 50
Hemorrhoids (Spanish)	940388	25.30/pkg of 50
Hiatal Hernia	9420	25.30/pkg of 50
High-Fiber Diet	940384	25.30/pkg of 50
High-Fiber Diet (Spanish)	940389	25.30/pkg of 50
Irritable Bowel Syndrome	9320	25.30/pkg of 50
Irritable Bowel Syndrome (Spanish)	9476	25.30/pkg of 50
Irritable Bowel Syndrome: A Common Digestive Tract Problem	11862	2.00
Lower GI Endoscopy	940385	25.30/pkg of 50
Lower GI Endoscopy (Spanish)	940392	25.30/pkg of 50
Tube Feeding	11165	2.20
Ulcerative Colitis	9784	25.30/pkg of 50
Understanding GERD	940347	25.30/pkg of 50

Title	Product #	Price
Understanding GERD (Spanish)	940390	25.30/pkg of 50
Upper GI Endoscopy	12231	1.55
Upper GI Endoscopy	940387	25.30/pkg of 50
Upper GI Endoscopy (Spanish)	12235	1.55
Upper GI Endoscopy (Spanish)	940391	25.30/pkg of 50
General Surgery		
Appendicitis	11241	1.90
Caring for Your Tracheostomy	11133	2.20
Colorectal Surgery	12108	2.50
Colorectal Surgery (Spanish)	12165	2.50
Diverticular Disease	11966	2.15
Diverticular Disease (Spanish)	12084	2.15
Gallbladder Surgery Book	12102	3.05
Gallbladder Surgery Book (Spanish)	12159	3.05
Gastroesophageal Reflux Disease	11983	3.05
Gastroesophageal Reflux Disease (Spanish)	12079	3.05
Hernia Surgery	11968	3.05
Hernia Surgery (Spanish)	12071	3.05
Inflammatory Bowel Disease	11003	2.20
Laparoscopic Colorectal Surgery	12106	2.30
Laparoscopic Colorectal Surgery (Spanish)	12163	2.30
Laparoscopic Hernia Repair	12101	3.05
Laparoscopic Hernia Repair (Spanish)	12158	3.05
Living with a Colostomy	12104	2.40
Living with a Colostomy (Spanish)	12161	2.40
Living with an Ileostomy	12105	2.40
Living with an Ileostomy (Spanish)	12162	2.40
My Surgery Activity Book	12103	1.85
My Surgery Activity Book (Spanish)	12160	1.85
My Surgery Coloring Book	12099	1.85
My Surgery Coloring Book (Spanish)	12156	1.85
Parathyroid Surgery	12110	2.40
Parathyroid Surgery (Spanish)	12167	2.40
The Hemorrhoid Book	11980	2.40
The Hemorrhoid Book (Spanish)	12072	2.40
The Thyroid Book	11986	2.50
The Thyroid Book (Spanish)	12077	2.50
Treating Breast Cancer	12100	3.15
Treating Breast Cancer (Spanish)	12157	3.15
Understanding Bariatric Surgery	12107	3.05
Understanding Bariatric Surgery (Spanish)	12164	3.05
Understanding Breast Biopsy	12109	1.60
Understanding Breast Biopsy (Spanish)	12166	1.60
Understanding Laparoscopic Gallbladder Surgery	11967	3.05
Understanding Laparoscopic Gallbladder Surgery (Spanish)	12070	3.05
Health Promotion		
A Guide to Managing Stress	11400	2.00
A Guide to Managing Stress (Spanish)	11419	2.00
Adding Activity to Your Life	11004	2.10
Avoiding Hidden Sodium (Spanish)	11498	1.40
Being More Active for Life	12289	2.15
Being More Active for Life (Spanish)	12297	2.15
Blood Pressure Control PAG	11207	3.25
Break Your Smoking Addiction	11233	1.90

