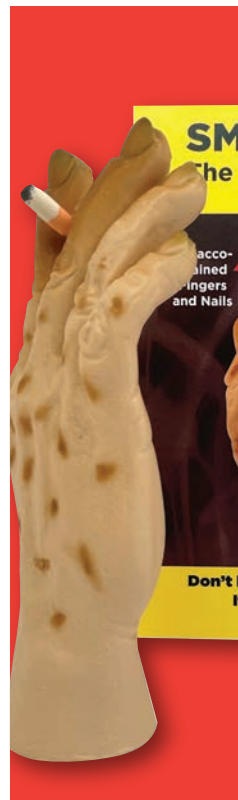


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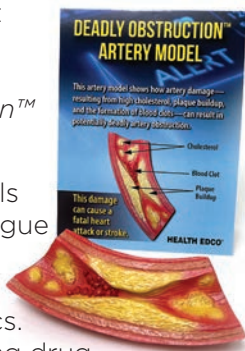
2023 CATALOGUE

HealthEdco.co.uk

Healthy Ways for Every Day in 2023!

Welcome to our 2023 catalogue, where you'll find the most exciting, innovative, and creative ways to teach your essential health messages!

Check out our latest teaching tools, including our *Smoker's Hand: The Death Grip of Nicotine™ Model* (see page 9), a disturbingly realistic model that shows viewers how smoking damages the hands, forcing them to confront how tobacco destroys the body from the inside, where they can't see it. A great way to reach young people, our new *E-Cigarettes and Vaping Tear Pad* (see page 9) dispels seven common myths about e-cigarettes. Also, don't miss our new *Marijuana Jar of Tar™ Display* (see page 8) and *Deadly Obstruction™ Artery Model* (see page 20).



The great health education materials and models you'll find in this catalogue are just the beginning: You'll find hundreds more on our website, covering a full range of health topics. Whether you're looking for engaging drug education activities, colourful nutrition models, one-of-a-kind diabetes teaching tools, sun safety materials, or men's or women's health displays, we've got you covered! Be sure to visit our website often for updates, articles, and the latest in inspiring, life-changing health education resources.

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No other company has such an established foundation of creation and innovation in health education.

- Proprietary products – conceptualised and created by Health Edco and Childbirth Graphics..
- New innovations – an extensive product assortment in multiple health categories.
- Up-to-date research – to keep all products current and relevant.
- Advisory board – to maintain a finger on the pulse of health education.

Minimum Order & Price Change Policy

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Bringing Health Education to Life

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WHAT IS A UNIT? DISPLAY

Bring viewers' understanding of alcoholic units up to the proper "level" with this colourful display. Each of the five glasses, which represent popular alcoholic drinks, shows how much of the beverage constitutes one unit as well as how many total units are in the glass. Comes with an informative 25-cm x 38-cm display mat that resembles a serving tray.

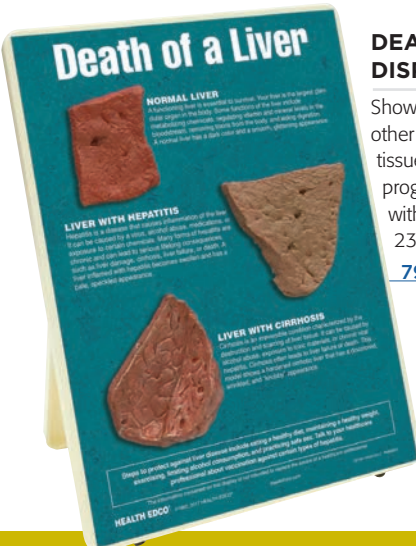
79631 Display



SPIN THE BOTTLE GAME

Help users learn how alcohol can spin their life out of control. Featuring a mock bottle of whisky on the wheel, players land on various consequences of alcohol abuse. Includes presentation notes and question cards. 52 cm x 71 cm.

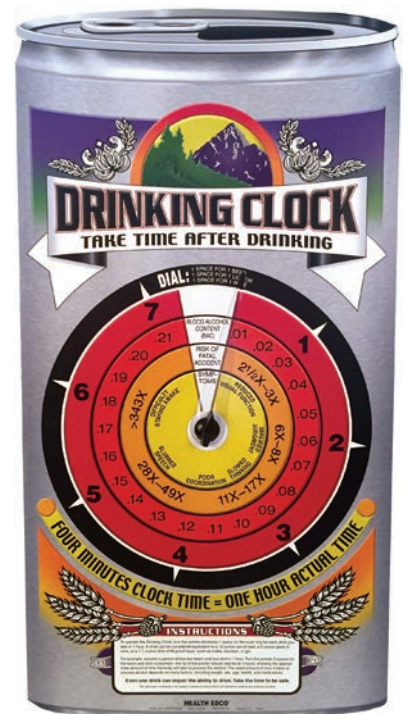
79339 Game



DEATH OF A LIVER EASEL DISPLAY

Showing how alcohol abuse and other activities can damage liver tissue, this trio of models details the progression of liver disease. Comes with protective fleece cover. 23 cm x 30 cm.

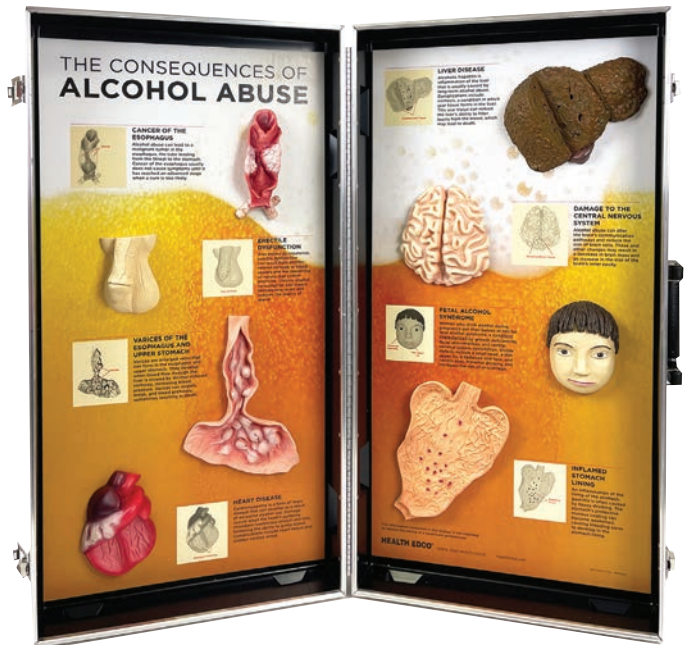
79150 Easel Display



DRINKING CLOCK ACTION DISPLAY

Interactive clock reveals the approximate amount of time the body takes to process alcohol. Ideal for driver's education, health classes, and more. Comes with teaching suggestions. 43 cm x 81 cm.

79130 Action Display



ALCOHOL ABUSE CONSEQUENCES 3-D DISPLAY

Featuring eight permanently affixed models, this display reveals the ways alcohol abuse damages the body. Easy-to-understand text describes each condition. Comes in self-contained carrying case. 71 cm x 69 cm opened.

78879 3-D Display

ALCOHOL EDUCATION KIT

Give your audience a powerful, thought-provoking presentation about the potential dangers of alcohol with this kit. Includes three sobering teaching components:

- Effects & Hazards of Alcohol Folding Display, which describes short- and long-term consequences of alcohol abuse, including organ damage and effects on children
- Drunk & Dangerous™ Glasses, which alter vision, perception, and balance to provide a realistic simulation of intoxication
- Pickled Liver™ Model, a BIOLIKE™ liver model that floats ominously in a specimen jar, emphasising the effects of alcohol-induced cirrhosis

75901 Kit



PICKLED LIVER™ MODEL

The BIOLIKE™ liver model floating ominously in this specimen jar shows the long-term effects of cirrhosis—scar tissue and nodules cover its surface like giant scales. The message is simple: With the liver unable to function normally, death is imminent. 11 cm x 19 cm.

79723 Model



ALCOHOL CHANGES EVERYTHING™ GAME

Decode the hard facts about how life can change dramatically when you abuse alcohol. Players earn points by answering questions about alcohol abuse and use the included alcohol bottle decoder to read special cards to determine whether alcohol has caused them costly consequences. For 2–8 players or teams. Age 12–Adult.

79063 Game



Decoder



SEX UNDER THE INFLUENCE AWARENESS KIT

With its vision-distorting goggles, this unique kit proves that if you're too drunk to perform simple tasks such as walking, then you're too drunk to adequately protect yourself from risky sex. Kit includes one set of Boozed & Confused Nighttime Goggles, Economy Condom Training Model, syringe, UV light-sensitive fluid, latex condoms, an activity guide, and carrying case.

- [75080](#) Kit
- [78645](#) UV Flashlight

WEIGH YOUR OPTIONS™: ALCOHOL DRINKS DISPLAY

Weighted bags with images of popular drinks let participants feel the effects of extra calories from alcoholic beverages. Weights reflect the amount gained as a result of daily consumption of each beverage for a month. Accompanying tent card measures 13 cm x 20 cm and explains how the extra calories can result in extra weight.

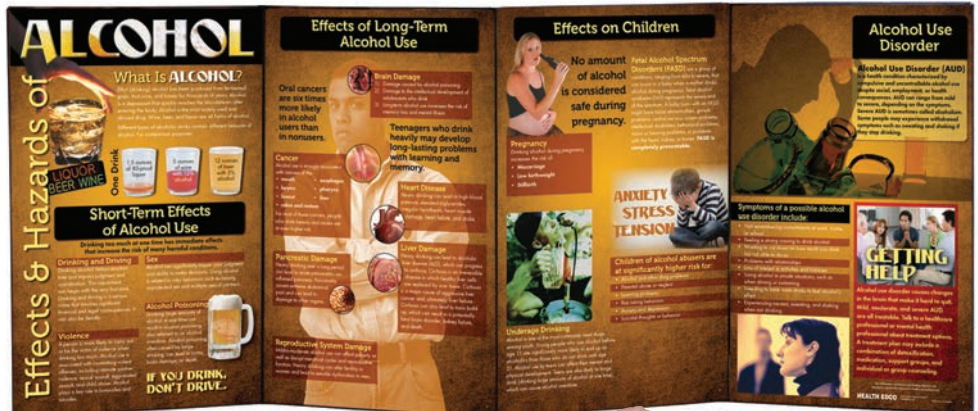
[78217](#) Display



ALCOHOL FOLDING DISPLAYS

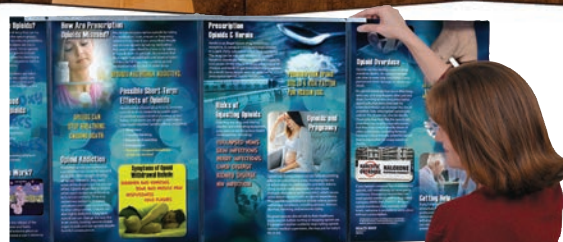
What You Should Know About Binge Drinking discusses alcohol poisoning, effects of binge drinking on sexual behaviour and academic performance, and how to get help for a drinking problem. Effects & Hazards of Alcohol describes short-term and long-term effects of alcohol abuse, including organ damage and effects on children. Both displays are 147 cm x 57 cm opened.

- [79021](#) Binge Drinking Folding Display
- [79012](#) Alcohol Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



Carrying Case

Wall Hanger



Drive Home the Dangers of Drinking and Driving

Provide startling lessons to make young people put the brakes on drinking and driving. Each alcohol education kit features specially designed glasses or goggles that re-create the visual distortion, loss of perception, and lack of control that impair drink-drivers, reaching students with the message that drink-driving is deadly.



SMASHED & TRASHED™

Disposable Impairment Glasses

Designed to be used a few times and then thrown away, the Smashed and Trashed Disposable Glasses simulate the disorientation, loss of balance, and distorted perception of intoxication. An economical way to reach a large number of young people.

Classroom Set Includes:

- 25 sets of glasses
- Teaching suggestions

78963 Glasses (set of 25)



D.W.EYES™

Alcohol Impairment

The D.W.eyes Game Kit shows young people how even simple tasks—such as throwing a ball, walking a line, or navigating a simulated road—are difficult whilst under the influence.

Complete Game Kit Includes:

- 2 pairs of goggles or glasses
- Wreck Your Life game
- Teacher's guide
- 25 student handouts

79187 Game Kit (with goggles)

79198 Game Kit (with glasses)



DRUNK & DANGEROUS™

Drinking and Driving

The Drunk & Dangerous Package is an interactive way for young people to discover the dangers of drinking and driving. Participants "drive" the car whilst wearing the goggles or glasses. Using the plastic champagne glasses to simulate a road course, participants quickly discover that keeping the car straight is nearly impossible, exactly like driving whilst intoxicated.

Complete Package Includes:

- 1 pair of goggles or glasses
- Remote control car
- Beverage set (also available separately)
- Presentation notes

79199 Package (with goggles)

79190 Package (with glasses)

79755 Beverage Set



BOOZED & CONFUSED™

Drinking and Driving at Night

Many young people risk drinking and driving at night. The Boozed & Confused Nighttime Goggles are specifically designed to simulate the nighttime conditions that drink-drivers may face.

Complete Game Kit Includes:

- 2 pairs of Boozed and Confused Nighttime Goggles (also available separately)
- 10 stress balls
- 6 flashlights
- 2 plastic bowling balls
- 10 plastic bowling pins
- 1 roll of tape
- Activity guide

79297 Game Kit

79295 Goggles

D.W.eyes Goggles or Drunk & Dangerous Glasses may also be purchased separately.

79197 Goggles

79190A Glasses



EFFECTS & HAZARDS OF OPIOIDS FOLDING DISPLAY

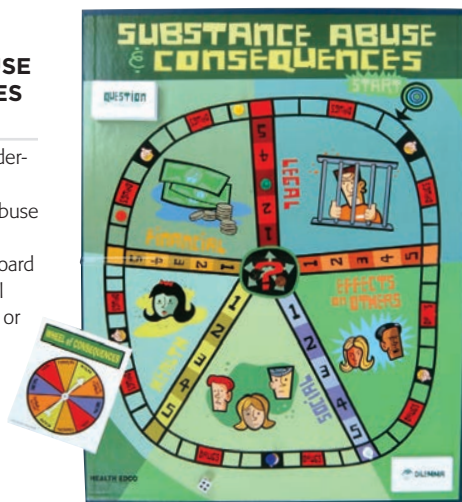
Combat opioid abuse with education and awareness. This folding display reveals the cold, hard facts about prescription opioid and heroin abuse, from addiction to overdose and death. 147 cm x 57 cm opened.

- [78884](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger

SUBSTANCE ABUSE & CONSEQUENCES GAME

Elevate your group's understanding of the consequences of substance abuse with this fun game. The 56-cm x 71-cm game board is ideal for large or small groups. For 2-8 players or teams. Age 12-Adult.

- [79033](#) Game



UPDATED!

EFFECTS AND HAZARDS OF SUBSTANCE ABUSE FOLDING DISPLAY

With compelling graphics and persuasive text, this folding display paints an unflattering picture of a number of drugs that can have dangerous and deadly effects. Includes information on getting help for a substance abuse problem. 147 cm x 57 cm opened.

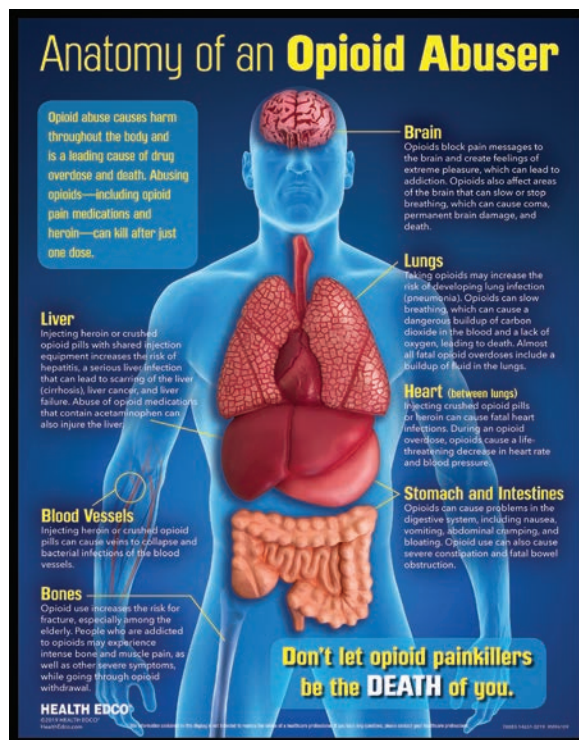
- [79053](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



DRUG EDUCATION GUIDE

From opioid painkillers to stimulants and more, this Plexiglas-covered guide features incredibly realistic facsimiles of more than 40 illegal and prescription drugs. Identifies basic drug groups and their medical uses as well as the drug names, slang terms, and possible effects of use. 61 cm x 61 cm.

- [79236](#) Guide
- [96102](#) Carrying Case



ANATOMY OF AN OPIOID ABUSER 3-D DISPLAY

Featuring painted, 3-D organ models, this riveting, framed display emphasises that opioid abuse is a leading cause of overdose and death. Highlights the body-wide damage opioid abuse can cause. Includes built-in stand for tabletop display. 52 cm x 66 cm.

- [78883](#) 3-D Display

DRUGS

WHEEL OF MISFORTUNE™ GAME

This spinning wheel is at the centre of an engaging game in which players identify various drugs and answer questions about their effects. Covers illegal, prescription, and over-the-counter drugs. Also includes multiple-choice questions that develop value judgements. Comes with questions for ages 6–10 and ages 11–17. 52 cm x 71 cm.

79117 Game



DRUGGED & DISTORTED™ GAME

Demonstrate to any group how drugs severely limit the ability to do basic tasks effectively. The goggles and motion-restriction hand work upon your senses, distorting perceptions, thinking, and coordination.

GAME INCLUDES:

- Pair of Drugged and Distorted Goggles
- 2 Motion-Restriction Hands (one medium and one large)
- Activity Guide with four activities and discussion questions that reinforce the educational points of each activity

75052 Game



METH MOUTH: AN INSIDE LOOK DISPLAY

Model shows the serious oral consequences of meth use, such as severely decayed teeth, inflamed gums, and more. Also features lifelike tongue model with ulcer and informative text that explains how meth harms the mouth and body. 25 cm x 27 cm x 42 cm.

