

## Healthcare programs now available at Mass General:

### Breast Cancer

- Breast Reconstruction Surgery: Is It Right for You?
- Ductal Carcinoma in Situ (DCIS) Treatment Choices
- Early-Stage Breast Cancer: Hormone Therapy and Chemotherapy
- Early-Stage Breast Cancer: Choosing Your Surgery
- Living with Metastatic Breast Cancer

### Cardiovascular Disease

- Heart Tests: Learning About Your Choices
- Living with Coronary Heart Disease
- Living with Heart Failure
- Treatment Choices for Carotid Artery Disease
- Coronary Heart Disease: Treatment Choices for Stable Chest Discomfort
- Treatment Choices for Peripheral Artery Disease

### Colon Cancer Screening

- Colon Cancer Screening: Deciding What's Right for You

### Diabetes

- Living with Diabetes: Making Lifestyle Changes to Last a Lifetime *(available in Spanish)*

### General Health

- Getting the Healthcare That's Right for You
- Living Better with Chronic Pain
- Peace of Mind: Personal Stories about Advance Directives
- Sleeping Better: Help for Long-Term Insomnia
- Cataracts: Is Surgery Right for You?
- Obesity – Weight Loss Surgery: Is It Right for You?

### Mental Health

- Coping with Symptoms of Depression
- Help for Anxiety: Treatments that Work

### Orthopedics

- Acute Low Back Pain
- Chronic Low Back Pain
- Herniated Disc Treatment Choices
- Spinal Stenosis Treatment Choices
- Managing Early-Stage Knee Osteoarthritis (after age 40)
- Treatment Choices for Hip Osteoarthritis *(available in Spanish)*
- Treatment Choices for Knee Osteoarthritis *(available in Spanish)*
- Treatment Choices for Torn Meniscus (after age 40)

### Osteoporosis

- Protecting Your Bones: Preventing Another Fracture

### Palliative Care

- Looking Ahead: Choices for Medical Care When You're Seriously Ill

### Prostate Conditions

- Benign Prostatic Hyperplasia (BPH) Treatment Choices
- Hormone Therapy: When the PSA Rises after Treatment
- Is a PSA Test Right for You?
- Treatment Choices for Localized Prostate Cancer

### Senior Health

- Growing Older, Staying Well

### Women's Health

- Managing Menopause Symptoms
  - Abnormal Uterine Bleeding Treatment Choices
  - Uterine Fibroids Treatment Choices
- (See also Breast Cancer)*

### Additional Resources:

Blum Center

[www.massgeneral.org/pflc](http://www.massgeneral.org/pflc)

Stoeckle Center

[www.massgeneral.org/stoecklecenter](http://www.massgeneral.org/stoecklecenter)

Informed Medical Decisions Foundation

[www.informedmedicaldecisions.org](http://www.informedmedicaldecisions.org)

The Health Decision Sciences Center  
50 Staniford St, 8<sup>th</sup> floor  
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[www.massgeneral.org/decisionsciences](http://www.massgeneral.org/decisionsciences)