Title	Product #	Price
Children's Health, FastGuide	71840	2.00
Children's Health, FastGuide (Spanish)	72000	2.00
Cholesterol Matters	9480	25.30/pkg of 50
Choosing Fats: They're Not All the Same	11499	1.40
Controlling Blood Pressure for Life	12290	2.15
Controlling Blood Pressure (Spanish)	12298	2.15
Controlling Cholesterol for Life	12291	2.15
Controlling Cholesterol for Life (Spanish)	12299	2.15
Controlling Stress for Life	12295	2.15
Controlling Stress for Life (Spanish)	12303	2.15
Controlling Weight for Life	12296	2.15
Controlling Weight for Life (Spanish)	12304	2.15
Eating for a Healthier Heart	11026	2.20
Eating Less Sodium for Life	12294	1.60
Eating Less Sodium for Life (Spanish)	12302	1.60
Eating More Fiber	93017	25.30/pkg of 50
Eating Well for Life	12292	2.15
Eating Well for Life (Spanish)	12300	2.15
Exercise for a Healthy Weight	11841	1.90
Exercise for Busy People, FastGuide	71892	2.00
Exercise for Busy People, FastGuide (Spanish)	72007	2.00
Fitness PAG	11151	3.25
Get Active: The Basics	940414	25.30/pkg of 50
Get Active: The Basics (Spanish)	940422	25.30/pkg of 50
Get Walking	11571	1.40
Getting Started with Weight Management	11152	1.90
Getting Started with Weight Management (Spanish)	11720	1.15
Good Nutrition: The Basics	940417	25.30/pkg of 50
Good Nutrition: The Basics (Spanish)	940425	25.30/pkg of 50
Healthy Aging, FastGuide	72029	2.00
Healthy Aging, FastGuide (Spanish)	72046	2.00
Healthy Eating Out	9936	23.10/pkg of 50
Healthy Eating: Getting Back to Basics	11707	1.90
Healthy Snacking	93022	25.30/pkg of 50
How to Eat Healthy, FastGuide	71891	2.00
How to Eat Healthy, FastGuide (Spanish)	72006	2.00
How to Prevent and Detect Cancer, FastGuide	72020	2.00
How to Prevent and Detect Cancer, FastGuide (Spanish)	72038	2.00
How to Quit Smoking, FastGuide	71850	2.00
How to Quit Smoking, FastGuide (Spanish)	72001	2.00
Lifestyle Changes for a Healthier Heart	11081	2.00
Limit Sodium: The Basics	940419	25.30/pkg of 50
Limit Sodium: The Basics (Spanish)	940427	25.30/pkg of 50
Living In a Healthy Body	1614	1.90
Low-Fat Eating	1477	1.90
Manage Blood Pressure: The Basics	940415	25.30/pkg of 50
Manage Blood Pressure: The Basics (Spanish)	940423	25.30/pkg of 50
Manage Cholesterol: The Basics	940416	25.30/pkg of 50
Manage Cholesterol: The Basics (Spanish)	940424	25.30/pkg of 50
Manage Stress: The Basics	940420	25.30/pkg of 50
Manage Stress: The Basics(Spanish)	940428	25.30/pkg of 50
Managing High Blood Pressure, FastGuide	72024	2.00
Managing High Blood Pressure, FastGuide (Spanish)	72041	2.00
Managing High Cholesterol, FastGuide	72025	2.00

Title	Product #	Price
Managing High Cholesterol, FastGuide (Spanish)	72042	2.00
Managing Stress	91234	25.30/pkg of 50
Managing Stress in a Fast Paced World	11174	1.90
Managing Stress, FastGuide	72030	2.00
Managing Stress, FastGuide (Spanish)	72043	2.00
Managing Your Weight, FastGuide	71890	2.00
Managing Your Weight, FastGuide (Spanish)	72005	2.00
Men's Health, FastGuide	72031	2.00
Men's Health, FastGuide (Spanish)	72048	2.00
Nutrition PAG	11161	3.25
Quick and Easy Low-Fat Cooking	36226	1.69
Quit Smoking	11573	1.40
Stop Smoking: The Basics	940418	25.30/pkg of 50
Stop Smoking: The Basics (Spanish)	940426	25.30/pkg of 50
Quitting Smoking for Life	12293	2.15
Quitting Smoking for Life (Spanish)	12301	2.15
Reading Food Labels	9935	23.10/pkg of 50
Self-Care for Adults, FastGuide	72026	2.00
Self-Care for Adults, FastGuide (Spanish)	72044	2.00
Smoke-Free for Life	1501	1.90
Stop High Blood Pressure	1330	2.00
Stop Smoking PAG	11232	3.25
Stop Smoking PAG (Spanish)	12095	3.25
Stress Management PAG	11160	3.25
Stripping Away the Barriers to a Healthy Heart	1282	2.00
Stripping Away the Barriers to a Healthy Heart (Spanish)	1904	2.00
Total Health, FastGuide	72027	2.00
Total Health, FastGuide (Spanish)	72049	2.00
Walking For Better Health, FastGuide	71860	2.00
Walking For Better Health, FastGuide (Spanish)	72002	2.00
Walking for Fitness	11339	1.60
Walking for Fitness (Spanish)	11340	1.60
Weight Control: the Basics	940421	25.30/pkg of 50
Weight Control: the Basics (Spanish)	940429	25.30/pkg of 50
Weight Management for Better Health	1499	1.90
Weight Management PAG	11162	3.25
You and Your Healthcare Provider, FastGuide	72035	2.00
You and Your Healthcare Provider, FastGuide (Spanish)	72053	2.00
You Can Manage Your Cholesterol	1292	2.15
You Can Manage Your Cholesterol (Spanish)	1396	2.15
Your Blood Pressure and You	9486	25.30/pkg of 50
Home Health		
Safety and Comfort in Your Home	1690	2.00
Hospital Care		
A Guide to Preventing Falls	12261	1.90
A Guide to Preventing Falls (Spanish)	12278	1.90
Advance Medical Directives	11991	1.50
Advance Medical Directives (Spanish)	12042	1.50
Advance Medical Directives California Edition (Spanish)	12286	1.50
Advance Medical Directives California Edition Low Lit (Spanish)	12287	1.50
Advance Medical Directives Low Lit (Spanish)	12288	1.50
Advance Medical Directives, California Edition	12275	1.50
Advance Medical Directives, California Edition Low Lit	12276	1.50
Advance Medical Directives, Low Lit	12277	1.50