79758 Display

DRUG AWARENESS GUIDE	CATEGORY	DESCRIPTION	APPEARANCE	HOW USED	MEDICAL USES	EFFECTS & CONSEQUENCES	SIGNS OF OVERDOSE
	Alcohol	Alcohol is a depressant that slows down the central nervous system. It is commonly used in social settings and is often consumed in large quantities.	Clear, colorless liquid	Drinking	Antiseptic, disinfectant	Impaired judgment, slurred speech, loss of coordination, dehydration, liver damage, heart disease, cancer	Loss of consciousness, vomiting, breathing difficulties, coma
	Amphetamines	Amphetamines are stimulants that increase alertness and energy. They are often used to treat ADHD and narcolepsy.	White, crystalline powder	Inhalation, oral	ADHD, narcolepsy	Increased heart rate, blood pressure, and body temperature; decreased appetite; insomnia; anxiety; paranoia; psychosis	Overheating, seizures, heart failure, stroke
	Barbiturates	Barbiturates are depressants that induce sleep and are used as general anesthetics. They are also used to treat epilepsy.	White, crystalline powder	Oral, intravenous	Sedation, anesthesia, epilepsy	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Benzodiazepines	Benzodiazepines are depressants that induce relaxation and are used to treat anxiety and insomnia.	White, crystalline powder	Oral	Anxiety, insomnia, sedation	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Cocaine	Cocaine is a stimulant that increases alertness and energy. It is often used in social settings and is highly addictive.	White, crystalline powder	Inhalation, oral	ADHD, narcolepsy	Increased heart rate, blood pressure, and body temperature; decreased appetite; insomnia; anxiety; paranoia; psychosis	Overheating, seizures, heart failure, stroke
	Heroin	Heroin is a depressant that induces sleep and is used as a general anesthetic. It is highly addictive and often used in social settings.	White, crystalline powder	Inhalation, oral, intravenous	Sedation, anesthesia, pain relief	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Marijuana/Cannabis	Marijuana/Cannabis is a depressant that induces relaxation and is used to treat anxiety and insomnia.	Green, leafy plant	Inhalation, oral	Anxiety, insomnia, sedation	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Methamphetamine	Methamphetamine is a stimulant that increases alertness and energy. It is often used in social settings and is highly addictive.	White, crystalline powder	Inhalation, oral	ADHD, narcolepsy	Increased heart rate, blood pressure, and body temperature; decreased appetite; insomnia; anxiety; paranoia; psychosis	Overheating, seizures, heart failure, stroke
	Over-the-Counter Drugs	Over-the-Counter Drugs are depressants that induce relaxation and are used to treat anxiety and insomnia.	Various forms (tablets, capsules, liquids)	Oral	Anxiety, insomnia, sedation	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Prescription Drugs	Prescription Drugs are depressants that induce relaxation and are used to treat anxiety and insomnia.	Various forms (tablets, capsules, liquids)	Oral	Anxiety, insomnia, sedation	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Opioids	Opioids are depressants that induce sleep and are used as general anesthetics. They are also used to treat pain.	White, crystalline powder	Inhalation, oral, intravenous	Sedation, anesthesia, pain relief	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Depressants	Depressants are depressants that induce sleep and are used as general anesthetics. They are also used to treat pain.	White, crystalline powder	Inhalation, oral, intravenous	Sedation, anesthesia, pain relief	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death
	Stimulants	Stimulants are stimulants that increase alertness and energy. They are often used in social settings and are highly addictive.	White, crystalline powder	Inhalation, oral	ADHD, narcolepsy	Increased heart rate, blood pressure, and body temperature; decreased appetite; insomnia; anxiety; paranoia; psychosis	Overheating, seizures, heart failure, stroke
	Paraphernalia	Paraphernalia are items used to consume or administer drugs. They include pipes, syringes, and needles.	Various forms (pipes, syringes, needles)	Inhalation, oral, intravenous	Sedation, anesthesia, pain relief	Drowsiness, slowed breathing, loss of reflexes, coma	Respiratory depression, coma, death

DRUG AWARENESS GUIDE

Divided into eight categories, this guide explains what each drug category is, how it's used, the drug's effects, and possible signs of overdose. Includes built-in easel for tabletop display. An unframed, laminated version is also available. 91 cm x 61 cm.

79220 Display
90671 Chart



DRUG IDENTIFICATION GUIDE

Show commonly abused drugs and drug paraphernalia in a whole new dimension. Features attached, realistic 3-D facsimiles enclosed behind Plexiglas. Stands on any tabletop for easy display. Includes reproducible handout. 81 cm x 61 cm.

79216 Guide
96102 Carrying Case

DRUGS AND ALCOHOL THROW & KNOW™ ACTIVITY BALL

Turn substance abuse education into engaging, memorable lessons with this fun activity ball! The inflatable, 41-cm diameter ball (61-cm arc length) features 60 hard-hitting questions covering a full range of substances of abuse, including opioids, marijuana/cannabis, tobacco and e-cigarettes, alcohol, stimulants, depressants, and more. Players simply toss the ball and answer the question closest to their right thumb. Comes with detailed activity guide. Age 12–Adult.

78036 Ball



SUBSTANCE ABUSE IDENTIFICATION KIT

Educate your audience about dangerous drugs and the short- and long-term effects of drug abuse. Features 3-D models behind a Plexiglas cover. Comes with reproducible review questions. Case is 74 cm x 51 cm opened. Stand-alone panels are 30 cm x 44 cm each.

79254 Kit



DRUG ABUSE CONSEQUENCES 3-D DISPLAY

Reveal how drug abuse can lead to serious health consequences with this startling 3-D display. Features eight painted, permanently affixed models and simple text highlighting consequences of drug abuse, including kidney damage, HIV infection, heart attack, and more. Comes in self-contained carrying case. 71 cm x 69 cm opened.

78928 3-D Display



DRUG AND ALCOHOL CLASSROOM PACKAGE

Packed with engaging resources, this classroom package helps young people make responsible decisions about drug and alcohol use. Includes our popular Wheel of Misfortune™ Game (see page 6), Smashed & Trashed™ Disposable Glasses (see page 4), and Drug Awareness Guide Chart (see page 6), as well as one Drugs and Alcohol Throw & Know™ Activity Ball (shown above). Age 12–Adult.

85483 Package

DIAL-A-DRUG WHEEL

Turn the wheel for easy access to drug information, including the most common types of drugs, their effects and hazards, their medical uses, and how they are used. 20-cm diameter.

85100 Wheel





MARIJUANA / CANNABIS: A CLOSER LOOK 3-D DISPLAY

With growing public acceptance of marijuana and the popularity of vaping devices, today's marijuana comes in a variety of forms and can be used in multiple ways. Highlighting that marijuana (also called cannabis) is not a risk-free drug, this display (74 cm x 51 cm opened) features realistic 3-D models of marijuana and related paraphernalia secured behind a durable Plexiglas cover. Models cover how marijuana can be smoked, vaped, or consumed through oral delivery methods (edibles and tinctures). A stand-alone panel (30 cm x 44 cm) explains what marijuana is, how it differs from "synthetic marijuana" (such as K2 and Spice), and potential consequences of marijuana use, including addiction and mental health problems.

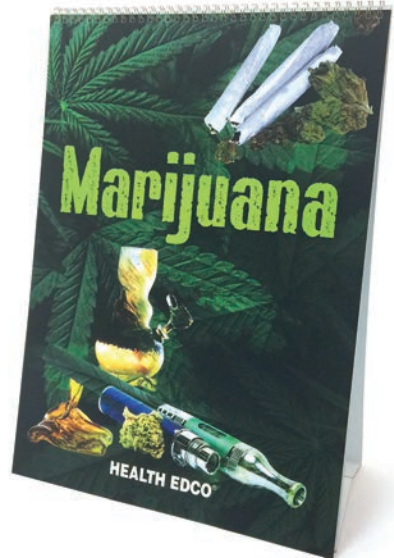
[78840](#) 3-D Display



NEW! MARIJUANA JAR OF TAR™ DISPLAY

Like tobacco smoke, marijuana (cannabis) smoke contains tar, creating concerns about lung health. This attention-grabbing display alerts viewers to this fact as they watch models of three joints, a blunt, and a cigarillo blunt oozing in a mixture of simulated dry herb marijuana and gooey tar. The jar's label explains that one joint exposes a smoker's lungs to four times the amount of tar as one cigarette. 9 cm x 15 cm.

[78846](#) Display



MARIJUANA FLIP CHART

With information on the different forms, side effects, and physical consequences of marijuana (cannabis), this 6-panel flip chart explains the health risks associated with marijuana use. Features presentation notes on back of each panel and is 130 cm x 43 cm.

[43111](#) Flip Chart



UPDATED! EFFECTS & HAZARDS OF MARIJUANA FOLDING DISPLAY

Cover the realities of marijuana (cannabis) use with this detailed folding display. Explains the dangers of marijuana and contains information about seeking help for a drug problem. 147 cm x 57 cm opened.

[79269](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



NEW!

SMOKER'S HAND: THE DEATH GRIP OF NICOTINE™ MODEL

Demanding attention, this haunting, utterly realistic hand model (10 cm x 24 cm x 8 cm) shows viewers how smoking can affect their hands. Made of lifelike BIOLIKE™, the model accurately depicts tobacco-stained fingers and fingernails, age spots, clubbed fingers, and a slightly bent finger (indicative of the early stages of a progressive condition called Dupuytren's contracture). An informative, two-sided tent card (22 cm x 25 cm) explains each condition depicted on the model.

27034 Model

UPDATED!

SMOKED FOOT™ GANGRENE MODEL

Lifelike and graphic, this model depicts how smoking can cause tissue death from decreased blood supply, leading to gangrene. Comes with tent card. 9 cm x 24 cm x 10 cm.

27029 Model



CLEM'S PHLEGM™ DISPLAY

Put 2 weeks' worth of phlegm that would be coughed up by a smoker in your audience's hands. This attention-getting, sealed jar demonstrates one of the nasty consequences of smoking. 9 cm x 15 cm.

79201 Display



NEW!

E-CIGARETTES AND VAPING TEAR PAD

Dispelling seven common myths about e-cigarettes, this two-sided tear pad presents the facts about vaping. Explains that most e-cigarettes contain the addictive drug nicotine, vaping devices emit an aerosol containing harmful substances, e-cigarettes are not a risk-free alternative to smoking, and more. 100 sheets per pad.

52196 Tear Pad

THE FACTS ABOUT E-CIGARETTES & VAPING FOLDING DISPLAY

Tackle the misperception that vaping is a risk-free alternative to smoking. This attention-grabbing folding display explains the hazards of e-cigarettes, including nicotine addiction, harmful chemical exposure, dangers to young people, and more. 147 cm x 57 cm opened.

78876 Folding Display
79590 Carrying Case (see page 3)
79015 Wall Hanger (see page 3)





UPDATED!

THE EFFECTS OF SECONDHAND SMOKE TEAR PAD

Use this thought-provoking leaflet to raise awareness of the hazardous effects of secondhand smoke. Two-sided tear pad covers the dangers of secondhand smoke to adults and children, toxic chemicals in tobacco smoke, and ways to protect against secondhand smoke exposure. Also addresses the potential hazards of exposure to e-cigarette vapour. 100 sheets per pad.

52743 Tear Pad E



CAUSE OF DEATH: SECONDHAND SMOKE DISPLAY

With emphysema blebs and tumours, this "post-mortem" lung model shows that secondhand smoke can be an indiscriminate killer, infiltrating and damaging non-smokers' lungs just as it does those of a smoker. 13 cm x 18 cm.

78748 Display



EFFECTS & HAZARDS OF SECONDHAND SMOKE FOLDING DISPLAY

This folding display gives the basic facts about secondhand smoke and its dangers, explaining how it affects both adults and children. Outlines ways to protect family members from secondhand smoke. 147 cm x 57 cm opened.

79010 Folding Display
79590 Carrying Case
79015 Wall Hanger



PUFFING POISON TANK: A SECONDHAND SMOKE TRAP™

A smokeless smoke demonstrator, this tank features a bellows pump that sends puffs of simulated secondary smoke streaming out of a facsimile cigarette. A special unit behind the nonsmoker's face stains a removable filter with tiny "smoke particles"—a dramatic demonstration of how secondary smoke affects others. Residue also accumulates on the inside of the box, showing the penetration of thirdhand smoke. Includes 50 filters, "smoke particle" powder, and more. 110 volts required. 29 cm x 27 cm x 24 cm.

79596 Smoke Trap



SECONDHAND SMOKE CONSEQUENCES 3-D DISPLAY

The eight painted, permanently affixed models in this colourful 3-D display reveal the dangers of exposure to secondhand smoke. Easy-to-read text explains multiple health conditions (including lung cancer, cardiovascular damage, sudden infant death syndrome, and more) caused by secondhand smoke. Comes in a self-contained carrying case. 71 cm x 69 cm opened.

78925 3-D Display



LIFE OR DEATH LUNGS™ MODEL SET

Use this set of soft BIOLIKE™ models to show how smoking destroys the lungs. One lung is decimated by cancer and emphysema, while the other is pink and healthy. Includes carrying case. Models are 22 cm tall.

79826 Model Set



SIMULATED SMOKER'S LUNG COMPARISON KIT

With a set of simulated smoker's lungs and healthy pig lungs mounted side-by-side for comparison, the damage done by smoking is painfully clear, becoming even more evident when the lungs are inflated. Smoker's lungs feature palpable tumours. Also includes a section of dried lung for closer inspection.

84349 Comparison Kit



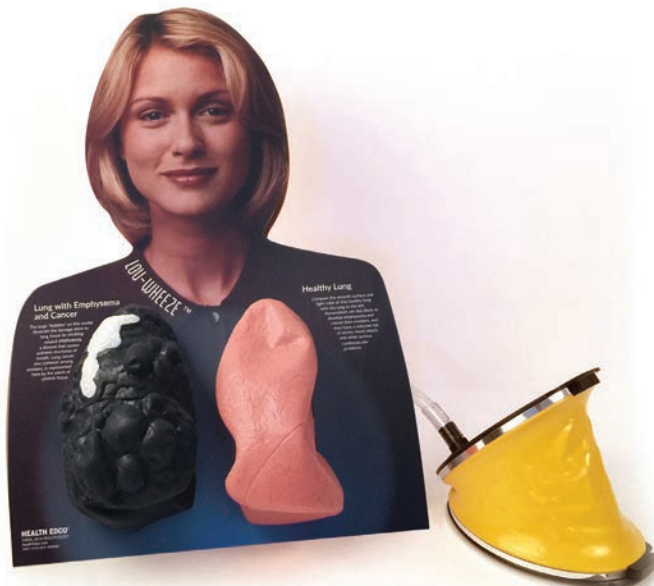
Cancer-causing tar collects in test tubes



SMOKEY SUE™ DISPLAY

When Smokey Sue's bulb is pumped while she "smokes" a cigarette, tar collects in the tube representing her lungs. The dirty tube can be passed around for a closer view of the gross tar buildup. Comes with 5 collection tubes and a carrying case. Use in well-ventilated areas.

79206 Display



LOU-WHEEZE™ SMOKER'S LUNGS COMPARISON MODEL

Lou-Wheeze's two latex lung models illustrate their differences in appearance and function with no mess and minimal setup. As the bellows pump inflates the lungs, the healthy one deflates easily, while the diseased smoker's lung struggles to expel its air before the next "breath". Carrying case available separately. 43 cm x 60 cm.

79261 Model
96102 Carrying Case

TOBACCO

HAND-HELD MECHANICAL SMOKER MODEL

Make a powerful statement about the dangers of smoking with this model. Deposits the tar from a cigarette on an X-ray depicting lung cancer. Comes with 100 Mini-Lung™ sheets, plastic bags, and a clip to help keep each bag in place. Use in well-ventilated areas. 14 cm x 29 cm x 6 cm.

79202 Model



SMOKEY SUE SMOKES FOR TWO™ MODEL

As Sue smokes a cigarette, tar builds up around the gaunt foetal model and gradually tints the clear foetal environment a sickly shade of amber. Use in well-ventilated areas. 13 cm x 36 cm x 13 cm.

79210 Model



SMOKER'S ROULETTE GAME

With satiric artwork that lampoons popular cigarette brands, this roulette wheel demonstrates that smoking dangers include lung cancer, emphysema, heart disease, and more. Comes with presentation guide. 52 cm x 71 cm.

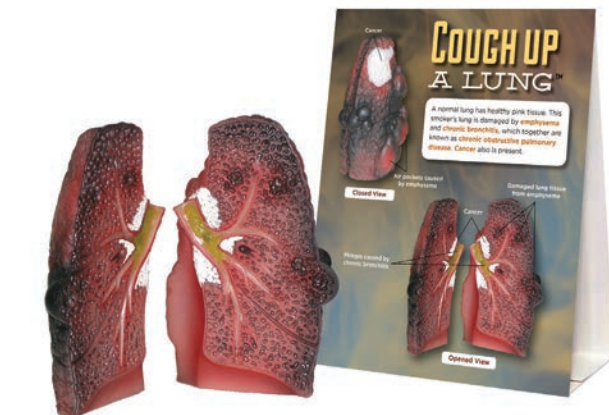
79139 Game



TARRED LUNG™ MODEL

Cut in cross section, this lung features a greatly magnified model of an alveolus that shows how poisonous tar creeps into even the tiniest structures of the lung. Artwork depicts damage from emphysema. 18 cm x 28 cm.

79234 Model



COUGH UP A LUNG™ MODEL

Cross-sectioned, this life-size model can be opened to reveal that the case is terminal: Tumours crowd around the bronchus, the lung tissue is riddled with air pockets caused by emphysema, and the bronchial tube is plugged with slimy, green phlegm. 14 cm x 22 cm x 13 cm.

78958 Model



DEATH OF A LUNG EASEL DISPLAY

Give viewers an inside look at smoking's destructive effects. Models depict a healthy lung, a lung with emphysema, and a cancerous lung. Comes with protective fleece cover. 23 cm x 30 cm.

79148 Easel Display

NEW!

TOBACCO AND E-CIGARETTES THROW & KNOW™ ACTIVITY BALL

With this inflatable activity ball, tobacco education is truly catching! The large (41-cm diameter; 61-cm arc length) ball is covered with 60 questions that reveal the facts about tobacco and nicotine addiction, covering smoking, smokeless tobacco use, and e-cigarettes and vaping. Players simply toss the ball and answer the question closest to their right thumb. PVC ball is not made with natural rubber latex. Comes with a detailed activity guide with answer key. Age 12–Adult.

78828 Ball



TOBACCO

SPINSMART™ TOBACCO WHEEL

Put a negative spin on tobacco with this colourful wheel. Players spin the wheel to select one of eight categories and answer questions or participate in an activity related to that category. Includes questions with activities for Ages 6–10 and multiple-choice questions for Age 11–Adult. 47 cm x 58 cm.

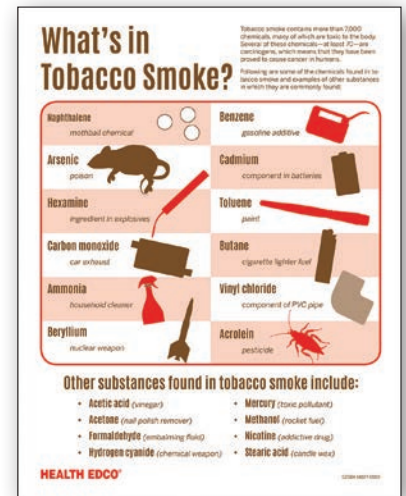
79983 Wheel



WHAT'S IN TOBACCO SMOKE? TEAR PAD

A wonderful take-home companion to the Tobacco Ingredients Display, this two-sided tear pad covers the toxic chemicals that are in cigarette smoke and also found in other scary substances. 100 sheets per pad.

