

## Hints for Health: A Nurse's Notebook Premieres June 7

We've all had those days. Perhaps they start when you're late for work because of a traffic jam or a late train. In the budget meeting, you learn you have to do more with less. Or maybe you're trying to get your kids ready for school. They got up late, refuse to wear the clothes you laid out for them, and now you can't find your car keys. The headache that started earlier is now pounding. The two ibuprofen pills you scarfed down haven't worked.

**Do you know what you can drink that will help relieve your headache?**



You will if you watch *Hints for Health: A Nurse's Notebook*®. Your host, registered nurse Patricia Carroll, has packed the program with dozens of helpful tips and hints that will help you ease symptoms, promote healing, follow a treatment plan and solve problems that arise when you or your loved ones are hurt, sick or in pain.

In this program, produced by CPTV, Carroll shows viewers how to manage arthritis pain, treat a sprain and take a temperature accurately – in many cases, by using items already in the home. She tells viewers how to manage headaches, decipher a prescription, use antibiotics wisely and choose over-the-counter medications. She also offers other tips and hints that will inform, entertain and provide fresh information – from a nurse's perspective – not com-

monly found on television today.

*Hints for Health: A Nurse's Notebook*® presents insider information culled from Carroll's 20-year nursing career. This enlightening program has something for everyone, covering subjects from arthritis to ulcers and allergies to X-rays. Her warm and engaging style makes it clear that Carroll puts her patients first and wants to empower them with information that will help them to be partners in their health care.

### Remember that headache?

Carroll says to have a strong cup of coffee with your pain reliever – research shows that caffeine boosts the effect of common pain relievers.

**Hints for Health:  
A Nurse's Notebook  
Premieres  
Monday, June 7 at 8 pm**