Title	Product #	Price
Before Ambulatory Surgery	11796	1.85
Discharge Instructions for Managing Post-Op Pain at Home	5407	18.50
Intensive Care	11172	2.00
Letting Go with Dignity and Grace	11267	1.75
Managing Your Chronic Pain	12262	2.00
Managing Your Chronic Pain (Spanish)	12283	2.00
Managing Your Post-Op Pain at Home	12263	1.85
Managing Your Post-Op Pain at Home (Spanish)	12285	1.85
MRSA Infection: Stop the Spread	940347	\$21.90/pkg of 25
Outpatient Surgery	12264	1.90
Outpatient Surgery (Spanish)	12282	1.90
Post-Op Pain Management	12265	2.00
Post-Op Pain Management (Spanish)	12284	2.00
Taking Medicine Safely, CarePlanner Tearsheet	5439	18.50
The Post-Op Book	12268	2.00
The Post-Op Book (Spanish)	12280	2.00
The Pre-Op Book	12266	2.00
The Pre-Op Book (Spanish)	12279	2.00
Understanding Anesthesia	11988	2.15
Understanding Anesthesia (Spanish)	12086	2.15
Understanding Your Pain	12267	1.85
Understanding Your Pain (Spanish)	12281	1.85
Infectious Diseases		
Hepatitis B, FastFacts	9671	24.50/pkg of 25
Hepatitis B, FastFacts (Spanish)	9672	24.50/pkg of 25
Herpes	11299	1.75
HPV and Genital Warts	11361	1.75
HPV and Genital Warts (Spanish)	11682	1.05
Protect Your Future, FastFacts	9669	24.50/pkg of 25
Protect Your Future, FastFacts (Spanish)	9670	24.50/pkg of 25
STDs: Sexually Transmitted Diseases	11403	1.75
The Love Bugs	11407	1.75
Understanding STDs, FastGuide	71820	2.00
Understanding STDs, FastGuide (Spanish)	71898	2.00
Mental Health		
ADHD	11122	2.00
Anxiety Disorders: Treatment Can Help You Feel Better	11699	1.65
Depression: A Common and Treatable Problem	11669	1.65
Depression: A Common and Treatable Problem (Spanish)	11698	1.65
PTSD: Post-Traumatic Stress Disorder	11860	1.90
Understanding Depression, FastGuide	72032	2.00
Understanding Depression, FastGuide (Spanish)	72050	2.00
Understanding Grief	11268	1.85
Nephrology		
Hemodialysis Access	91889	27.20/pkg of 50
Managing Kidney Disease	1886	2.00
Treatment Options for Kidney Failure	1887	2.40
Neurology		
After a Stroke Workbook	12145	4.70
After a Stroke Workbook (Spanish)	12177	4.70
Dementia: A Caregiver's Guide	11709	2.15
Electromyography and Nerve Conduction Studies	93049	27.20/pkg of 50
Headaches: Preventing and Managing Pain	11875	1.90
Headaches: Preventing and Managing Pain (Spanish)	11876	1.90