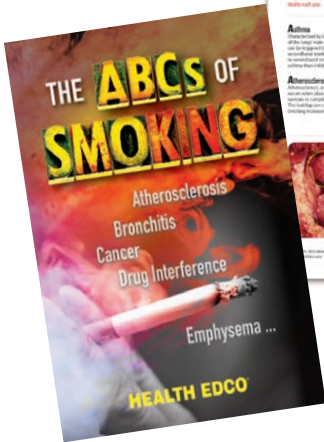
52584 Tear Pad E



THE ABCS OF SMOKING BOOKLET

With graphic photos, this booklet presents alphabetical listings of conditions and diseases associated with smoking, making the reasons for not starting and quitting smoking quite elementary. Booklet is 16 pages.

40013 Booklet E



DROWNED LUNG™ MODEL

This interactive display brings the drowning sensation that COPD sufferers experience into focus. The lifelike model of a damaged lung swims in simulated phlegm, and picking up the jar triggers a voice module that plays a recording of a gasping, gurgling cough. Jar is 18 cm tall.

78615 Model



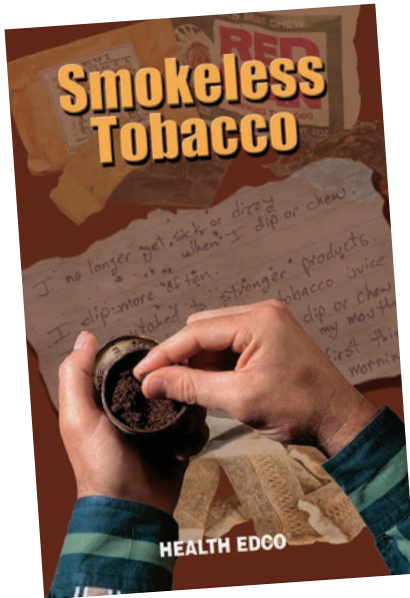
A YEAR'S WORTH OF TAR™ MODEL

Tar is sealed in an easy-to-handle, shatterproof container that allows everyone in your audience to get a firsthand look at the gooey, cancer-causing liquid created by cigarette smoke. Represents the amount of tar that goes through the lungs of a half-pack-a-day smoker in the span of 1 year. 9 cm x 14 cm x 9 cm.

79120 Model



TOBACCO



SMOKELESS TOBACCO BOOKLET

Make anyone think twice about using smokeless tobacco with the graphic images and scary facts in this booklet. 16 pages.

[40014](#) Booklet **E**



NEW!

SMOKELESS TOBACCO CONSEQUENCES 3-D DISPLAY

Featuring eight permanently affixed, painted models and easy-to-read text, this 3-D display highlights some of the serious health consequences of smokeless tobacco use. Covers multiple forms of cancer, heart disease, stroke, and unpleasant oral conditions and diseases. Comes in a convenient, self-contained carrying case. 71 cm x 69 cm opened.

[78817](#) 3-D Display



EFFECTS & HAZARDS OF SMOKELESS TOBACCO FOLDING DISPLAY

The graphic images and hard-hitting facts on this display present an ugly reality: Smokeless tobacco is addictive, causes disfiguring diseases, and is deadly. 147 cm x 57 cm opened.

[79074](#) Folding Display
[79590](#) Carrying Case (see page 3)
[79015](#) Wall Hanger (see page 3)



SMOKELESS TOBACCO: SPIT IT OUT FOLDING DISPLAY

Give your audience essential information to avoid smokeless tobacco. This folding display provides startling images and hard facts about smokeless tobacco's negative effects on both health and appearance. Perfect for explaining the many reasons to stop or never to start dipping or chewing. 147 cm x 57 cm opened

[79075](#) Folding Display
[79590](#) Carrying Case (see page 3)
[79015](#) Wall Hanger (see page 3)



SMOKELESS TOBACCO EDUCATION PACKAGE

A pinch between your cheek and gum is the recipe for addiction, disease, and destruction. Explain the truth about the mental and physical effects of smokeless tobacco with this package. Can be presented as one longer session (approx. 8 hours) or several shorter sessions. Includes activities appropriate for secondary and adult audiences.

COMPLETE PRESENTATION INCLUDES:

- Facilitator's guide with presentation script, worksheets, activities, quizzes, comprehensive test, and interactive creative enrichment activities
- Mr. Gross Mouth™ model
- Smokeless Tobacco: Spit It Out folding display
- Smokeless Tobacco booklets (50)

[79374](#) Package

BENEFITS OF QUITTING SMOKING TEAR PAD

Inspire anyone to quit smoking with this list of the many health benefits of quitting—starting within 20 minutes of the last cigarette. English on one side and Spanish on the other. 100 sheets per pad.

52502 Tear Pad E



A PACK OF TOXIC TAR™ DISPLAY

These two unique cigarette models contain the combined total amount of tar a smoker inhales from just a single pack of cigarettes. Pack is 5 cm x 3 cm x 9 cm.

79203 Display



SMOKING CONSEQUENCES 3-D DISPLAY

Eight graphic, permanently mounted models reveal how tobacco destroys normal, healthy organs. Features emphysematous and cancerous lungs, a premature baby, a stroke-affected brain, and more. Comes in self-contained carrying case. 71 cm x 69 cm opened.

78881 3-D Display



SMOKING AND YOUR BABY

Present the critically important message that babies and pregnant women can be harmed by smoking. Folding display is 111 cm x 57 cm opened. Pamphlet has 8 panels.

79022 Folding Display
79590 Carrying Case
79015 Wall Hanger
38619 Pamphlet E



TOBACCO



GIANT CIGARETTE MODEL

Flowing like smoke out of the end of this cigarette is a banner that lists dozens of the poisonous chemicals in cigarette smoke and provides information about why they are dangerous. Cigarette is 91 cm x 8 cm; banner is 48 cm x 89 cm.

[79110](#) Model



A CLOSER LOOK AT TOBACCO 3-D DISPLAY

Magnifying the ways tobacco companies market their deadly wares, this display features ultra-realistic facsimiles of tobacco products enclosed behind Plexiglas. An entire section is devoted to products that have fun packaging and sweet taste to make them appeal to young people. 81 cm x 61 cm.

[79225](#) 3-D Display
[96102](#) Carrying Case



UPDATED! DIP-N-DECAY™ MODEL SET

With this model set, viewers watch as healthy teeth are submerged in simulated tobacco juice and then emerge having “developed” cavities, gum disease, leukoplakia, and cancer. Includes concentrated tobacco juice mixture. Container is 18-cm diameter.

[79166](#) Model Set



GIANT CIGARETTE ACTION DISPLAY

Reveal the benefits of quitting smoking that increase the longer you stay smoke-free. User simply turns the outer sleeve to see the benefits that begin from within minutes of the last cigarette and continue for years. 9 cm x 61 cm.

[79109](#) Display



SMOKING EDUCATION PACKAGE

Give your audience an informative presentation about the mental and physical effects of smoking with this package. Can be presented as one longer session (approx. 8 hours) or several shorter sessions. Includes activities appropriate for both secondary and adult audiences.

COMPLETE PRESENTATION INCLUDES:

- Facilitator’s guide with presentation script, worksheets, activities, quizzes, comprehensive test, and interactive, creative enrichment activities
- Tobacco Ingredients display
- The Effects & Hazards of Smoking folding display
- Harmful Effects of Smoking chart
- The ABCs of Smoking booklet (50)

[79368](#) Package



SMOKEY EYES™ GAME KIT

This kit features special goggles that simulate the effects of macular degeneration, a vision-robbing disease closely associated with smoking. Wearing the goggles helps participants clearly see that the best decision is not to smoke. Comes with five stress balls, four toss balls, a catch bucket, and activity guide with reproducibles.

[79373](#) Game Kit



BENEFITS OF NOT SMOKING 3-D DISPLAY

Show everyone four great benefits of not smoking with this interactive display. Each swivelling panel includes a healthy organ on one side and the same organ damaged by smoking on the other side. 62 cm x 30 cm x 8 cm.

[79032](#) 3-D Display



TOBACCO INGREDIENTS™ DISPLAY

Help viewers understand how unhealthy tobacco smoke is by associating the chemicals in smoke with common disgusting substances also containing that chemical. Comes with a two-sided tent card that explains each of the models in the display and the harmful chemical represented. Model is 62 cm x 9 cm.

[79260](#) Display



SMOKER'S FOUL MOUTH™ DISPLAY

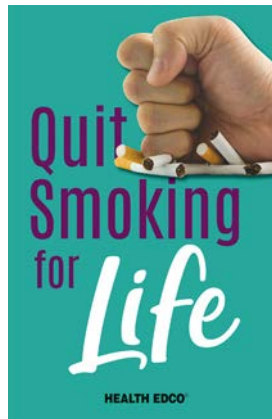
Highlight the undesirable oral consequences of smoking. Shows gum disease, tooth decay, and lip cancer. Includes two tongues: One depicts leukoplakia and cancer, whilst the other portrays "hairy tongue". 18 cm x 14 cm x 18 cm.

[79287](#) Display
[79288](#) Carrying Case

MR. GROSS MOUTH™ MODEL

Life-size, handpainted, hinged replica of the teeth, tongue, and gums features lifelike detail of the disgusting oral damage done by smokeless tobacco. Comes mounted on a wooden display base and includes a jar of tobacco to create tobacco juice. 15 cm x 10 cm x 20 cm.

[79152](#) Model
[79161](#) Carrying Case



QUIT SMOKING FOR LIFE BOOKLET

An inspiring tool for smoking cessation, this booklet provides handy tips for quitting smoking and strategies to stay smoke-free. Also provides information about diseases caused by smoking to help motivate smokers to quit. 16 pages.

[40077](#) Booklet **E**



QUIT SMOKING FOR LIFE FOLDING DISPLAY

Perfect to promote smoking cessation, this inspiring folding display provides practical tips and strategies to motivate smokers to quit smoking and stay smoke-free. 147 cm x 57 cm opened.

- [79030](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



TEETH IN TOBACCO JUICE™ DISPLAY

The results of dipping and chewing, as shown in this disgustingly juicy display, include oral cancers, diseased gums, rotted teeth, and tooth loss. 9 cm x 15 cm.

- [79123](#) Display



SHORTNESS OF BREATH CIGARETTE

A couple of breaths through this air-restricting tube conveys the panic-inducing sensation of not being able to breathe—something emphysema sufferers live with constantly. Comes with an information card. Set of 20.

- [79709](#) Cigarettes (20)



GIANT MR. GROSS MOUTH™ DISPLAY

When it comes to telling the truth about the effects of smokeless tobacco use, this large model can't stop talking. Depicts gingivitis, gum recession, three kinds of cancer, cavities, and tooth loss. Includes jar of tobacco for making tobacco juice. 23 cm x 30 cm x 15 cm.

- [79159](#) Display
- [79289](#) Carrying Case

UPDATED! SMOKING CESSATION PACKAGE

Add to your existing smoking cessation programme or start your own using these great materials that include informative displays and reinforcing leaflets.

Package includes:

- Giant Cigarette Action display
- Quit Smoking for Life folding display
- Quit Smoking for Life booklets (50)
- Benefits of Quitting Smoking tear pad (100 sheets)
- Hourglass Cigarettes (10)

- [79951](#) Package

EFFECTS & HAZARDS OF SMOKING FOLDING DISPLAY

Enlighten viewers with this informative display about the dangers of cigarettes and how many diseases it causes. Also covers problems related to secondhand smoke. 147 cm x 57 cm opened.

- [79079](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



SMOKED LUNG™ MODEL

A sad testament to a life destroyed by cigarettes, this BIOLIKE™ model shows severe damage from emphysema and features a cross-sectioned upper lobe that reveals a fibrous, pale-white malignancy. 13 cm x 23 cm x 10 cm.

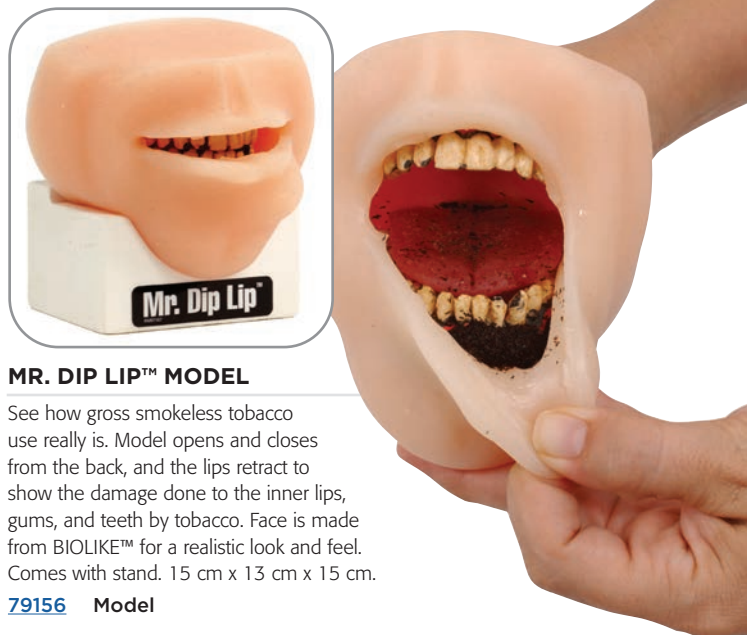
- [26813](#) Model



MR. DIP LIP™ MODEL

See how gross smokeless tobacco use really is. Model opens and closes from the back, and the lips retract to show the damage done to the inner lips, gums, and teeth by tobacco. Face is made from BIOLIKE™ for a realistic look and feel. Comes with stand. 15 cm x 13 cm x 15 cm.

- [79156](#) Model



E-CIGARETTES & VAPING: A CLOSER LOOK 3-D DISPLAY

With realistic models of vaping devices secured behind Plexiglas, this 3-D display (74 cm x 51 cm opened) is perfect to teach young people about the dangers of e-cigarettes whilst helping parents and educators recognise different vaping devices. Models include flavoured disposables, a refillable and rechargeable vape pen, mods with sub-ohm tanks, a nic salt pod, and e-liquids. Stand-alone panel (30 cm x 44 cm) explains the health risks of e-cigarettes. Display comes in a self-contained carrying case.

- [78499](#) 3-D Display

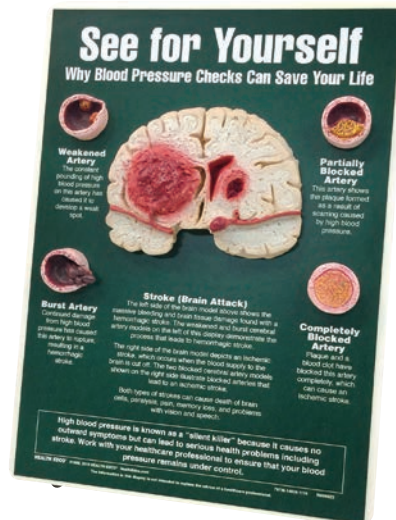


UPDATED!

SILENT DESTRUCTION™: HOW HIGH CHOLESTEROL DESTROYS ARTERIES DISPLAY

This cricket bat-size display proves what you can't see can kill you. Demonstrating how cholesterol can damage artery walls, viewers see how a clean, normal artery can slowly turn into a plaque-encrusted mess, eventually leading to heart disease and heart attack. 62 cm x 9 cm.

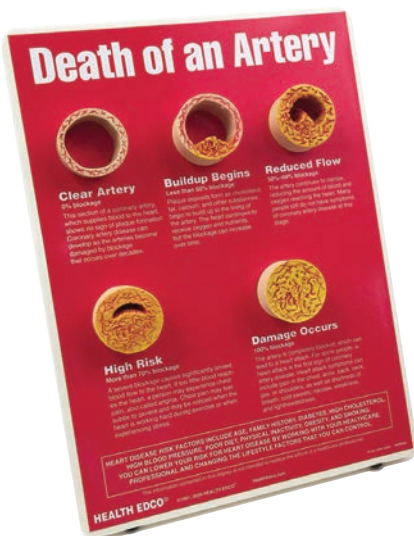
[75069](#) Display



SEE FOR YOURSELF: BLOOD PRESSURE CHECKS EASEL DISPLAY

Damaged artery models and a cross section of a stroke-affected brain convince viewers of the value of blood pressure checks. Comes with protective fleece cover. 23 cm x 30 cm.

[79736](#) Easel Display



DEATH OF AN ARTERY

Mounted on a blood-red background, this set of five models dramatically shows the smothering effect of waxy plaque buildup inside a coronary artery. Comes with protective fleece cover. 23 cm x 30 cm.

[79149](#) Easel Display



NEW!

DEADLY OBSTRUCTION™ ARTERY MODEL

With simplistic clarity, this enlarged, sculpted artery model shows how artery damage from high cholesterol, plaque buildup, and the formation of blood clots can lead to a potentially fatal heart attack or stroke. Comes with informative, two-sided tent card. Model is approx. 4 cm x 14 cm x 3 cm.

[26989](#) Model



HEART DISEASE RISK FACTORS DISPLAY

How low can you go? This interactive display makes calculating one's heart disease risk factors a fun, educational activity. As they tally up both controllable and noncontrollable risk factors, participants slide a bright, red arrow up the scale to determine their risk. 52 cm x 71 cm.

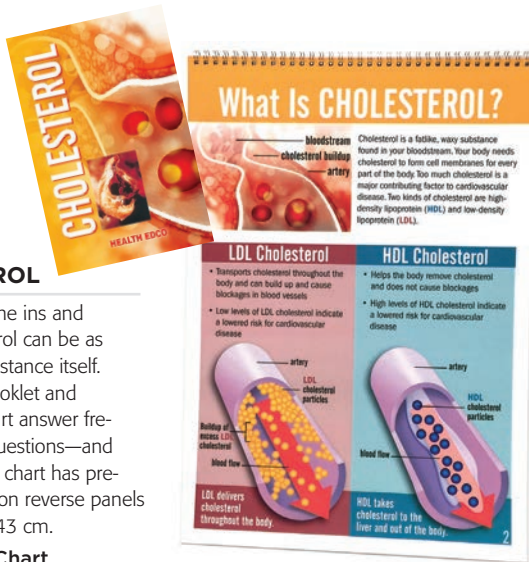
[79027](#) Display



HEART HEALTH FOLDING DISPLAYS

Get to the heart of the matter with these two folding displays. What You Should Know About High Blood Pressure describes high blood pressure, explains its consequences, and discusses methods of controlling it. Preventing Cardiovascular Disease explains cardiovascular disease, identifies its risk factors, and provides prevention strategies. 147 cm x 57 cm opened.

- [79347](#) Cardiovascular Folding Display
- [79285](#) Blood Pressure Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



CHOLESTEROL

Understanding the ins and outs of cholesterol can be as sticky as the substance itself. This 16-page booklet and six-panel flip chart answer frequently asked questions—and many more. Flip chart has presentation notes on reverse panels and is 30 cm x 43 cm.

43117 Flip Chart
40041 Booklet **E**



OCCLUDED ARTERY MODEL

Flip this model and watch as blood cells struggle to flow through the plaque-clogged artery. As blood flow decreases, more blood cells pile up in the narrowing gap. Finally, the cells stop moving altogether and—bam!—it's a heart attack. 7 cm x 17 cm.