Title	Product #	Price
Managing Headaches, FastGuide	72023	2.00
Managing Headaches, FastGuide (Spanish)	72040	2.00
Parkinson's Disease: A Guide for Patients and Caregivers	11717	2.15
Preventing Recurrent Stroke	11692	2.15
Preventing Recurrent Stroke (Spanish)	11901	2.15
Stroke Recovery: A Caregiver's Guide	11687	2.15
Neurosurgery		
Brain Aneurysm	11271	2.85
Brain Tumors	1999	2.85
Craniotomy	11149	2.85
OB-GYN		
Abnormal Pap Test Results	11905	2.00
Abnormal Pap Test Results (Spanish)	11906	2.00
Abnormal Uterine Bleeding	11946	2.00
Baby's First Weeks	11919	2.55
Baby's First Weeks (Spanish)	11920	2.55
Back Pain During Pregnancy	11907	2.00
Back Pain During Pregnancy (Spanish)	11908	2.00
Birth Control	11938	1.75
Birth Control (Spanish)	11939	1.75
Breast Health	11909	2.10
Breast Health, FastGuide	71880	2.00
Breast Health, FastGuide (Spanish)	72004	2.00
Breast Lumps	11910	2.30
Breast Lumps (Spanish)	11911	2.30
Breastfeeding: A Guide to Nourishing Your Baby	11947	2.00
Breastfeeding: A Guide to Nourishing Your Baby (Spanish)	11948	2.00
Cesarean Birth	11084	2.20
Colposcopy	940213	25.95/pkg of 50
D&C	11945	1.60
Endometrial Biopsy	940214	25.95/pkg of 50
Exercise During Your Pregnancy	11153	2.00
Fertility Problems	11951	2.00
Gestational Diabetes	11949	2.00
Gestational Diabetes (Spanish)	11950	2.00
Getting Your Period	1901	2.00
Good Nutrition During Pregnancy	11005	2.00
Having a Baby	11917	2.10
Having a Baby, Spanish	11918	2.10
Having a Healthy Pregnancy, FastGuide	71830	2.00
Having a Healthy Pregnancy, FastGuide (Spanish)	71899	2.00
Health and Wellness for Women Over 40, FastGuide	72019	2.00
Health and Wellness for Women Over 40, FastGuide (Spanish)	72037	2.00
Hi, Mom!	1001	2.55
Hi, Mom! (Spanish)	1024	2.55
Hysterectomy	11915	2.50
Hysterectomy (Spanish)	11916	2.50
Hysteroscopy	11942	1.60
Laparoscopic Hysterectomy	11912	2.65
Laparoscopy	11944	2.15
LEEP: Loop Electrosurgical Excision Procedure	11913	1.85
Managing Endometriosis	11269	2.00
Menopause	11940	2.00
Ovarian Cysts: A Common and Treatable Problem	11868	1.60

Title	Product #	Price
Pelvic Organ Prolapse	11943	2.00
PMS Premenstrual Syndrome	11392	2.00
Pregnancy	11921	2.55
Pregnancy (Spanish)	11922	2.55
Stereotactic Breast Biopsy	9474	27.20/pkg of 50
The Birth Book	11357	2.40
Tubal Sterilization	11955	1.90
Tubal Sterilization (Spanish)	11956	1.90
Understanding Miscarriage	1853	2.00
Uterine Fibroids	11953	1.60
Vaginal Infections	11408	1.95
Women's Health, FastGuide	71870	2.00
Women's Health, FastGuide (Spanish)	72003	2.00
Your Pap Exam	1445	1.60
Your Pap Exam (Spanish)	1446	1.60
Your Pregnancy Month-by-Month, FastGuide	72028	2.00
Your Pregnancy Month-by-Month, FastGuide (Spanish)	72045	2.00
Your Smoke-Free Pregnancy	1809	2.15
Occupational Health		
Back Tips for Healthcare Workers	11365	1.90
Back to Backs	1077	2.00
Bloodborne Pathogens	1490	1.90
First Aid	1444	2.05
Infection Control: Guidelines for Healthcare Workers	11386	1.90
Lifting and Moving Patients	11356	1.90
Oncology		
Chemotherapy	1994	2.15
Radiation Therapy	11266	2.15
Orthopaedic Surgery		
After Knee Arthroscopy	12022	2.85
After Knee Arthroscopy (Spanish)	12112	2.85
Ankle Owner's Manual	12055	2.00
Ankle Owner's Manual (Spanish)	12091	2.00
Ankle Sprains	940370	33.00/pkg of 50
Back Basics	12046	2.15
Back Basics (Spanish)	12063	2.15
Back Owner's Manual	12051	2.15
Back Owner's Manual (Spanish)	12088	2.15
Basal Joint Arthritis	940352	33.00/pkg of 50
Basal Joint Arthritis (Spanish)	940359	33.00/pkg of 50
Carpal Tunnel Release	11981	2.30
Carpal Tunnel Release (Spanish)	12029	2.30
Cast Care	12043	2.00
Cast Care (Spanish)	12113	2.00
Cervical Disk Surgery	11996	3.05
Cervical Disk Surgery (Spanish)	12066	3.05
Cervical Epidural Injection	940358	33.00/pkg of 50
Cervical Epidural Injection (Spanish)	940360	33.00/pkg of 50
Cortisone Injections	940356	33.00/pkg of 50
Cortisone Injections (Spanish)	940361	33.00/pkg of 50
Cubital Tunnel Syndrome	940355	33.00/pkg of 50
Cubital Tunnel Syndrome (Spanish)	940362	33.00/pkg of 50
De Quervain's Tenosynovitis	940349	33.00/pkg of 50
De Quervain's Tenosynovitis (Spanish)	940363	33.00/pkg of 50

Title	Product #	Price
Dupuytren's Contracture	940354	33.00/pkg of 50
Dupuytren's Contracture (Spanish)	940364	33.00/pkg of 50
Elbow Owner's Manual	12057	2.00
Elbow Owner's Manual (Spanish)	12093	2.00
Facet Joint Injections	940357	33.00/pkg of 50
Facet Joint Injections (Spanish)	940365	33.00/pkg of 50
Foot and Ankle Exercises	5755	18.50/pad of 50
Foot Owner's Manual	12054	2.00
Foot Owner's Manual (Spanish)	12090	2.00
Ganglion Cysts	940350	33.00/pkg of 50
Ganglion Cysts (Spanish)	940366	33.00/pkg of 50
Getting Ready for Knee Replacement	12023	1.90
Getting Ready for Knee Replacement (Spanish)	12117	1.90
Getting Ready for Total Hip Replacement	12024	1.90
Getting Ready for Total Hip Replacement (Spanish)	12118	1.90
Hand and Wrist Exercises	5545	18.50/pad of 50
Hand and Wrist Owner's Manual	12058	2.00
Hand and Wrist Owner's Manual (Spanish)	12094	2.00
Hand Surgery	12025	2.15
Hand Surgery (Spanish)	12119	2.15
Healthy Back, FastGuide	71800	2.00
Healthy Back, FastGuide (Spanish)	71810	2.00
Heel Pain	940353	33.00/pkg of 50
Heel Pain (Spanish)	940369	33.00/pkg of 50
Hip Arthroscopy	12039	2.30
Hip Arthroscopy (Spanish)	12120	2.30
Knee Arthroscopy	11961	3.05
Knee Arthroscopy (Spanish)	12028	3.05
Knee Ligament Injuries	12035	2.30
Knee Ligament Injuries (Spanish)	12135	2.30
Knee Owner's Manual	12053	2.15
Knee Owner's Manual (Spanish)	12089	2.15
Knee Replacement	11959	4.20
Knee Replacement (Spanish)	12026	4.20
Laminectomy and Laminotomy	12037	3.05
Laminectomy and Laminotomy (Spanish)	12121	3.05
Lumbar Epidural Injections	12002	2.30
Lumbar Epidural Injections (Spanish)	12067	2.30
Lumbar Microsurgery	12038	3.05
Lumbar Microsurgery (Spanish)	12122	3.05
Lumbar Spinal Surgery	11999	3.05
Lumbar Spinal Surgery (Spanish)	12033	3.05
Medial Branch Neurotomy	93077	33.00/pkg of 50
Meniscus Surgery	12034	2.15
Meniscus Surgery (Spanish)	12123	2.15
Neck Basics	12049	2.00
Neck Basics (Spanish)	12124	2.00
Neck Owner's Manual	12050	2.15
Neck Owner's Manual (Spanish)	12087	2.15
Orthopaedic Foot Surgery	1384	2.15
Osgood-Schlatter Disease	11163	2.15
Osteoporosis and Bone Loss	12045	2.00
Osteoporosis and Bone Loss (Spanish)	12125	2.00
Overcoming Frozen Shoulder	12021	2.15