79145 Model



HIGH BLOOD PRESSURE CONSEQUENCES 3-D DISPLAY

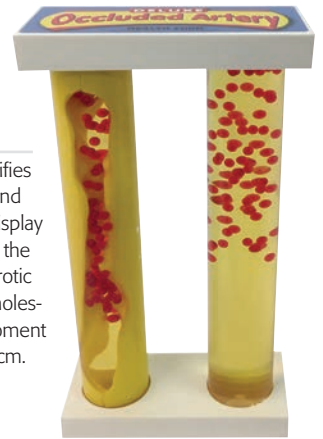
Featuring eight painted, permanently affixed organ models and eye-catching graphics, this 3-D display illustrates the critical importance of managing blood pressure. Comes in self-contained carrying case. 71 cm x 69 cm opened.

78927 3-D Display

DELUXE OCCLUDED ARTERY MODEL

This time-tested Health Edco classic magnifies the differences between a healthy artery and one that is clogged with plaque. Flip the display over, and watch as blood cells zip through the clean artery, whilst those in the atherosclerotic artery sluggishly wind their way through cholesterol buildup—and stop—capturing the moment a heart attack occurs. 18 cm x 30 cm x 8 cm.

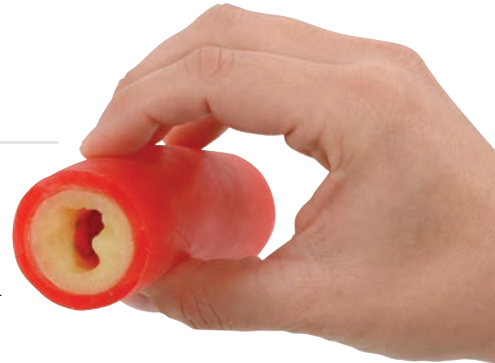
79153 Model



CLOGGED ARTERY MODEL

Squosh! Made of BIOLIKE™ synthetic tissue, this artery model is filled with yellow simulated plaque buildup. A great visual for discussing the importance of healthy cholesterol levels. 3 cm x 8 cm.

26526 Model



HEART HEALTH EDUCATION PACKAGE

Your dynamic heart health education programme deserves the most innovative visual aids available!

COMPLETE PRESENTATION INCLUDES:

- Facilitator's guide with presentation script, worksheets, activities, quizzes, comprehensive test, and interactive, creative enrichment activities
- Occluded Artery model
- Preventing Cardiovascular Disease folding display
- Death of an Artery easel display
- Cholesterol booklets (50)

79372 Package

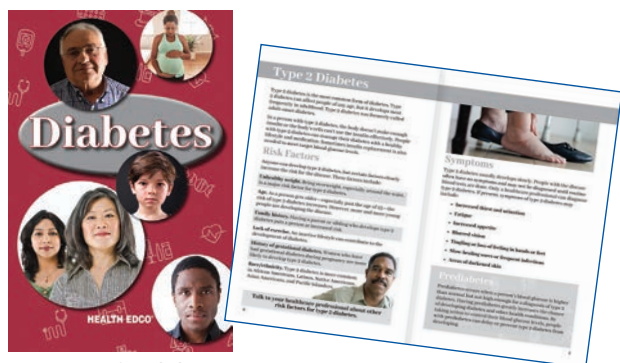
DIABETES



DIABETES CONSEQUENCES 3-D DISPLAY

With eight permanently affixed organ models, this display highlights how diabetes can cause damage throughout the body. Contained within its own carrying case. 71 cm x 69 cm opened.

[78878](#) 3-D Display



DIABETES BOOKLET

An important tool for raising diabetes awareness, this booklet provides key information about type 1, type 2, and gestational diabetes as well as prediabetes. Covers diabetes risk factors, symptoms, potential health consequences, and the importance of proper diabetes management. 16 pages.

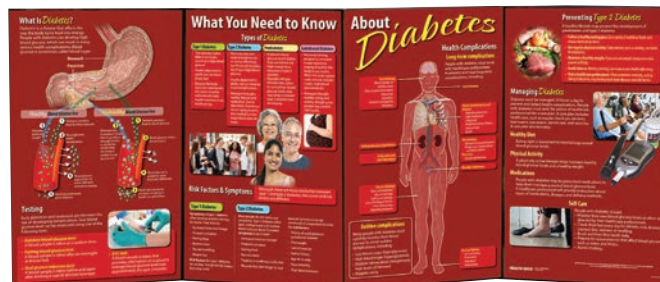
[40065](#) Booklet **E**



MINI A1C™ DIABETES EDUCATION MODEL SET

Explain the A1C test with this pocket-size set. Features two test tubes: One tube depicts a red blood cell with few glucose particles attached to represent healthy A1C, and the other tube depicts a red blood cell with excess glucose particle attached to represent high A1C. Comes with instruction card and case measuring 12 cm x 8 cm x 4 cm.

[78920](#) Model Set



WHAT YOU NEED TO KNOW ABOUT DIABETES FOLDING DISPLAY

With easy-to-understand information, this folding display gives a comprehensive overview of the different types of diabetes, as well as diabetes risk factors, symptoms, complications, and management. 147 cm x 57 cm opened.

[79302](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



DIABETIC FOOT MODEL

SEVERE DIABETIC FOOT MODEL

DIABETIC FOOT MODELS

These two versions of the Diabetic Foot Model, cast in durable BIOLIKE™, answer the need for realistic models that can be used to discuss diabetic neuropathy, peripheral vascular disease, and skin issues common among people with diabetes. Set includes both Diabetic Foot Model and Severe Diabetic Foot Model. Each model comes with a carrying case and measures approx. 9 cm x 24 cm x 10 cm.

[26101](#) Diabetic Foot Model
[26150](#) Severe Diabetic Foot Model
[26160](#) Set (2)



A1C LEVELS: AN INSIDE LOOK™ MODEL

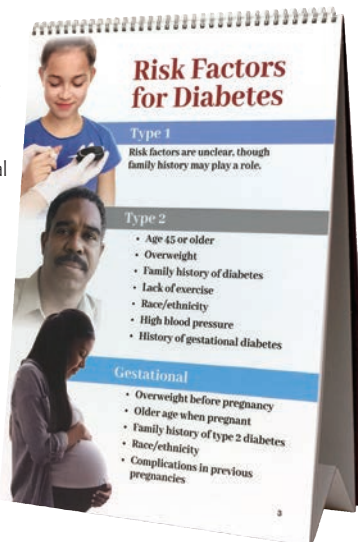
Capture viewers' undivided attention with this clever divided model. One half represents healthy blood glucose and A1C levels by depicting a small number of glucose particles and a red blood cell model that has few glucose particles attached to it. In contrast, the model's other red blood cell contains excess glucose particles and floats through simulated plasma full of glucose particles, representing high A1C and blood glucose levels. Model is 29 cm x 6 cm. Includes informative, bilingual (English/Spanish) tear pad. 100 sheets per pad.

- 75485** Model
- 52503** Additional Tear Pad E

DIABETES FLIP CHART

This flip chart is perfect for educating people already living with diabetes as well as informing those at risk. Covers type 1, type 2, and gestational diabetes. 6 panels with presentation notes on reverse sides. 30 cm x 43 cm.

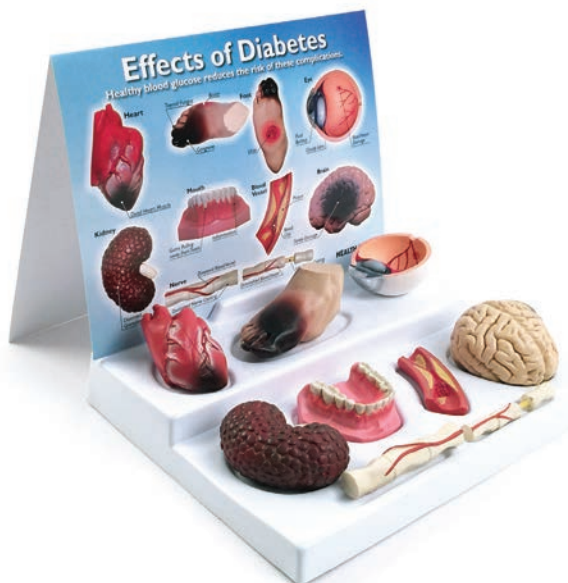
- 43130** Flip Chart



DIABETIC INJECTION MODEL KIT

Practise diabetic injections and finger sticks again and again with these two lifelike and durable models. Skin model can be strapped to a user's arm or leg to simulate a needle injection site. Finger model may be held for lancet practice. Comes with carrying case.

- 26102** Model Kit
- 26229** Replacement Skin and Finger



Back of Information Card

EFFECTS OF DIABETES DISPLAY

Giving head-to-toe coverage of a growing health problem, this display highlights eight areas commonly affected by diabetes. Features detailed organ replicas. Two-sided information card dispels any misconceptions that diabetes is not a serious disease. 28 cm x 23 cm x 24 cm.

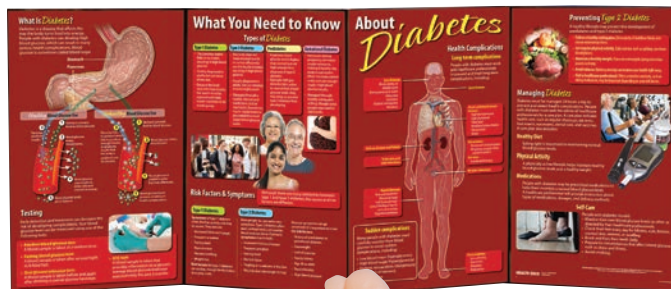
- 78792** Display



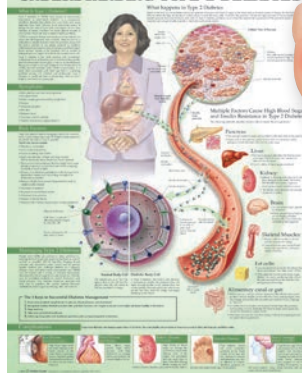
MANAGING DIABETES POP-UP BANNER

Help people with diabetes see the big picture of their role in diabetes management. Emphasises the key steps in managing diabetes. Banner measures 80 cm x 189 cm and breaks down into a 84-cm x 10-cm x 10-cm carrying case.

78944 Banner



UNDERSTANDING TYPE 2 DIABETES



DIABETES EDUCATION PACKAGE

Provide a comprehensive, dynamic presentation about diabetes.

COMPLETE PRESENTATION INCLUDES:

- What You Need to Know About Diabetes folding display offers a general overview.
- Understanding Type 2 Diabetes chart gives a quick "snapshot" of how diabetes affects the body.
- Diabetes booklet (50 included) helps participants understand important points.
- Diabetic Foot Model emphasises the importance of good self-care.

A four-part facilitator's guide contains a presentation script, worksheets, quizzes, and enrichment activities. The programme can be tailored to fit a variety of time formats and different age groups from secondary school through adult.

79370 Package



DIABETES PORTION PLATE

With an attractive design, this plate shows proper portions to help manage diabetes. Dishwasher safe but not intended for microwave use. 24-cm diameter.

50324 Plate



Front

Back

HEALTH EDCO CALORIE WHEEL

A great giveaway, this colourful wheel adds a fun twist to nutrition and physical activity education! A simple turn of the wheel shows how many minutes of walking, bicycling, swimming, or jumping rope are required on average to burn the calories in a variety of common foods from each food group. Also provides weight management tips. 14-cm diameter.

93806 Wheel



ROLLS OF FAT™ SET

These 1-lb (0.5 kg) and 5-lb (2.3 kg) fat rolls can be wrapped around the mid-section, giving users a quick glimpse of how fat can accumulate. The 1-lb roll is 28 cm long. The 5-lb roll is 74 cm long.

26013 Set
96516 Carrying Case



FAT VEST

Simulating the look and feel of excess body fat, this vest creates the fatiguing, restrictive feeling associated with obesity. Features images of organs affected by obesity. By inserting five weights into the vest's interior pocket, the user can "gain" up to 20 extra pounds (9 kg).

26003 Vest



OBESITY CONSEQUENCES 3-D DISPLAY

From serious problems such as gallstones to life-threatening conditions such as diabetes and cardiovascular disease, the permanently affixed models in this display give a rare glimpse inside a body carrying an unhealthy amount of body fat. Carrying case measures 71 cm x 69 cm opened.

78880 3-D Display

WHAT YOU SHOULD KNOW ABOUT OVERWEIGHT & OBESITY FOLDING DISPLAY

This eye-catching folding display defines overweight and obesity and examines common causes, treatments, and associated health risks. Comes with a Body Mass Index card that helps viewers determine and classify BMI. 147 cm x 57 cm opened.

- [79319](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger

HOW TO GAIN 5 POUNDS IN 30 DAYS DISPLAY

Attention-grabbing display shows that, if the calories taken in exceed those burned by 500 each day (about as many as in two soft drinks and a chocolate bar), 5 pounds (2.3 kg) can be gained in just one month! Includes 5-lb Fat Chunk Model, food models representing a chocolate bar and two 355-ml soft drinks, an informative tent card, and a carrying case.

- [79510](#) Display



HEAVY HEART™ DISPLAY

As this clever display reveals, obesity is a major risk factor for heart disease. Features a cutaway model of a heart damaged by a heart attack floating in simulated body fat. Labels on the display explain that excess body fat can lead to a heart attack and how diet and exercise can help prevent heart disease. 11 cm x 19 cm.

- [79699](#) Display

WATCH MUSCLE TAKE ON FAT!



Use Health Edco's fat and muscle models to pump up understanding!

Together, our fat and muscle models say plenty about the differences between lean muscle and excess body fat. Our streamlined muscle models demonstrate how muscle takes up about half the volume of fat whilst weighing the same amount. By contrast, our fat models show how extra calories and inactivity can damage your health and shape. Masses of Muscle™ represent muscle at rest, whilst Mighty Muscles™ depict flexed clusters. All models feature a lifelike feel. Each set comes with a carrying case.

GLOBS OF FAT™ AND MASSES OF MUSCLE™ SET



The Globes of Fat and Masses of Muscle Set includes 1- and 5-pound (0.5 kg and 2.3 kg) fat models and 1- and 5-pound (0.5 kg and 2.3 kg) muscle models.

[26040](#) **Globes of Fat and Masses of Muscle Set**

[26030](#) **Glob of Fat Model (1 lb)**

[26039](#) **Glob of Fat Model (5 lb)**

[26031](#) **Globs of Fat Model Set (1 lb and 5 lb)**

[26037](#) **Mass of Muscle Model (1 lb)**

[26034](#) **Mass of Muscle Model (5 lb)**

[26038](#) **Masses of Muscle Model Set (1 lb and 5 lb)**

FAT CHUNKS™ AND MIGHTY MUSCLES™ SET

The Fat Chunks and Mighty Muscles Set includes 1- and 5-pound (0.5 kg and 2.3 kg) fat models and 1- and 5-pound (0.5 kg and 2.3 kg) muscle models.

[26025](#) **Fat Chunks and Mighty Muscles Set**

[26016](#) **Fat Chunk Model (1 lb)**

[26014](#) **Fat Chunk Model (5 lb)**

[26017](#) **Fat Chunks Model Set (1 lb and 5 lb)**

[26021](#) **Mighty Muscle Model (1 lb)**

[26022](#) **Mighty Muscle Model (5 lb)**

[26023](#) **Mighty Muscles Model Set (1 lb and 5 lb)**



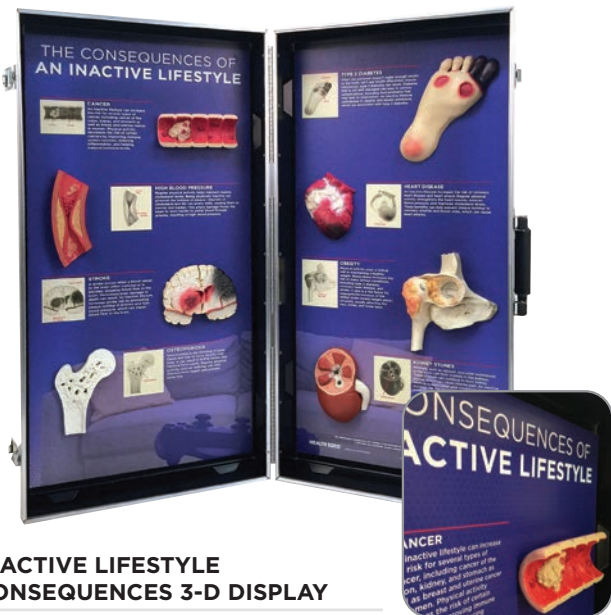
PHYSICAL ACTIVITY



SPINSMART™ PHYSICAL ACTIVITY WHEEL

Put a fun spin on exercise with this energetic, muscle-awakening wheel! Players answer questions from one of eight categories after spinning the wheel, and they earn extra points by doing a specified exercise. Includes questions for ages 6–10 and age 11–Adult. 47 cm x 58 cm.

[79097](#) Activity Wheel



INACTIVE LIFESTYLE CONSEQUENCES 3-D DISPLAY

In this 3-D display, eight permanently affixed models outline the consequences of physical inactivity, ranging from cancer to heart disease to kidney stones. Contained within its own carrying case, it measures 71 cm x 69 cm opened.

[78854](#) 3-D Display

close-up of 3-D models



EXERCISE FACTS FOLDING DISPLAY

Focusing heavily on the great benefits exercise provides, this display discusses aerobic, strength, and flexibility exercises. Also offers physical activity recommendations for all age groups. 147 cm x 57 cm opened.

[79293](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



ROLL & GO™ FITNESS DICE ACTIVITY

Provide players with a great opportunity to get fit and have fun with this activity!

Features a pair of 12-sided dice (approximately 10 cm x 10 cm x 10 cm each) displaying a variety of engaging exercises and repetitions. Dice come in a convenient mesh pouch (22 cm x 30 cm) with drawstring closure. Also includes a detailed activity guide with questions for ages 6–11 and age 11–adult.

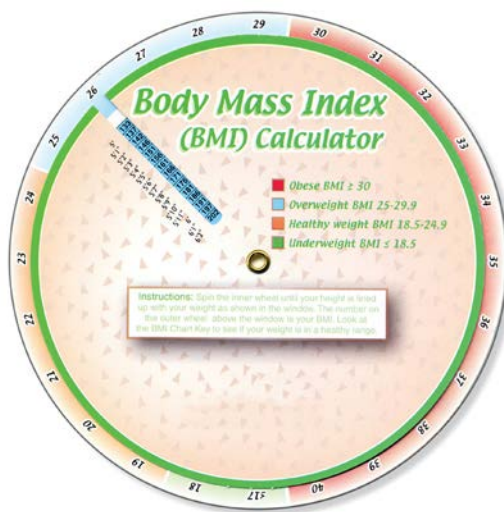
[78819](#) Activity



BENEFITS OF PHYSICAL ACTIVITY 3-D DISPLAY

This unique display, with its four swivelling panels mounted front-and-back and 3-D anatomical models, paints contrasting pictures of a body bolstered by exercise and one damaged by a sedentary lifestyle. 62 cm x 30 cm x 8 cm.

[79632](#) 3-D Display



BODY MASS INDEX CALCULATOR

Body mass index (BMI) can be calculated quickly with this easy-to-use wheel. Includes table showing how BMI correlates to healthy or unhealthy weight. BMI is calculated using height in feet and inches and weight in pounds. 15-cm diameter. Minimum order is 25.

[30172](#) Wheel



EATWELL FAUX FOODS PACKAGE

Teaching about the different food groups in the Eatwell Guide is easy with this comprehensive set of 46 foods. Models include fruit and vegetables; starchy carbohydrates; oils and spreads; dairy and alternatives; and proteins. Also includes examples of fluids, as well as foods to eat less often and in small amounts. Food cards with nutrition information are included for each food. Also comes with a Health Edco Faux Food Tote (item #85412, which also is available individually).

78956 Package (46)
85412 Tote



faux foods

Food packages include cards with nutrition facts colour-coded by food type.

FAUX FOODS BASIC PACKAGE

An economical way to start your faux food collection, this package features 23 foods from all the food groups. Also includes beverages and desserts. Food cards with nutritional information are included for each food. Package comes with a Health Edco Faux Food Tote.

79771 Package (23)

FAUX FOODS STARTER PACKAGE

A step above the basic package, this collection features 40 foods from all the food groups. Also includes beverages and desserts. Food cards with nutritional information are included for each food. Package comes with a Health Edco Faux Food Tote.

79717 Package (40)

FAUX FOODS DELUXE STARTER PACKAGE

As the name indicates, this is our best, most comprehensive faux food package, packed full with 57 foods from all the food groups. Also includes beverages and desserts. Food cards with nutritional information are included for each food. Package comes with a Health Edco Faux Food Tote.

79716 Package (57)

FAUX FOODS DIABETIC EXCHANGE PACKAGE

This set of 39 food models shows that, with some planning, there is an endless variety of foods people with diabetes can enjoy. Comes with examples of starches, fruits, non-starchy vegetables, dairy products, meat and meat alternatives, fats, sweets, and combination foods. Includes informative food cards with nutritional information for each food. Package comes with a Health Edco Faux Food Tote.

79772 Package (39)



KIDS NUTRITION THROW & KNOW™ ACTIVITY BALL

Kids ages 6–11 (key stages 1 and 2) will love learning the basics and reviewing the essentials about good nutrition and healthy eating with this fun activity ball. The large inflatable ball is covered with 48 questions, including multiple choice, true false, open-ended, and more. Players simply toss and catch the ball, with players who catch the ball either asking the question underneath or closest to their right thumb to the group or answering the question themselves. Includes activity guide with answer key. PVC ball is not made with natural rubber latex. 41-cm diameter; 61-cm arc length.

78007 Ball

NUTRITION THROW & KNOW™ ACTIVITY BALL

Learning and reviewing facts about nutrition is entertaining and memorable with the Nutrition Throw & Know Activity Ball! Created for young people and adults, this large (41-cm diameter; 61-cm arc length) inflatable ball is filled with 60 nutrition-related questions, covering facts about nutrients, calories, food groups, making healthier food choices, and more. Players simply toss the ball and answer the question underneath or closest to their right thumb. Comes with a detailed activity guide with answer key. PVC ball is not made with natural rubber latex. Age 12–Adult.

78006 Ball



SPINSMART™ NUTRITION EDUCATION WHEELS

Turn nutrition education into a game! Players spin the wheel, which is divided into eight food categories, and then answer multiple-choice questions for points and unscramble words for bonus points. Comes in two versions: the Nutrition Wheel features general nutrition questions, and the Eatwell Guide Wheel features questions tailored to the UK Eatwell Guide's dietary recommendations. Both versions include questions for ages 6–10 and age 11–adult.

79959 Nutrition Wheel

78890 Eatwell Guide Wheel



VITAMIN/MINERAL ID GUIDE FOLDING DISPLAY

Giving a quick overview of 23 essential vitamins and minerals and the function of each one performs in the body, this colourful display highlights the importance of eating a wide variety of healthy foods. 147 cm x 57 cm opened.

79363 Folding Display

79590 Carrying Case

79015 Wall Hanger



FOOD IMAGE ADULT PORTION PLATE

With images of real food, this colourful plate suggests positive nutritional choices and appropriate portion sizes. Dishwasher safe but not intended for microwave use. 24-cm diameter.

50881 Plate

EATWISE™ POP-UP BANNER

Good nutrition is a big deal, and this banner pops up to make a huge impression about healthy eating. 80-cm x 189-cm banner breaks down into a 84-cm x 10-cm x 10-cm carrying case.

70051 Banner





**COLD CASE™:
THE FACTS AGAINST SWEETENED DRINKS DISPLAY**

The connection between sugary beverages and negative health consequences becomes crystal clear with this display. Features a cooler with six beverage models. Each weighted model contains the number of grams of liquid sugar consumed by drinking 592 ml of the corresponding beverage every day for 1 week. Comes with presentation notes and a 51-cm x 41-cm display mat.

[78946](#) Display

FIZZ TO FAT™ DISPLAY

Show viewers the surest way to pour on the weight with this clever model. As the cola cascades out of the bottle, it turns into thick, yellowish fat, symbolising how the extra calories we get from sugary beverages can turn into body fat. Model measures 13 cm x 36 cm x 8 cm.

[78965](#) Display



FIZZICS OF SODA™ DISPLAY

More than 2 lb of body fat—that's how much weight you could gain in a month from two 355-ml sugary colas a day. You also would consume 5 lb of sugar, illustrated here by a sugar bag and fat model. The mammoth-size cola can turns viewers toward a life of fewer fizzy drinks. measures 27 cm x 41 cm.

[79296](#) Display

RETHINK YOUR DRINK CHART

Featuring ten popular beverages, this chart graphically shows how many teaspoons of sugar are contained in each one, urging greater awareness of liquid sugar intake. Laminated 46 cm x 61 cm.

[90300](#) Chart



DAILY SATURATED FAT CHECKER

Featuring a thermometer-type scale, this display (19 cm x 41 cm x 8 cm) covers the Eatwell Guide's recommended limits on saturated fat and helps viewers tally up their intake of saturated fat by stacking spongy fat discs. Each disc represents 1 gram of fat. Participants are surprised at how fast the fat stacks up! Comes with 40 discs, 20 illustrated food cards, and an activity guide detailing four engaging activities.

[77206](#) Activity



POWER DOWN ENERGY DRINKS DISPLAY

Awaken consumers to the harsh realities of energy drinks. With satirical drink titles, these five models of faux energy drinks provide viewers with some eye-opening facts: Energy drinks can cause weight gain, heart problems, sleeplessness, hallucinations, and more. Colourful drink labels contain information on the consequences of energy drink overconsumption as well as the extra dangers of mixing energy drinks with alcohol.

[78818](#) Display

VISUALIZE YOUR PORTION SIZE DISPLAY

Featuring clever mash-ups of common foods and household objects, this display trains viewers' eyes to recognise portion sizes by relating them to everyday things. Carrying case measures 51 cm x 36 cm x 9 cm.

79204 Display



WEIGH YOUR OPTIONS™ DISPLAY

Feel how much weight can be gained by little snacks here and there that are in excess of daily calorie needs. Models reflect how much weight can be gained in one month by consuming extra calories each day.

79080 Display



A QUICK CUP OF EMPTY CALORIES™ ACTIVITY SET

Participants tally empty calories from fat and sugar in a particular coffee drink by filling beverage cups with coloured dice. Includes eight cups representing hot and cold beverages in 355-ml and 592-ml sizes, 150 "fat" cubes, 150 "sugar" cubes, 24 informational beverage coasters, and a detailed activity guide.

79047 Activity Set

STEALTHY AND UNHEALTHY™ DISPLAY

This display features a giant salt-shaker representing the average yearly sodium intake for most people. Two larger-than-life artery models—one healthy and one diseased—help explain the consequences of a high-sodium diet. The models fit inside a giant soup can that highlights the idea that even "healthy" foods may be secretly harbouring hidden sodium. Can measures 20 cm x 33 cm.

78131 Display



VAT OF FAT™ DISPLAY

People love to pick up this jar of goopy, simulated fat that is a reminder that excess calories equal excess weight. Jar contains about 1 lb of goopy fat. Label on the back describes how much weight could be gained in a year from excess calories. 11 cm x 19 cm.

79129 Display





FAT FINDERS™ DISPLAY

A combination of ten tempting food models and corresponding fat-filled test tubes provides a graphic representation of the saturated and unsaturated fat content of common fast foods. Also includes ten food cards with nutritional information, carrying case, and reproducible handout.

79988 Display



BLUBBER BUSTERS™ DISPLAY

Featuring nine BIOLIKE™ food models that feel just like fat, this fun display emphasises how extra calories lead to fat gain. Mat listing calorie and fat content of each food measures 37 cm x 25 cm.

26125 Display



JUNK FOOD MODEL SET DISPLAY

With 10 engaging food models of popular junk foods and a two-panel tabletop display (74 cm x 57 cm opened), this nutrition education display reveals the perils of a diet rich in junk food. Explains that junk food is high in added sugars, saturated fat, and sodium, contributing to serious health problems, and provides tips for making healthier food choices. Comes with 10 food cards with nutritional information for each food.

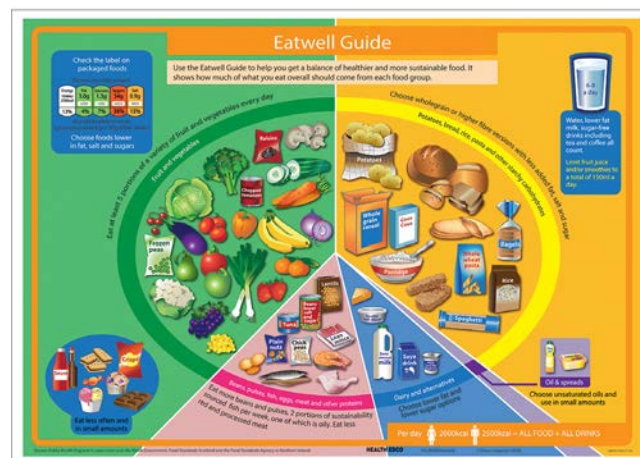
78837 Display



CHILD'S PORTION PLATE

Designed to inspire young children to learn about healthy foods and portion sizes, this melamine plate uses engaging cartoon characters representing fruit, veg, grain, and protein foods to promote healthy eating. Great to reinforce healthy eating with the Eatwell Guide. Dishwasher-safe. 22-cm diameter.

50883 Plate



THE EATWELL GUIDE POSTER

Inspire healthy eating with the UK's Eatwell Guide. Colourful A2 poster includes all the food groups with current governmental guidelines. Laminated.

30079 Poster



SUGARCOATED: A CLOSER LOOK AT SUGAR™ DISPLAY

With ten models of common foods and corresponding sugar-filled test tubes, this display allows you to compare the amount of sugar in each food and reveals that added sugar consumption packs on extra weight. Also includes a tent card, ten food cards with nutritional information, carrying case, and reproducible handout.

[78995](#) Display



SUGAR FACTS TEST TUBE SETS

Each of these test tube sets displays the often shocking amount of sugar in grams contained in common foods. Each set includes ten test tubes, display rack, tent card, nylon carrying case, and informative reproducible handout.

[79128](#) Sugar

[79044](#) Hidden Sugar



FAT FACTS TEST TUBES

Filled with oozing simulated fat, these tubes are an interactive reminder that too much fat can cause health problems. Each set includes ten test tubes, display rack, tent card, nylon carrying case, and informative reproducible handout.

[79280](#) Fat Facts Test Tubes Sets (5)

[79125](#) Fat Facts: Saturated and Unsaturated

[79135](#) Fat Facts: Comparison Foods

[79173](#) Fat Facts: Snack Foods

[79136](#) Fat Facts: Vending Machine Foods

[79134](#) Fat Facts: Fast Foods



SODIUM FACTS TEST TUBE SET

As this test tube set reveals, even foods that don't taste salty can be high in sodium. Highlights the sodium content of ten common foods. Includes ten test tubes, display rack, tent card, nylon carrying case, and informative reproducible handout.

[79131](#) Set



CARB/PROTEIN/FAT FACTS TEST TUBES

A powerful visual, this set of test tubes provides a great visual comparison in grams of the carbohydrate, protein, and fat content of 10 common foods. Accompanying materials explain each of these key nutrients, why they are essential, and how to make healthy food choices. Set includes 10 test tubes; display rack; two-sided tent card; informative, reproducible handout and review questions; and carrying case.

[79303](#) Set



FAT CHANCE: A CLOSER LOOK AT FAST FOOD™ DISPLAY

A combination of ten tempting food models and corresponding fat-filled test tubes provides a graphic representation of the saturated and unsaturated fat content of common fast foods. Also includes ten food cards with nutritional information, carrying case, and reproducible handout.

[79056](#) Display



REMEMBER ... WASH YOUR HANDS POSTER

Remind viewers of the importance of regular and thorough hand washing. This colourful poster provides step-by-step instructions and discusses when to wash your hands. Laminated. 56 cm x 36 cm.

90304 Poster



REMEMBER ... WASH YOUR HANDS MIRROR CLING

Perfect for public lavatories, classrooms, and more, this mirror cling serves as a gentle reminder for everyone to wash their hands. Cling is made of plastic film that will adhere to the surface of most mirrors. 28 cm x 11 cm.

86500 Mirror Cling



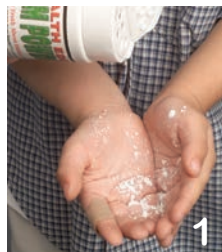
BAG OF GERMS™

This product proves that Mum was right—handling everyday objects is a surefire way to pick up nasty germs. Each Bag of Germs has a replaceable pouch of Germ Powder™ contained within a special bag that deposits the fluorescent powder on users' hands. Set includes Bag of Germs, UV flashlight, and carrying case. Bag of Germs measures 27 cm x 18 cm.



79785 Set

79782 Bag of Germs Replacement Pouch



Step 1
Sprinkle powder on hands, or pat the Bag of Germs. You may also put powder on common objects, such as doorknobs, and then touch those surfaces.



Step 2
Wash hands and/or surfaces.



Step 3
Use UV light to see simulated "germs" glowing in the dark, proving just how thoroughly one must wash to eliminate germs.

SNEEZY SAM™ DISPLAY

This delightfully disgusting display teaches viewers that a sneeze can travel farther than they think. A quick squeeze on the concealed bulb behind Sam's head sends a blast of harmless water spraying out of his "mouth", reminding damp bystanders to cover their sneezes. 30 cm x 48 cm x 22 cm.

78972 Display



GERM POWDER™

HEALTH EDCO Germ Powder is available in 227-g containers and comes with teaching suggestions that promote handwashing success. The kit includes a container of Germ Powder and a UV flashlight.

79760 Kit

79705 Powder

78645 UV Light



OSTEOPOROSIS OF THE SPINE MODEL

This model allows students and patients to see common abnormalities of osteoporosis of the spine, including a vertebral compression fracture and kyphosis. Features hard-cast vertebrae and soft, lifelike BIOLIKE™ spinal cord and discs. Model comes apart for closer inspection. Great for clinics and general health communication, this durable replica is mounted on a sturdy base. 15 cm x 25 cm x 20 cm.

[84078](#) Model



LOSS OF A BONE EASEL DISPLAY

Osteoporosis is easy to illustrate with these three hand-painted models. The first model represents a normal hip bone, and the second depicts a hip bone that is slowly dying from osteoporosis. The third model shows a hip bone after a fracture. Comes with protective fleece cover. 23 cm x 30 cm.

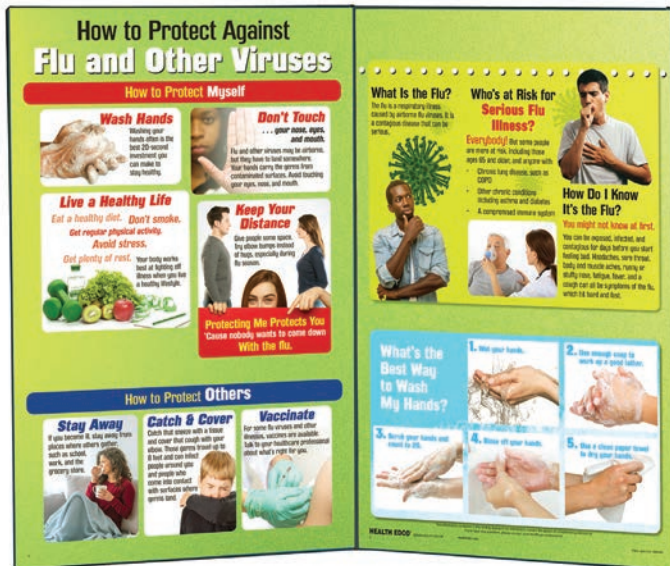
[79143](#) Easel Display



ASTHMA EASEL DISPLAY

Explain the breathtaking effects of an asthma attack with these 3-D, hand-painted models. Comes with protective fleece cover. 23 cm x 30 cm.

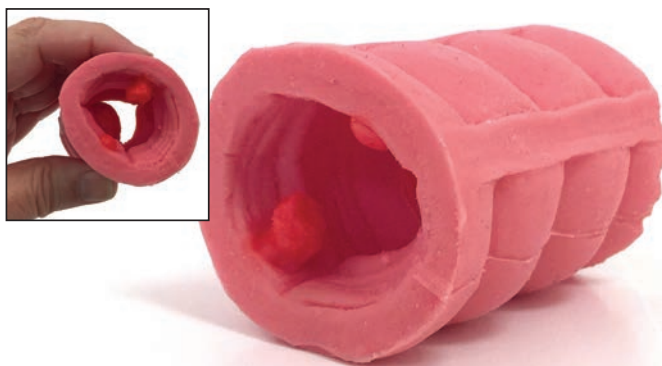
[79740](#) Easel Display



HOW TO PROTECT AGAINST FLU AND OTHER VIRUSES FOLDING DISPLAY

Teach the essential steps everyone should take to protect themselves and others from the flu and other viral respiratory illnesses, including COVID-19. This two-panel folding display explains what the flu is and highlights important measures to help prevent contracting and spreading respiratory viruses, including hand washing, maintaining social distance, and more. 74 cm x 57 cm opened.

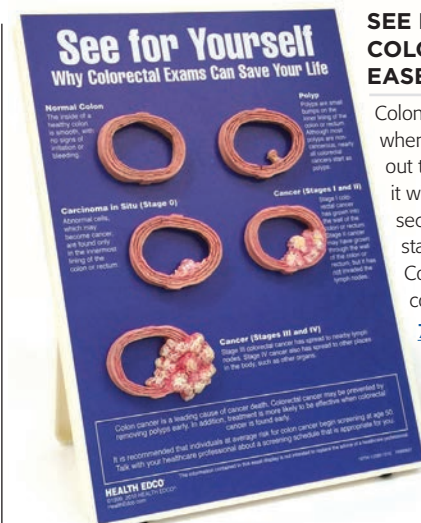
[78869](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



COLORECTAL POLYP MODEL

Use the five polyps and one invasive cancer on this model to explain colon screening and colon cancer. 9 cm long.

[26811](#) Model



SEE FOR YOURSELF: COLORECTAL EXAMS EASEL DISPLAY

Colon cancer is highly treatable when caught early. This display lays out this simple fact and enhances it with medically accurate cross sections of the colon in varying stages of cancer development. Comes with protective fleece cover. 23 cm x 30 cm.