Title	Product #	Price
Overcoming Frozen Shoulder (Spanish)	12116	2.15
Patella Pain	12036	2.55
Patella Pain (Spanish)	12136	2.55
Rotator Cuff Injuries	11984	2.15
Rotator Cuff Injuries (Spanish)	12030	2.15
Scoliosis: Living with Your Spinal Curvature	11182	2.05
Shoulder Arthroscopy	11978	3.05
Shoulder Arthroscopy (Spanish)	12065	3.05
Shoulder Exercises	5749	18.50
Shoulder Exercises (Spanish)	5752	18.50
Shoulder Impingement Syndrome	12020	2.30
Shoulder Impingement Syndrome (Spanish)	12127	2.30
Shoulder Owner's Manual	12056	2.15
Shoulder Owner's Manual (Spanish)	12092	2.15
Shoulder Replacement Surgery	12018	3.05
Shoulder Replacement Surgery (Spanish)	12129	3.05
Spinal Fusion	12014	3.05
Spinal Fusion (Spanish)	12068	3.05
Tennis Elbow	940348	33.00/pkg of 50
Tennis Elbow (Spanish)	940367	33.00/pkg of 50
Total Hip Replacement	11957	4.20
Total Hip Replacement (Spanish)	12027	4.20
Treating Shoulder Instability	12040	2.00
Treating Shoulder Instability (Spanish)	12128	2.00
Trigger Finger	940351	33.00/pkg of 50
Trigger Finger (Spanish)	940368	33.00/pkg of 50
Trigger Point Injection	93078	33.00/pkg of 50
Understanding Arthroscopy	12041	2.85
Understanding Arthroscopy (Spanish)	12133	2.85
Vertebroplasty and Kyphoplasty	12097	2.85
Vertebroplasty and Kyphoplasty (Spanish)	12134	2.85
Otolaryngology		
Acid Reflex (Spanish)	12201	2.00
Acid Reflux	11976	2.00
Endoscopic Sinus Surgery	11969	2.85
Endoscopic Sinus Surgery (Spanish)	12200	2.85
Hearing Aids	11928	2.15
Hearing Aids (Spanish)	11929	2.15
Managing Allergies, FastGuide	72014	2.00
Managing Allergies, FastGuide (Spanish)	72015	2.00
Managing Dizziness	11932	1.90
Managing Dizziness (Spanish)	12196	1.90
Meniere's Disease	11933	2.15
Meniere's Disease (Spanish)	12199	2.15
Middle Ear Infections	11934	2.15
Middle Ear Infections	940372	27.20/pkg of 50
Middle Ear Infections (Spanish)	11935	2.15
Middle Ear Infections (Spanish)	940378	27.20/pkg of 50
Middle Ear Surgery	11937	2.15
Middle Ear Surgery (Spanish)	12202	2.15
Mouth and Throat Tumors	12192	2.15
Mouth and Throat Tumors (Spanish)	12195	2.15
Myringotomy	940373	27.20/pkg of 50
Myringotomy (Spanish)	940377	27.20/pkg of 50

Title	Product #	Price
Nasal Allergies	11930	2.15
Nasal Allergies (Spanish)	11931	2.15
Nasal Surgery	11974	2.55
Nasal Surgery (Spanish)	12203	2.55
Snoring and Sleep Apnea	11923	2.30
Snoring and Sleep Apnea (Spanish)	11924	2.30
Tinnitus	940371	27.20/pkg of 50
Tinnitus (Spanish)	940376	27.20/pkg of 50
Tonsil, Adenoid and Ear Tube Surgery	12193	2.30
Tonsil, Adenoid and Ear Tube Surgery (Spanish)	12197	2.30
Tonsillectomy and Adenoidectomy	940374	27.20/pkg of 50
Tonsillectomy and Adenoidectomy (Spanish)	940375	27.20/pkg of 50
Treating Sinus Problems	11936	2.40
Treating Sinus Problems (Spanish)	12204	2.40
Your T&A Journey	12194	2.30
Your T&A Journey (Spanish)	12198	2.30
Physical Therapy		
ACL Rehabilitation	11460	2.00
After a Hip Fracture	12096	2.15
After a Hip Fracture (Spanish)	12111	2.15
After Knee Replacement	11987	2.20
After Knee Replacement (Spanish)	12031	2.20
After Total Hip Replacement	11993	2.20
After Total Hip Replacement (Spanish)	12032	2.20
Back Exercises	5747	18.50 /pad of 50
Back Exercises (Spanish)	5750	18.50/pad of 50
Back Exercises For a Healthy Back	12059	2.15
Back Exercises for a Healthy Back (Spanish)	12098	2.15
Crutches, Walkers and Canes	12044	2.00
Crutches, Walkers and Canes (Spanish)	12114	2.00
Easing Back Pain During Sex	12048	2.00
Easing Back Pain During Sex (Spanish)	12115	2.00
Knee Exercises	5756	18.50/pad of 50
Neck Exercises	5748	18.50/pad of 50
Neck Exercises (Spanish)	5751	18.50/pad of 50
Neck Exercises For a Healthy Neck	12060	2.15
Neck Exercises for a Healthy Neck (Spanish)	12138	2.15
Sex After Joint Replacement	11990	2.15
Sex After Joint Replacement (Spanish)	12191	2.15
The Fit Back Workout	12062	2.15
The Fit Back Workout (Spanish)	12130	2.15
The Fit Knee Workout	12052	2.00
The Fit Knee Workout Book (Spanish)	12131	2.00
The Fit Neck Workout	12061	1.95
The Fit Neck Workout (Spanish)	12132	1.95
The Post-Op Back Book	12047	2.15
The Post-Op Back Book (Spanish)	12126	2.15
Podiatry		
Arthritis, Podiatric	9357	25.30/pkg of 50
Bunions, Podiatry	9355	25.30/pkg of 50
Common Nail Problems	9856	25.30/pkg of 50
Corns and Calluses	9382	25.30/pkg of 50
Diabetes and Your Feet	11421	2.00
Flat Feet	9860	25.30/pkg of 50