[79734](#) Easel Display



SKIN CANCER SELF-EXAM DOOR HANGER

This two-sided door hanger explains how to perform a monthly self-exam, lists important warning signs of skin cancer, and features colour photographs that draw distinctions between normal and abnormal moles and skin marks.

[21244](#) Door Hanger



SUN SAFETY: BAN THE BURN FOLDING DISPLAY

Explain how to play it safe in the sun. Discusses hazards of excess sun exposure and how to practise sun safety. 147 cm x 57 cm opened.

[79323](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger

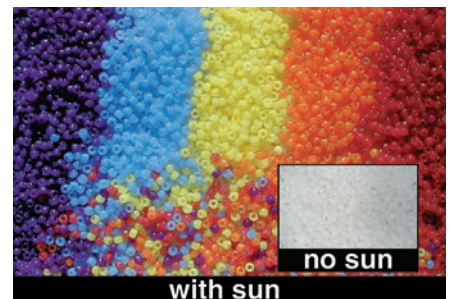


UPDATED!

WHAT YOU SHOULD KNOW ABOUT SKIN CANCER FOLDING DISPLAY

Filled with helpful photographs, this folding display stresses the importance of protecting the skin from harmful UV rays that can cause skin cancer. With emphasis placed on detection and prevention, it also discusses non-melanoma and melanoma cancers as well as causes, risk factors, warning signs, and treatment methods. 147 cm x 57 cm opened.

[79327](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



CHOKING HAZARD.
 (1) Not for under 3 years.

UV DETECTING BEADS

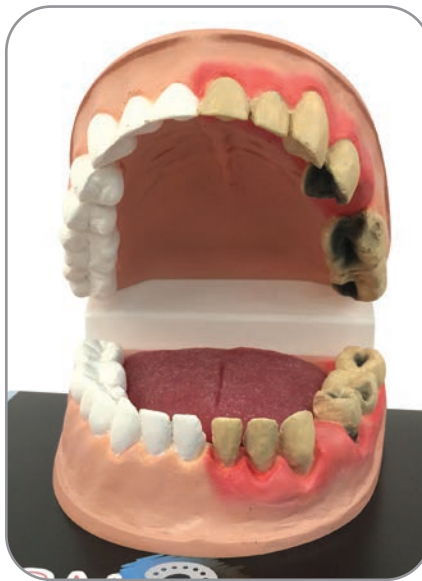
Watch these beads change colour as a reminder of the power of the sun. Beads remain pale when indoors or shaded from the sun. Can be strung on rawhide to make necklaces and bracelets. One pack of beads makes about 25 bracelets using 8.23 m of rawhide. Approx. 240 beads per pack in assorted colours.

[30183](#) Beads
[30184](#) Rawhide (approx. 23 m)
[78645](#) UV Flashlight

CLEAN MOUTH/ DIRTY MOUTH DISPLAY

The clean half of this mouth has healthy teeth and gums. The dirty half has tartar, cavities, gingivitis, and periodontitis. Display also lists steps for keeping teeth healthy. 25 cm x 22 cm x 38 cm.

- [79650](#) Display
- [79599](#) Carrying Case



PLAQUE HUNTER™ DEMONSTRATION MODEL

Use the Plaque Hunter model to demonstrate the importance of proper brushing and flossing techniques. First, rub invisible simulated plaque over the teeth and gums. After brushing the teeth, shine the included UV flashlight on the model. Any residual plaque illuminates a brilliant electric blue, making the point that thorough brushing—and flossing—is essential. Comes with simulated plaque, toothbrush, UV flashlight, and teaching guide.

- [78953](#) Model



MR. CLEAN MOUTH™ MODEL WITH GIANT TOOTHBRUSH

Mr. Clean Mouth's winning smile draws plenty of attention. Perfect for teaching proper brushing and flossing techniques. Soft BIOLIKE™ tongue provides added realism. 10 cm x 15 cm x 20 cm.

- [79333](#) Model
- [79161](#) Carrying Case

Taking Care of Your Teeth

Your teeth are important!

By taking care of your teeth, you can prevent plaque or clear signs of bacteria that affect your health. If you don't brush your teeth, the plaque on your teeth can cause tooth decay and tooth loss.

Brushing is also good for your gums. Plaque can also build up on your gums, which can cause gum disease, which can cause your gums to bleed and make them red and sore. Brushing of teeth twice a day and flossing daily are the most important things that you can do to keep your teeth and gums healthy.

Tips on Toothbrushes & Flossing:

- Use a toothbrush with soft bristles.
- Replace your toothbrush every three months, or sooner if the bristles look worn out.
- Use a fluoride toothpaste. This will help fight cavities and make your teeth strong.
- Squeeze a small amount of toothpaste onto your toothbrush—about the size of a pea or the nail on your little finger.

Brushing Basics

Brush your teeth at least twice a day. Brushing right after breakfast and before you go to bed is best. It is very important that you brush your teeth before you go to bed each night. If you don't, the food you ate during the day will stay on your teeth all day and all night!

Here Are Some Tips On How To Brush Your Teeth:

- Brush around your gumline where your teeth and gums meet.
- Do not be afraid of all your teeth—inside and outside, front and back, top and bottom—(they're important!).
- Be sure to clean where you chew and in between your teeth.
- Brush gently, using circular and small back-and-forth strokes.
- Spine at least five minutes brushing your teeth. If you have trouble brushing this long, try playing a favorite song to help you pass the time.
- Lightly brush your tongue. This will help keep your mouth clean and your breath fresh.

Flossing Facts

Learn how to floss your teeth—it is very important in keeping your teeth healthy! The three gaps at the back of each tooth or where your toothbrush can't reach—no matter how well you brush.

Here Are Some Tips To Get You Started:

- Floss your teeth every day to clear places that your toothbrush can't reach.
- Use a soft string floss or a pre-threaded floss pick for starting out between each tooth. Use it to gently rub the sides of your teeth and along your gums.
- If you feel weird the first few times you try it, but you're flossing today, it's no time!

Nutrition News

Brushing and flossing are not the only things that keep your teeth and gums healthy—what you eat and drink are also important. Eating healthy makes the fruit, vegetables, milk, and water instead of sweets and sugary drinks. These foods are good for your teeth and your whole body!

Dental Details

Visit your dentist regularly—every six months. The main reason for going to the dentist is prevention—stopping tooth decay before it starts. If you don't, you may have dental cavities and gum disease. Your dentist and health-care team can help you keep your teeth and gums healthy and help you brush and floss.

Key Kids:

Taking care of your teeth will help them look better and last longer!

UPDATED!

TAKING CARE OF YOUR TEETH FOLDING DISPLAY

Teach children the basics of dental care and why it is so important. Covers brushing, flossing, tooth-healthy snacks, and dental visits. 111 cm x 57 cm opened.

- [79004](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger



PROGRESSION OF BABY BOTTLE TOOTH DECAY DISPLAY

Help parents protect their children's teeth by showing them the damaging tooth decay that can occur if a baby or young child is put to bed with a bottle of juice, breastmilk, formula, or any other liquid containing naturally occurring or added sugars. Over time, the constant exposure to sugar can cause the teeth—particularly the upper front four teeth—to decay. Models are mounted on sturdy base. 28 cm x 9 cm x 9 cm.

[79212](#) Display



Closeup of Display



BABY BOTTLE TOOTH DECAY MODEL SET

Cast from a child's mouth, this model (6 cm x 4 cm x 5 cm) shows that the sugars that coat a baby's mouth whilst sleeping with a bottle can cause dental disease. Comes with Baby Bottle Tooth Decay tear pad, English on one side and Spanish on the other, 100 sheets per pad. Tear pad may also be purchased separately.

[79865](#) Model Set
[52561](#) Tear Pad E



SIPPY CUP OF SUGAR™ DISPLAY

The sweet, sticky goo and model of decayed baby teeth in this display raise awareness that drinks are the largest source of added sugar in many children's diets. Two-sided tent card lists the health problems caused by too much added sugar and includes tips for limiting its consumption.

[79489](#) Display



SHAKEN BABY SYNDROME

Emphasising that shaken baby syndrome (SBS) is a serious form of child abuse that is completely preventable, this folding display and tear pad cover the devastating consequences of SBS and SBS prevention. Folding display is 147 cm x 57 cm opened. Tear pad is English on one side and Spanish on the other and has 100 sheets per pad.

[79014](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger
[52564](#) Tear Pad E

HUMAN SKULL MODEL WITH BRAIN

This model of a human skull (22 cm x 17 cm x 15 cm) with a soft, squishy BIOLIKE™ brain (15 cm x 13 cm x 8 cm) is an excellent teaching tool to show the vulnerability of the brain to injury and the importance of wearing a helmet while bicycling, skateboarding, or engaging in other activities. Great for discussions about concussion prevention, sports safety, and more. Brain model also available separately.

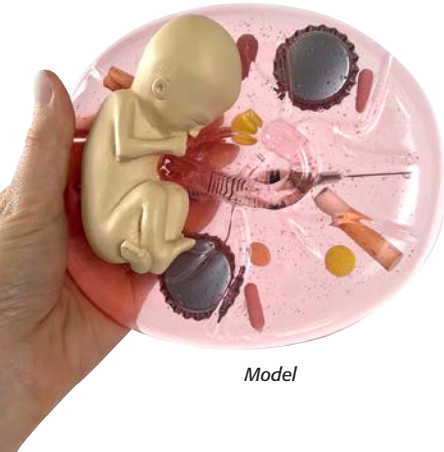
[52043](#) Skull Model With Brain
[27015](#) Brain Model



SHAKEN BABY DEMONSTRATION MODEL

This model graphically demonstrates an infant's vulnerability to shaken baby syndrome (SBS). The model's translucent head allows viewers to see how a baby's brain can slam against the skull when the baby is inappropriately handled or shaken. Also emphasises the importance of supporting an infant's neck. Easy-to-clean and 48 cm long.

[53501](#) Demonstration Model



Model

WHAT MUMMY DOES, BABY DOES™

Reveal the hazards of substance abuse during pregnancy. Display (30 cm x 61 cm x 13 cm) comes with activity guide and allows viewers to watch as liquids representing alcohol, tobacco, or drugs are placed in the mother's mouth and pollute the foetal environment, represented by a foetus model in a plastic uterus. Hard plastic model (13 cm x 15 cm x 4 cm) illustrates how substances can cross the placenta and comes with presentation notes.

79838 Display
79809 Model



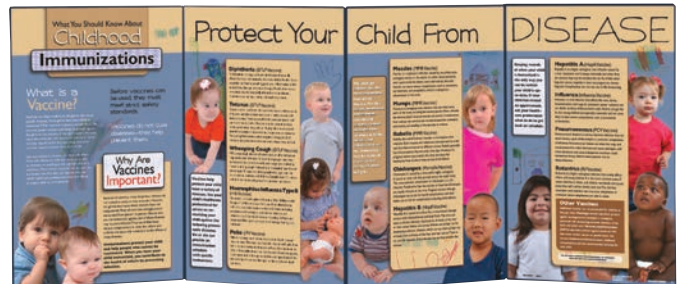
Display



MEDICINE CABINET OR CANDY BOX? DISPLAY

Fashioned after a medicine cabinet, this display features 28 models of lookalike sweets and medicines. Excellent for teaching children that some things that look good to eat are harmful. Cabinet opens and closes. 30 cm x 41 cm closed.

79253 Display



WHAT YOU SHOULD KNOW ABOUT CHILDHOOD IMMUNIZATIONS FOLDING DISPLAY

Assure parents with basic information about how childhood immunisations can protect their children. Explains why people should be immunised and discusses more than 14 diseases that can be prevented by vaccinations. 147 cm x 57 cm opened.

79304 Folding Display
79590 Carrying Case
79015 Wall Hanger



WHAT GOES IN YOUR BODY ... GOES IN YOUR BABY! PAMPHLET

Raise awareness of how hazardous substances—including alcohol, tobacco, marijuana (cannabis), and more—can affect an unborn child. 8 panels.

38032 Pamphlet **E**



MAMA, MAKE ME SAFE INSIDE AND OUTSIDE PAMPHLET/POSTER

Written from the perspective of a child, this pamphlet explains how to childproof a home inside and outside. Unfolds into a 41-cm x 43-cm poster illustrating common hazards. 8 panels.

38580 Pamphlet/Poster **E**

THROW & KNOW™ Activity Ball



NEW!

BOYS PUBERTY THROW & KNOW™ ACTIVITY BALL

This fun, non-threatening, inflatable activity ball is an engaging way to help boys know what to expect during puberty. The large ball (41-cm diameter; 61-cm arc length) features 48 questions to help boys understand and navigate the changes they will experience during puberty. Players simply toss the ball and answer the question closest to their right thumb. PVC ball is not made with natural rubber latex. Includes activity guide with answer key. Ages 8–14.

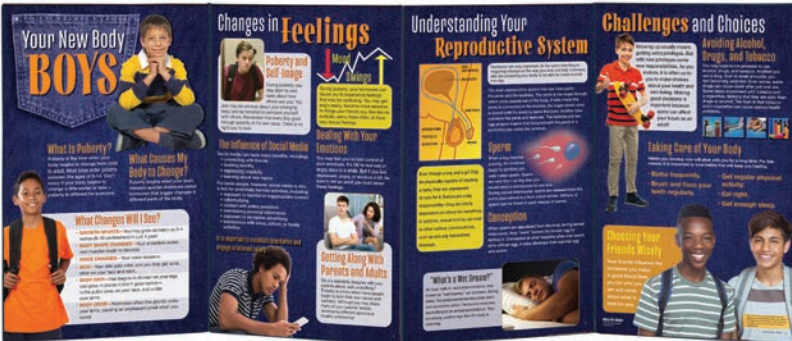
[78833](#) Ball

NEW!

GIRLS PUBERTY THROW & KNOW™ ACTIVITY BALL

Help girls learn what changes they can expect during puberty in a fun, non-threatening way with this engaging activity ball! The colourful, inflatable ball (41-cm diameter; 61-cm arc length) features 48 questions to help girls cope with the changes of puberty. Players simply toss the ball and answer the question closest to their right thumb. PVC ball is not made with natural rubber latex. Includes activity guide with answer key. Ages 8–14.

[78834](#) Ball



YOUR NEW BODY: BOYS FOLDING DISPLAY

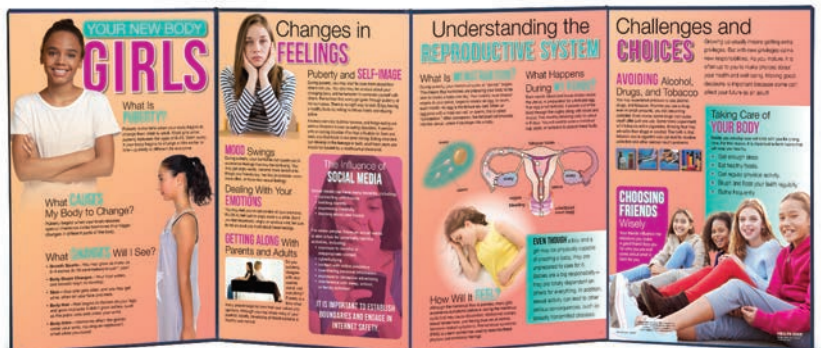
Written especially for boys, this folding display thoughtfully provides information about the physical and emotional changes boys experience as they become young men. With sensitivity and reassurance, the folding display explains what puberty is, why it happens, changes in feelings and emotions, maturation of the male reproductive system, and making healthy choices. Also discusses having a positive self-image and getting along with parents and other adults. 147 cm x 57 cm opened.

[79328](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger

YOUR NEW BODY: GIRLS FOLDING DISPLAY

Addressing girls directly, this insightful folding display addresses the physical and emotional changes girls can expect as they develop into young women. Explains what puberty is, what triggers puberty, maturation of the female reproductive system, changes in feelings and emotions, and challenges and healthy choices. Also covers developing a positive self-image, choosing friends wisely, and how to get along with parents and other adults. 147 cm x 57 cm opened.

[79329](#) Folding Display
[79590](#) Carrying Case
[79015](#) Wall Hanger



TEEN BSE MODEL

Teaching teens to recognise the normal look and feel of their breasts through breast self-examination (BSE) is easy with this model designed specifically for them. Made of soft BIOLIKE™ synthetic tissue, the model contains lumps in a variety of sizes. Also includes non-palpable lumps to help illustrate why mammograms are recommended for older women. Comes with penlight, slipcover, instruction card, and carrying case.

- [26528](#) Model, Beige
- [26528E](#) Model, Brown



TEEN BSE/TSE MODEL KIT

Use this Teen BSE Model containing lumps of various sizes and TSE Model with lumps in each testicle to teach the importance of the early detection of cancer. Comes with carrying case.

- Model Kit**
- [26495](#) Beige
- [26496](#) Brown



TEEN BREAST HEALTH PAMPHLET

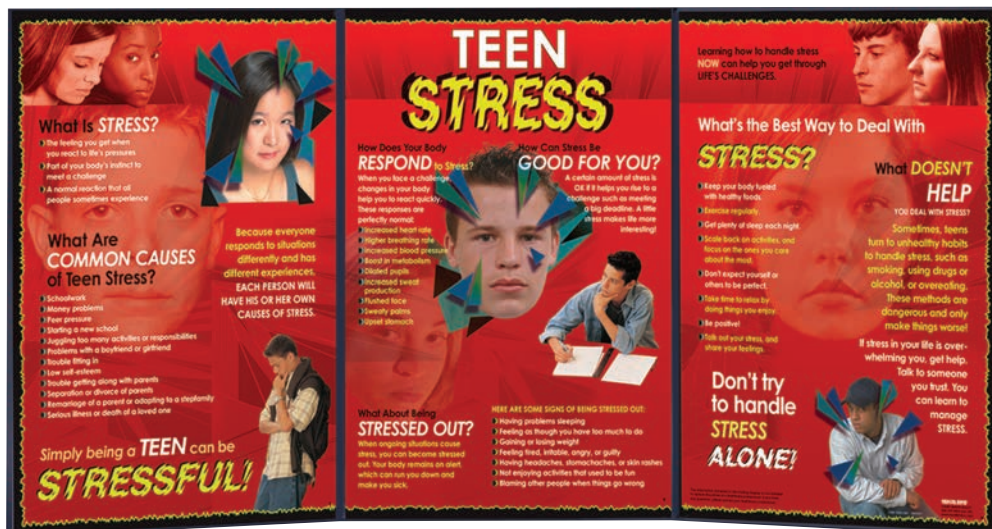
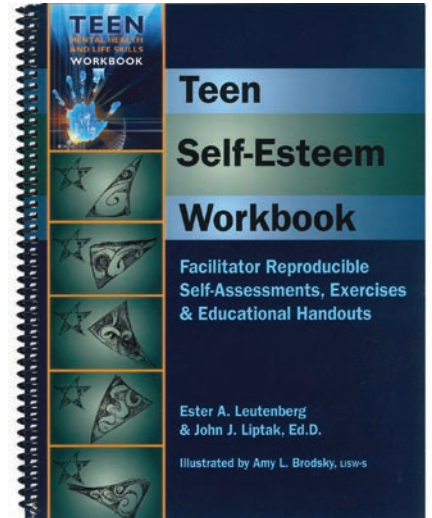
Provide this teen-friendly leaflet to let young women know why breast health awareness is a healthy habit for life. Covers how to perform breast self-examination. Also discusses common causes of breast pain for teen girls, explains that breast lumps in teens are a common condition usually not requiring any treatment, and encourages teens to discuss breast health with their healthcare professionals. 4 panels.

- [38066](#) Pamphlet E

TEEN SELF-ESTEEM WORKBOOK

Lead teens toward their personal and professional goals by helping them develop healthy self-esteem. Designed for facilitators working with young people, this book combines reproducible self-assessments, journaling, educational handouts, role-playing activities, and more to help teens practice strategies to build self-esteem. 126 pages.

- [50259](#) Workbook



TEEN STRESS FOLDING DISPLAY

Juggling multiple responsibilities, teens can sometimes feel stressed out. This reassuring, three-panel folding display offers teens practical suggestions for dealing with stress. Describes how the body responds to stress and explains how stress isn't always a negative thing. Also emphasises avoiding unhealthy ways of coping, such as using drugs or alcohol or overeating, and seeking help to manage stress when it becomes overwhelming. 111 cm x 57 cm opened.

- [79048](#) Folding Display
- [79590](#) Carrying Case
- [79015](#) Wall Hanger

TSE MODELS

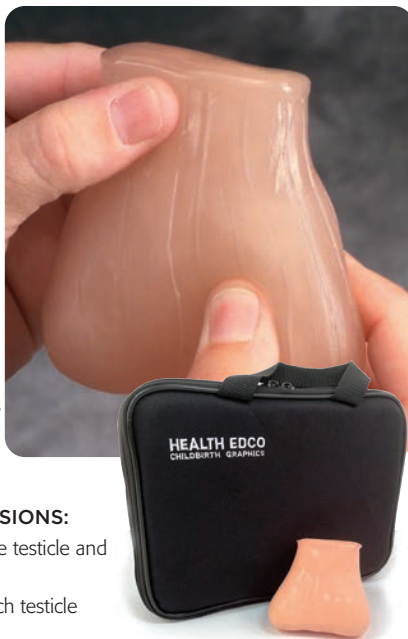
Increase the effectiveness of your testicular self-examination demonstrations with this durable TrueForm™ model. Designed for an authentic representation of how testicles feel inside the skin of the scrotum. Comes with carrying case. 8 cm x 9 cm x 5 cm.

AVAILABLE IN TWO VERSIONS:

- Two palpable lumps in one testicle and none in the other
- Two palpable lumps in each testicle

Model

- [26406](#) Beige (two lumps in one testicle)
- [26406E](#) Brown (two lumps in one testicle)
- [26412](#) Translucent (two lumps in one testicle)
- [26400](#) Beige (two lumps in each testicle)
- [26400E](#) Brown (two lumps in each testicle)
- [26408](#) Translucent (two lumps in each testicle)



MINI-TESTICLES™ MODEL

Emphasise the importance of regular testicular self-examination (TSE) with this small model made of palpable, lifelike, BIOLIKE™ material. Contains one lump in each testicle. Each model is individually packaged and comes with a lump location key as well as one TSE Mini Pocket Guide (also sold separately in minimum orders of 50) that explains how to practice regular TSE.

- [26935](#) Model, Beige
- [26936](#) Model, Brown
- [37005](#) Mini Pocket Guide E

BREAST SELF-EXAMINATION/TESTICULAR SELF-EXAMINATION SHOWER CARDS

Provide both BSE and TSE instructions with one card. Feature BSE instructions (vertical or circular pattern) for women on one side and TSE instructions for men on the other side.

Shower Card

- [23022](#) Vertical
- [23021](#) Circular



MINI-TESTICLE™ SHOWER CARD

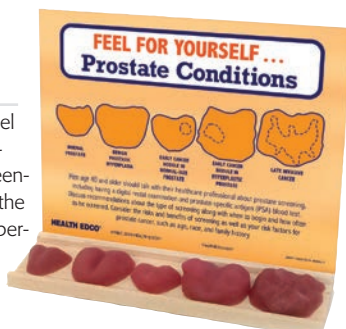
Teach the basics of testicular self-examination. Model contains one lump, and card provides detailed TSE instructions.

- [23008](#) Shower Card

FEEL FOR YOURSELF: PROSTATE CONDITIONS DISPLAY

Provide evidence men can see and feel to explain why their healthcare professionals may recommend prostate screening. Five soft BIOLIKE™ models show the differences among normal, benign hyperplastic, and cancerous prostates. 28 cm x 22 cm.

- [26807](#) Display



MEN'S BREAST CANCER AWARENESS MODEL

This anatomically correct model is perfect for male breast self-exam. Features two palpable lumps concealed between a soft BIOLIKE™ outer skin layer and a rigid, underlying layer of muscle. 15 cm x 6 cm x 15 cm.

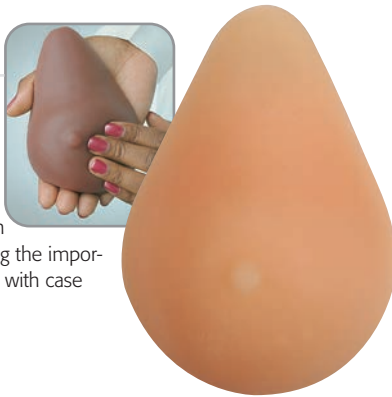
- [26470](#) Model



WOMEN'S HEALTH

STANDARD BSE MODEL

This soft BIOLIKE™ model mimics the feel of real tissue and features palpable lumps that teach fingers how to locate potential abnormalities. Model's non-palpable lumps can be seen with a penlight only, underscoring the importance of mammography. Comes with case and penlight.



Model
[26500](#) Beige
[26503](#) Brown



CONCERN MINI-BREAST™ MODEL

A powerful message in a small package, these tiny breast models promote BSE and mammography by containing one lump that can be felt and one that cannot.

Model
[26903](#) Beige
[26903E](#) Brown
[26915](#) Pink



ABC CUP BSE MODEL SET

Tailor your BSE and breast self-awareness training to a variety of women with these BIOLIKE™ models. Approximate A, B, and C cup-size breasts. Each model contains palpable and non-palpable lumps. Includes three breast models, carrying case, penlight, and lump location key.

[26540](#) Model Set



NONSEXUAL BSE/TSE MODEL

Emphasise the importance of self-examination without models that can potentially cause embarrassment. Features simulated breast and scrotal tissue molded in generic shapes. Both contain lumps that can be found with proper self-examination techniques. 34 cm x 23 cm x 5 cm.

[26420](#) Model



DELUXE BREAST SELF-EXAM MODEL

Created with durability and realism in mind, our deluxe BSE model is perfect to teach breast self-awareness for the early detection of breast cancer. Made of lifelike synthetic tissue, the model is designed for use with the included beige and brown slipcovers, allowing it to withstand long-term use. Features palpable and non-palpable lumps. Comes with English/Spanish presentation notes and carrying case.

[78507](#) Model

GROUP BSE MODEL

Provide group or individual training in BSE and breast self-awareness. Compare one side that contains lumps in the breast and underarm tissue with the other side that has no lumps. Mounted on a collapsible easel and comes with carrying case. 43 cm x 29 cm x 22 cm.

Model
[26547](#) Beige
[26548](#) Brown



MULTI-TYPE BSE MODEL

Stressing breast self-exam, mammography, and clinical exams, this interactive display features three BIOLIKE™ models: one resembling normal tissue, one simulating a fibrocystic condition, and one with both palpable and non-palpable lumps. Includes English/Spanish display backgrounds, presentation notes, and carrying case. 34 cm x 29 cm x 37 cm.

Model
26426 Beige
26427 Brown



STANDARD BSE MODEL KIT

Perfect for promoting breast self-awareness, this kit contains one beige and one brown BIOLIKE™ breast model. Both contain palpable lumps and lumps that can be found only by illuminating them with the included penlight, emphasising mammography. Also comes with carrying case.

26550 Kit



INTERCHANGEABLE NODULES BSE MODEL

Train women to find different-sized breast lumps. Each of the five nodules (ranging in size from 1/2 cm to 4 cm) can be placed into the model from the bag. Comes with slipcover, carrying case, and extra set of nodules.

26504 Model

BREAST CARE FOLDING DISPLAY

Provide detailed information about breast care with this folding display. Discusses cancerous and noncancerous breast conditions. Also covers risk factors, warning signs, breast cancer screening, and more. 147 cm x 57 cm opened.

79308 Folding Display
79590 Carrying Case
79015 Wall Hanger



MINI-BREAST™ SHOWER CARDS

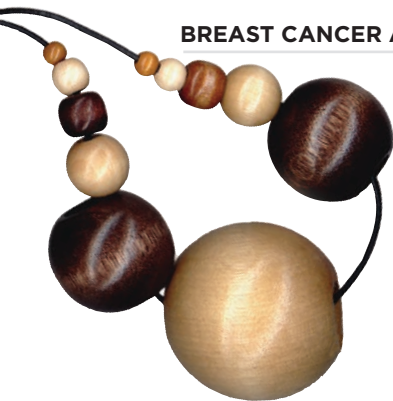
Promote BSE and mammography with these shower cards. Each card explains the basic BSE method and the circular pattern. Each also has an attached Mini-Breast that is available in different colours and features one lump that can be felt and one that cannot.

Shower Card, Circular

- 23036** Pink
- 23014** Beige
- 23014E** Brown



BREAST CANCER AWARENESS NECKLACE KIT



The wooden beads of this necklace represent the average size of breast lumps typically found by women not trained at BSE, by those who occasionally practise BSE, by those who regularly practise BSE, by a clinical breast exam, by a first mammogram, and by regular mammograms. Includes beads, string, and an instruction card.

23341 Necklace Kit



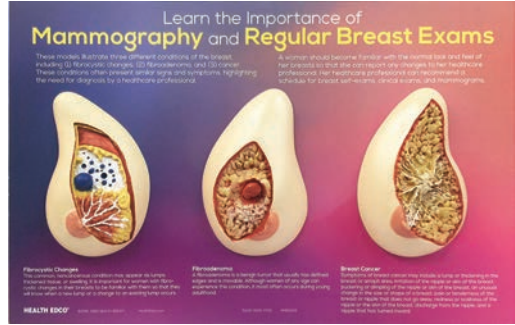
Bilingual Flip Chart



BREAST CARE

This booklet and flip chart present comprehensive information about breast care in an easy-to-understand format. Promotes a combination of BSE, mammography, and clinical exams. Six-panel, bilingual flip chart (30 cm x 43 cm) features English on one side and Spanish on the other. Comes with presentation notes. Booklet is 16 pages.

43108 Flip Chart, Bilingual
40001 Booklet E



LEARN THE IMPORTANCE OF MAMMOGRAPHY DISPLAY

The detailed, 3-D breast models on this display feature the anatomy of three different breast conditions. Breasts with fibrocystic changes, a fibroadenoma, and a malignant tumour are depicted, reinforcing the importance of breast exams and mammography. Includes built-in easel for tabletop display. 43 cm x 28 cm.

51200 Model



HOW TO PERFORM BREAST SELF-EXAMINATION TEAR PAD

Easy to read, this tear pad covers why and when to perform breast self-examination (BSE). Explains the basic BSE method using the vertical pattern, provides a list of breast changes to look for, and emphasises working with a healthcare professional for an individualised schedule of clinical breast exams and mammograms. English on one side and Spanish on the other. 100 sheets per pad.

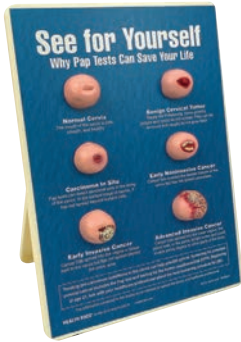
52623 Tear Pad E

MULTI-PATTERN BSE SHOWER CARD

This two-sided shower card provides instructions for performing three different patterns (vertical, circular, and wedge) of breast self-examination (BSE). Also emphasises mammography and possible warning signs of breast cancer. Minimum order is 50.

23034 Shower Card





SEE FOR YOURSELF: PAP TESTS EASEL DISPLAY

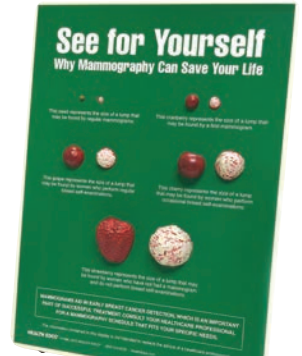
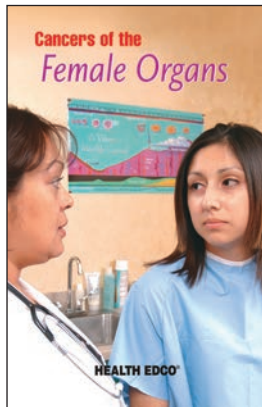
Promote the importance of Pap tests with these handpainted cervix models. Models depict a normal cervix, a cervix with a benign tumour, and cervixes with cancer. Comes with protective fleece cover. 23 cm x 30 cm.

79733 Easel Display

CANCERS OF THE FEMALE ORGANS BOOKLET

Cancers of the female reproductive organs affect thousands of women each year. This booklet addresses risk factors, warning signs, tests, and treatments for cervical, ovarian, and endometrial cancer. Also provides tips to help women protect their health. 16 pages.

40015 Booklet **E**



SEE FOR YOURSELF: MAMMOGRAPHY EASEL DISPLAY

Using seeds and fruits for comparison, this display shows the difference BSE and mammography can make in the early detection of breast cancer. Comes with protective fleece cover. 23 cm x 30 cm.

79732 Easel Display



FEEL FOR YOURSELF: BREAST LUMP DISPLAY

Promote breast self-awareness by emphasising the importance of BSE and mammography in the early detection of breast abnormalities. Shows the average size at which lumps are found by women not trained at BSE, by those who occasionally practise BSE, by those who regularly practise BSE, by a first mammogram, and by regular mammograms. 28 cm x 22 cm.

26803 Display



FEEL FOR YOURSELF: CERVIX CONDITIONS DISPLAY

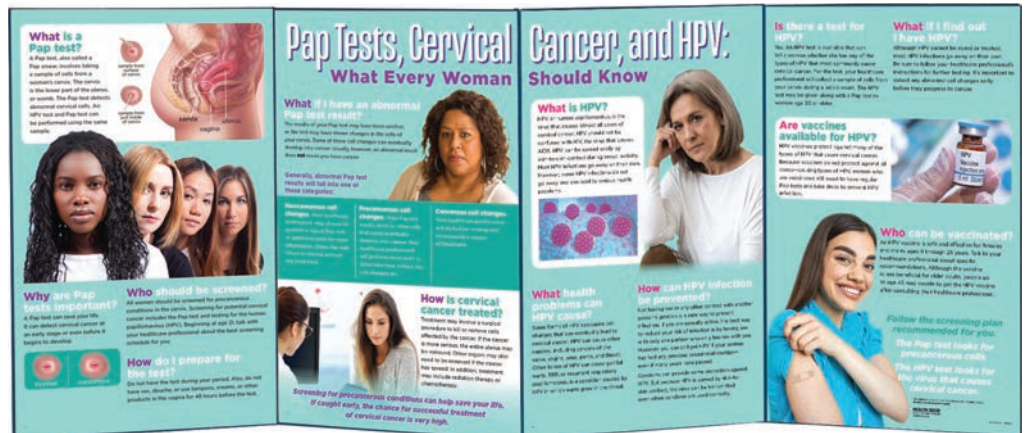
Promote cervical cancer screening with this tactile display, which features five soft BIOLIKE™ cervix models. The models show progressive changes in the cervix from its normal condition through the development of later-stage invasive cancer. Great for highlighting the importance of Pap tests, HPV testing, and HPV vaccination. 28 cm x 22 cm.

26805 Display

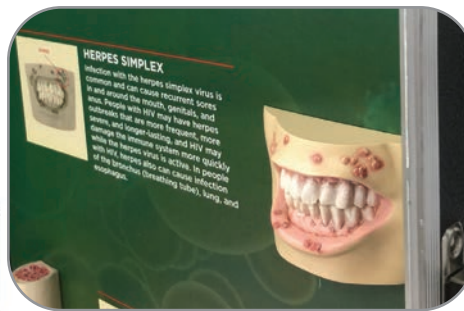
PAP TESTS, CERVICAL CANCER, AND HPV FOLDING DISPLAY

Perfect for clinics and women's health programmes, this informative folding display explains why regular Pap tests can save a woman's life. Discusses abnormal Pap results, the role of HPV in causing cervical cancer, how HPV is spread, and HPV testing and vaccination recommendations. 147 cm x 57 cm opened.

79311 Folding Display
79590 Carrying Case
79015 Wall Hanger



RELATIONSHIPS & SEX EDUCATION



HIV/AIDS CONSEQUENCES 3-D DISPLAY

Reveal the devastating consequences of advanced HIV infection with this educational 3-D display. Permanently affixed models and easy-to-understand text present eight opportunistic conditions that can take advantage of an HIV-weakened immune system. Perfect to teach the importance of taking precautions to prevent HIV contraction and controlling HIV infection. Comes in a self-contained carrying case. 71 cm x 69 cm opened.

78882 3-D Display

HIV/AIDS FLIP CHART

Engage your audience with a basic understanding of HIV/AIDS. Flip chart explains HIV/AIDS, its symptoms, transmission, and how to help avoid infection. Features presentation notes on back of each panel. 6 panels. 30 cm x 43 cm.

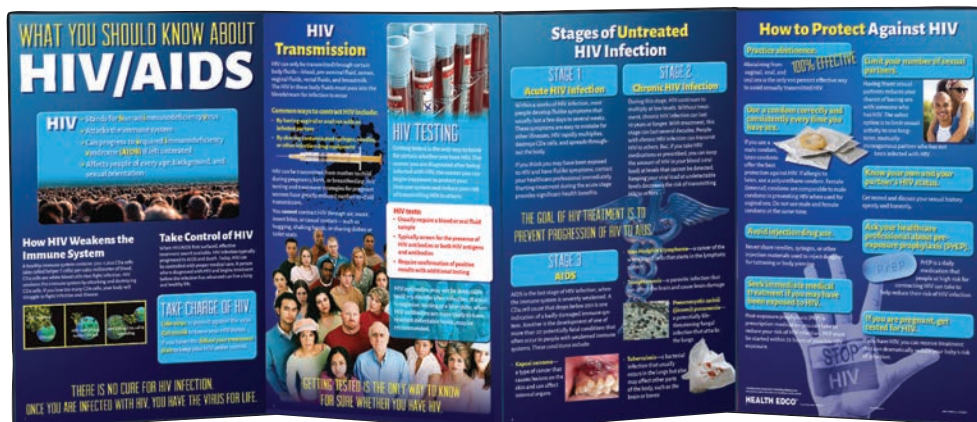
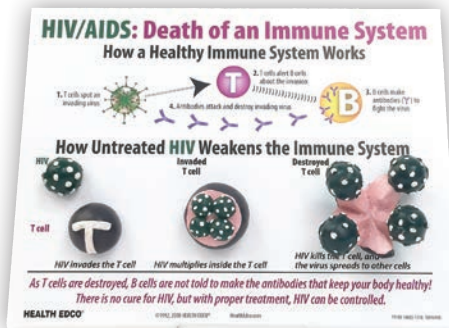
43104 Flip Chart



HIV/AIDS: DEATH OF AN IMMUNE SYSTEM EASEL DISPLAY

Show your group how HIV attacks the body's immune system with the 3-D, handpainted models on this display. Covers how a healthy immune system functions and how HIV works to weaken that system. Comes with wire easel. 30 cm x 23 cm.