Title	Product #	Price
Foot Surgery	11240	2.15
Fungal Problems	9859	25.30/pkg of 50
Ganglions, Podiatry	9861	25.30/pkg of 50
Gout	911244	25.30/pkg of 50
Hammer Toes	9356	25.30/pkg of 50
Heel Pain	11887	2.00
Neuromas, Podiatry	9858	25.30/pkg of 50
Orthoses	1378	2.00
Peripheral Neuropathy	911243	25.30/pkg of 50
Peripheral Vascular Disease	911242	25.30/pkg of 50
Plantar Fasciitis	9352	25.30/pkg of 50
Pressure Ulcers	9383	25.30/pkg of 50
Tendonitis	9381	25.30/pkg of 50
The Foot Book	1078	2.00
Warts	9857	25.30/pkg of 50
Public Health		
Helping Your Child Eat Healthy for Life	11711	1.90
Watch Out for TV Zombies and Soda Monsters (Spanish)	11506	1.15
Watch Out for TV Zombies and Soda Monsters, Helping Your Child Maintain a Healthy Weight	11505	1.90
Pulmonary		
Asthma	12000	2.40
Asthma (Spanish)	12216	2.40
Asthma and Your Child	12248	2.20
Asthma and Your Child (Spanish)	12270	2.20
Asthma and Your Child, FastGuide	72018	2.00
Asthma and Your Child, FastGuide (Spanish)	72036	2.00
COPD Exercise and Daily Activity	12249	2.40
COPD Exercise and Daily Activity (Spanish)	12271	2.40
Living Life to the Fullest with COPD	12003	3.05
Living Life to the Fullest with COPD (Spanish)	12224	3.05
Living Well with Asthma Workbook	12168	3.15
Living Well with Asthma Workbook (Spanish)	12189	3.15
Living Well with Chronic Lung Disease Workbook	12169	4.50
Living Well with Chronic Lung Disease Workbook (Spanish)	12188	4.50
Lung Surgery	12250	3.05
Lung Surgery (Spanish)	12272	3.05
Managing Asthma, FastGuide	72021	2.00
Managing Asthma, FastGuide (Spanish)	72047	2.00
Managing COPD, FastGuide	72022	2.00
Managing COPD, FastGuide (Spanish)	72039	2.00
Pneumonia	12251	1.85
Pneumonia (Spanish)	12273	1.85
Understanding Interstitial Lung Disease	12252	2.40
Understanding Interstitial Lung Disease (Spanish)	12274	2.40
Radiology		
Computed Tomography	9462	27.20/pkg of 50
Magnetic Resonance Imaging	9463	27.20/pkg of 50
Mammography, ACS Guidelines	9466	27.20/pkg of 50
Myelogram	93052	27.20/pkg of 50
Pelvic Ultrasound	93013	27.20/pkg of 50
Rheumatology		
Living with Osteoarthritis	9457	27.20/pkg of 50
Managing Osteoarthritis	11306	1.90

Title	Product #	Price
Urology		
Cystoscopy	940396	27.20/pkg of 50
Cystoscopy (Spanish)	940409	27.20/pkg of 50
Hematuria	940397	27.20/pkg of 50
Hematuria (Spanish)	940408	27.20/pkg of 50
Living with Prostate Cancer	11975	2.00
Living with Prostate Cancer (Spanish)	12253	2.00
No-Scalpel Vasectomy	940398	27.20/pkg of 50
No-Scalpel Vasectomy (Spanish)	940412	27.20/pkg of 50
Pelvic Floor Muscle Exercises	940399	27.20/pkg of 50
Pelvic Floor Muscle Exercises (Spanish)	940411	27.20/pkg of 50
Penile Self-Injection	940400	27.20/pkg of 50
Penile Self-Injection (Spanish)	940407	27.20/pkg of 50
Prostate Ultrasound and Biopsy	940393	27.20/pkg of 50
Prostate Ultrasound and Biopsy (Spanish)	940404	27.20/pkg of 50
Self-Catheterization	940401	27.20/pkg of 50
Self-Catheterization (Spanish)	940413	27.20/pkg of 50
Shock Wave Lithotripsy	940394	27.20/pkg of 50
Shock Wave Lithotripsy (Spanish)	940405	27.20/pkg of 50
Treating Erectile Dysfunction	12241	2.00
Treating Prostate Problems	12238	2.00
Treating Prostate Problems (Spanish)	12256	2.00
Understanding Bladder Cancer	12236	1.79
Understanding Bladder Cancer (Spanish)	12254	1.79
Understanding Kidney Stones	11973	2.15
Understanding Kidney Stones (Spanish)	12234	2.15
Understanding Transurethral Resection of the Prostate	12239	2.00
Understanding Transurethral Resection of the Prostate (Spanish)	12258	2.00
Understanding Urinary Incontinence in Women	12240	2.00
Understanding Urinary Incontinence in Women (Spanish)	12259	2.00

Title	Product #	Price
Understanding Urinary Tract Infections	12237	1.90
Understanding Urinary Tract Infections (Spanish)	12255	1.90
Understanding Vasectomy	11970	2.15
Understanding Vasectomy (Spanish)	12080	2.60
Ureteral Stents	940395	27.20/pkg of 50
Ureteral Stents (Spanish)	940406	27.20/pkg of 50
Urodynamics	940402	27.20/pkg of 50
Urodynamics (Spanish)	940410	\$27.20/pkg of 50
Vascular Disease		
Peripheral Angiography	940379	27.20/pkg of 50
Peripheral Angiography (Spanish)	940381	27.20/pkg of 50
Peripheral Bypass Surgery	12208	2.15
Peripheral Bypass Surgery (Spanish)	12221	2.15
Preventing Deep Vein Thrombosis	5753	18.50/pad of 50
Preventing Deep Vein Thrombosis (Spanish)	5754	18.50/pad of 50
Procedures for Abdominal Aortic Aneurysm	12209	2.30
Procedures for Abdominal Aortic Aneurysm (Spanish)	12223	2.30
Procedures for Carotid Artery Problems	12205	2.15
Procedures for Carotid Artery Problems (Spanish)	12225	2.15
Procedures for Peripheral Arterial Disease	12206	2.30
Procedures for Peripheral Arterial Disease (Spanish)	12222	2.30
Procedures for Spider and Varicose Veins	12210	2.30
Procedures for Spider and Varicose Veins (Spanish)	12226	2.30
Understanding Artery Problems	12211	2.15
Understanding Artery Problems (Spanish)	12227	2.15
Understanding Carotid Artery Stenting	12212	2.20
Understanding Carotid Artery Stenting (Spanish)	12228	2.20
Understanding Deep Vein Thrombosis	12213	2.00
Understanding Deep Vein Thrombosis (Spanish)	12229	2.00
Understanding Vein Problems	12207	2.15
Understanding Vein Problems (Spanish)	12230	2.15

Save up to 35% with volume discounts.

The more you order, the more you save. So it pays to stock up on patient education for all your needs. Depending on the size of your order, you could save up to 35%. See the charts below for exact savings amounts.

Volume Discounts			
Individual Titles <i>Combine individual titles for maximum discount.</i>		Packs/pads <i>Combine packs/pads for maximum discount.</i>	
Total Quantity	Discount	Total Quantity	Discount
200–299	10%	10–29	15%
300–499	15%	30–99	25%
500–999	20%	100–199	35%
1,000–1,999	30%	200+	call for pricing
2,000+	call for pricing		

Order today!



PHONE: 800.333.3032

Monday–Friday, 9 a.m. to 5:30 p.m., Eastern Time.

For fastest service, have your credit card or purchase order number ready.



ONLINE: kramesstore.com

Secure online ordering 24 hours a day, 7 days a week.



FAX: 866.722.4377

Include shipping address and purchase order information.



MAIL Krames Patient Education orders to:

The StayWell Company
800 Township Line Road, STE 100
Yardley, PA 19067-4200

Prices and availability subject to change. Volume discount applies to eligible Krames Patient Education print products only and cannot be combined with any other savings offer. KramesArt®, electronic and custom products are not eligible for discount. Minimum order of \$25 (before imprinting/shipping charges) required.