79180 Easel Display



WHAT YOU SHOULD KNOW ABOUT HIV/AIDS FOLDING DISPLAY

Focusing on HIV prevention and managing HIV infection, this folding display teaches the facts about HIV. Includes information about HIV transmission and testing, pre- and post-exposure prophylaxis, and more. 147 cm x 57 cm opened.

79084 Folding Display
79590 Carrying Case
79015 Wall Hanger

UPDATED!

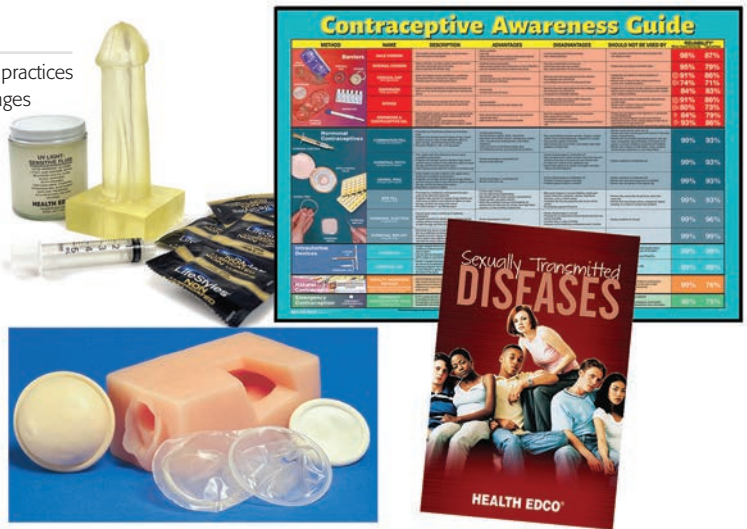
CONTRACEPTIVE EDUCATION STARTER PACKAGE

Provide comprehensive understanding of contraceptive use and safer-sex practices with this package. The Contraceptive Awareness Guide covers the advantages and disadvantages of different contraceptive options. The Female Pelvis Contraceptive Model and the Economy Condom Training Model facilitate training in proper use of contraceptives. The Sexually Transmitted Diseases Booklet provides the facts about STDs and discusses ways to help prevent STD contraction.

INCLUDES:

- Contraceptive Awareness Guide
- Female Pelvis Contraceptive Model
- Economy Condom Training Model
- 50 Sexually Transmitted Diseases Booklets

79375 Package



DELUXE UNCIRCUMCISED CONDOM TRAINING MODEL

Demonstrate proper condom use with this realistic condom training model representing an uncircumcised penis. Made of lifelike BIOLIKE™ synthetic material, the model "ejaculates" UV light-sensitive fluid—which illuminates under a UV flashlight—and helps demonstrate the importance of avoiding contact with body fluids during intercourse. Comes with syringe, fluid, 12 latex condoms, and carrying case.

- 26990** Model, Beige
26988 Model, Brown
78645 UV Flashlight



DELUXE CIRCUMCISED CONDOM TRAINING MODEL

This BIOLIKE™ model makes demonstrating proper condom use simple. UV light-sensitive fluid, which illuminates under a UV flashlight, helps explain the importance of avoiding contact with body fluids. Comes with syringe, fluid, latex condoms, and carrying case. 13 cm x 24 cm x 13 cm.

- 26403** Model, Beige
26402 Model, Brown
78645 UV Flashlight



ECONOMY CONDOM TRAINING MODEL

Economically demonstrate safer-sex practices. Model "ejaculates" UV light-sensitive fluid to demonstrate the importance of correct condom use. Comes with syringe, UV light-sensitive fluid, and six latex condoms. 6 cm x 14 cm x 6 cm.

- 27006** Model
78645 UV Flashlight

SEX & CONSEQUENCES GAME

This fast-paced game lays out the cold facts about STIs, pregnancy, and sexual activity, helping players form smart strategies. Includes game board, spinner, 24 dilemma cards, 72 question cards, and more. For 2–8 players or teams. Age 12–Adult.

- 79270** Game





FEMALE PELVIS CONTRACEPTIVE MODEL

Learning to properly insert a female condom, diaphragm, cervical cap, contraceptive sponge, or spermicide is simplified with this BIOLIKE™ model. A small cutaway window helps users see whether the cervix is adequately covered. Contraceptives not included. 11 cm x 6 cm x 8 cm.

[26462](#) Model

METHOD	NAME	DESCRIPTION	ADVANTAGES	DISADVANTAGES	SHOULD NOT BE USED BY	EFFECTIVITY	EFFICIENCY
Barrier	Male condom	Latex or polyurethane sheath that fits over the penis and is held in place by a rolled edge.	Prevents pregnancy and STIs.	Can break or slip off.	None.	98%	87%
	Female condom	Soft, flexible sheath that fits inside the vagina.	Prevents pregnancy and STIs.	Can break or slip off.	None.	95%	79%
	Diaphragm	Thin, flexible cup that fits over the cervix.	Prevents pregnancy.	Does not protect against STIs.	None.	96%	88%
	Cervical cap	Small, dome-shaped cup that fits over the cervix.	Prevents pregnancy.	Does not protect against STIs.	None.	74%	71%
	Spermicide	Chemical that kills sperm.	Prevents pregnancy.	Does not protect against STIs.	None.	89%	80%
Hormonal Contraceptives	Oral contraceptive pill	Small, round or oval tablets that are taken daily.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	93%
	Injectable contraceptive	Small, clear or white capsules that are injected into the arm.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	93%
	Contraceptive patch	Small, adhesive patch that is worn on the skin.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	93%
	Vaginal ring	Small, flexible ring that is inserted into the vagina.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	93%
Subdermal	Contraceptive implant	Small, thin rod that is inserted under the skin.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	96%
	Contraceptive injection	Small, clear or white capsules that are injected into the arm.	Prevents pregnancy.	Does not protect against STIs.	None.	99%	93%
Natural	Lactation amenorrhea	Method of birth control that uses breastfeeding.	Prevents pregnancy.	Does not protect against STIs.	None.	98%	78%
	Withdrawal	Method of birth control that involves pulling the penis out before ejaculation.	Prevents pregnancy.	Does not protect against STIs.	None.	96%	73%

UPDATED!

CONTRACEPTIVE AWARENESS GUIDE

Comprehensive guide covers a wide range of contraceptive options and lists advantages, disadvantages, and reliability of each method. Display version is a framed chart that includes easel for tabletop display or can be mounted on a wall. Unframed, laminated chart also available. 91 cm x 61 cm.

[79221](#) Display
[90721](#) Chart



THE POTENTIAL DANGERS OF ORAL SEX 3-D DISPLAY

Amplified by vivid descriptions of herpes, syphilis, gonorrhoea, and HPV, the models on this display challenge viewers to consider the health risks of oral sex. Comes in a self-contained carrying case. 37 cm x 53 cm x 36 cm opened.

[79633](#) 3-D Display

FEMALE CONTRACEPTIVE MODEL

Demonstrate proper insertion of contraceptives, such as female condoms, diaphragms, cervical caps, and spermicides. This soft BIOLIKE™ model has a cutaway section that helps users assess their technique. Includes carrying case and lubricant. Contraceptives not included.

9 cm x 14 cm x 14 cm.

[26110](#) Model



STD ROULETTE GAME

Promoting common-sense decision-making, this wheel highlights common STIs, and accompanying game cards present real-life scenarios that address different sexual situations. Comes with presentation notes. 52 cm x 71 cm.

[79195](#) Game



STDs CONSEQUENCES 3-D DISPLAY

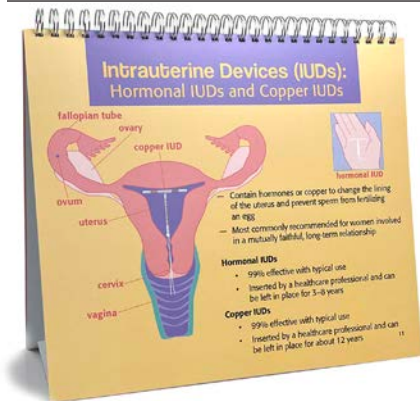
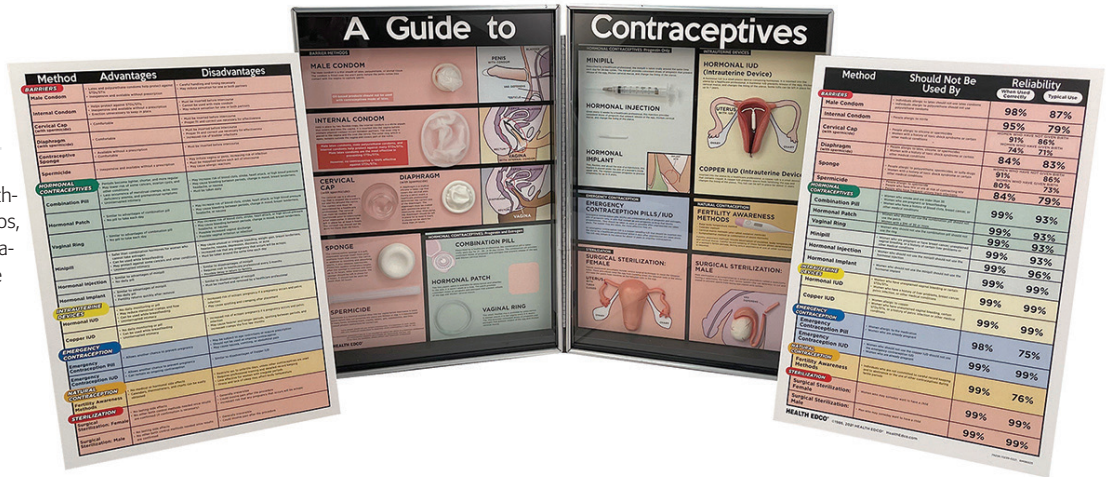
From liver disease to cervical cancer, the eight models in this display prove to viewers that sexually transmitted infections can have serious consequences. Display comes in self-contained carrying case. 71 cm x 69 cm opened.

[78926](#) 3-D Display

A GUIDE TO CONTRACEPTIVES KIT

Kit uses 3-D models to present a wide variety of contraceptive methods. Provides summary of the pros, cons, and reliability of each contraceptive. Includes two stand-alone panels and informative handout. Case has a Plexiglas cover and is 74 cm x 51 cm opened.

79256 Kit



UPDATED!

UNDERSTANDING BIRTH CONTROL FLIP CHART

With its bold, simple illustrations, this flip chart helps viewers make confident, informed choices. Discusses male and female reproductive anatomy, menstruation, conception, and methods of contraception. Each of the 21 panels has presentation notes on the reverse side. 36 cm x 30 cm.

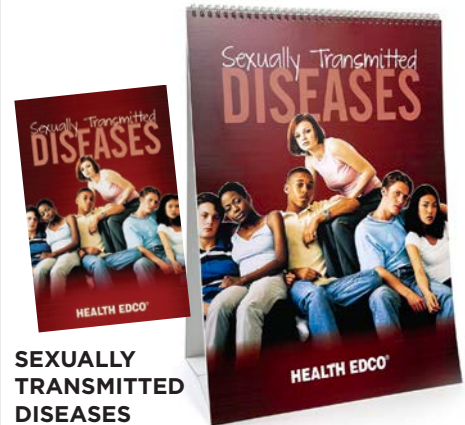
43325 Flip Chart



WHEEL OF CHOICES GAME

Spin the wheel and answer questions about anatomy, sexual myths, pregnancy, and other categories. The healthy or unhealthy category gets young people to consider what makes a healthy dating relationship. Includes game cards and teacher's guide. Can be played individually or in teams. Ages 12-17. 52 cm x 71 cm.

79122 Game



SEXUALLY TRANSMITTED DISEASES

With straightforward facts, this flip chart and booklet cover common STIs—including HIV/AIDS, syphilis, gonorrhea, herpes, hepatitis B, HPV, and more—and how to help protect against them. Flip chart is 6 panels, 12" x 17". Booklet is 16 pages.

43162 Flip Chart
40039 Booklet E

WHAT YOU SHOULD KNOW ABOUT STDS FOLDING DISPLAY

Expose the reality of STIs and the damage they can do. Display provides detailed information about major STIs. Also covers prevention, the importance of testing and treatment, and STIs during pregnancy. 147 cm x 57 cm opened.

79087 Folding Display
79590 Carrying Case
79015 Wall Hanger



PREGNANCY



WITH CHILD™ LARGE-SIZE SPIRAL-BOUND CHARTS

An illustrated, comprehensive, award-winning childbirth education programme that covers more than 100 childbearing topics, this effective learning tool stimulates class discussion and provides an overview of the essential issues that surround each topic. 24 pages. 55 cm x 43 cm.

43313 Spiral-Bound Charts



WITH CHILD™ DESK VERSION

From preconception planning to early parenting, this indispensable childbirth education tool covers a full range of childbearing topics and beautifully illustrates the changes of pregnancy.

43317 Desk Version



FETAL DEVELOPMENT

Follow those important moments from conception to birth. Colourful, laminated chart measures 61 cm x 46 cm. Two-sided tear pad illustrates critical organ development during the early weeks of pregnancy. 100 sheets per pad.

90821 Chart
52554 Tear Pad **E**



FOETUS MODEL SET

Expectant mothers can easily visualise their little ones growing inside them when they hold these lifelike models, which represent 12-, 16-, 22-, and 30-week babies. Comes with case that measures 34 cm x 14 cm x 15 cm.

79867 Model Set (4)

3-D models represent development at 12, 16, 22, and 30 weeks

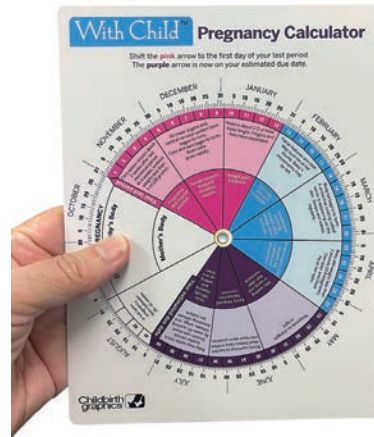


UPDATED!

WITH CHILD™ PREGNANCY CALCULATOR

Help expectant parents calculate their estimated due date with this movable wheel. Includes information about key stages of foetal development and essential antenatal care guidelines. 17 cm x 22 cm.

43341 Calculator



Fetal Movement Counts

What are fetal movement counts?
Fetal movement counts, also called fetal activity counts or kick counts, are the number of times your baby kicks, twigs, turns, or moves. It is normal for your healthy, growing fetus to move frequently in your womb. During times of the day when you are active, you may not notice these movements. However, during times when you are relaxed, the movements should be more noticeable. Recording the number of times your baby moves is an easy way for you to monitor your baby's health. Healthcare professionals often recommend that you begin fetal movement counts at the 28th week of pregnancy.

When do I do fetal movement counts?

- The best time each day to count is time when your baby is most active.
- After you eat or after you drink cold water, juice, or milk.
- After you have walked for 30 minutes.
- Before bedtime.

How do I do fetal movement counts?
The methods for recording fetal movement counts vary. Talk to your healthcare professional about the correct method that is right for you and your baby and how often you should do fetal movement counts. One method is to record how long it takes to feel your baby move 10 times. Below are general instructions for this method:

- Lie on your side, or sit in a comfortable chair.
- Write down the time when you feel the first movement.
- Make a mark for each movement you feel, up to 10 movements.
- Write down the time of the tenth movement.
- If you do not feel 10 movements over 1 hour, continue counting for a second hour.

Today's date: _____
Start time: _____
End time: _____

You know your body best. If you feel that something is not right, trust yourself, and call your healthcare professional.

What do fetal movement counts tell me?
Fetal movement counts tell you that your baby is healthy and growing.
If your baby's movements suddenly change, decrease, or stop, call your healthcare professional immediately.

90823 Chart
52536 Tear Pad E

FETAL MOVEMENT COUNTS TEAR PAD

Teach expectant mums how to do foetal movement counts and when to contact a healthcare professional. English on one side and Spanish on the other. 100 sheets per pad.

52509 Tear Pad E

WITH CHILD™ SIMULATOR

Wearing the With Child™ Simulator creates empathy for the unique physical challenges of being pregnant—excellent for expectant fathers in childbirth education classes or teens in pregnancy prevention programmes. While wearing the With Child™ Simulator, the physical discomforts of pregnancy that are experienced firsthand include:

- Weight Gain of Approx. 25 lb (11.3 kg)
- Abdominal Distention
- Pelvic Tilt
- Shift in Posture Causing Waddling Gait
- Abdominal Aches
- Lower Back Stress
- Inability to Get Comfortable
- Pressure on Bladder, Stomach, & Lungs
- Shortness of Breath
- Difficulty Rising From Chair or Bed
- Increased Breast Size
- Rise in Body Temperature
- Increased Blood Pressure & Pulse
- Foetal Movement
- Limited Breathing
- Decreased Mobility
- Tiredness



The With Child™ Simulator requires minimal assembly and is designed to work on wearers of varying heights and sizes. An easy-to-use presentation guide provides teaching notes, engaging activities, usage suggestions, and care instructions.

Each With Child™ Simulator comes with the following:

- 1 Pregnancy Simulation Torso
- 1 Tunic (to wear over simulation torso)
- 1 Timeline of Pregnancy Chart
- 1 Presentation Guide
- 50 Comfort Measures in Pregnancy Booklets
- 1 Wheeled Carrying Case

54427 Simulator

Timeline of Pregnancy

Linea de tiempo del embarazo

90823 Chart
52536 Tear Pad E

TIMELINE OF PREGNANCY

Taken from our popular With Child™ series, this informative chart and tear pad illustrate foetal development and parallel maternal uterine growth across 40 weeks of pregnancy. Tear pad also features a chart on the back to calculate an estimated due date. Chart is laminated, measures 61 cm x 46 cm, and is bilingual English/Spanish. Tear pad has 100 sheets per pad.

90823 Chart
52536 Tear Pad E

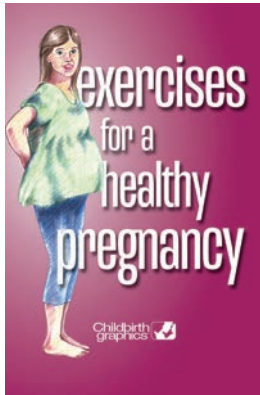
WITH CHILD™ LIFE-SIZE DISPLAY

The overlapping images in this life-size, standing display show the childbearing cycle from preconception planning through 6 weeks postpartum. 46 cm x 61 cm.

43319 Life-Size Display



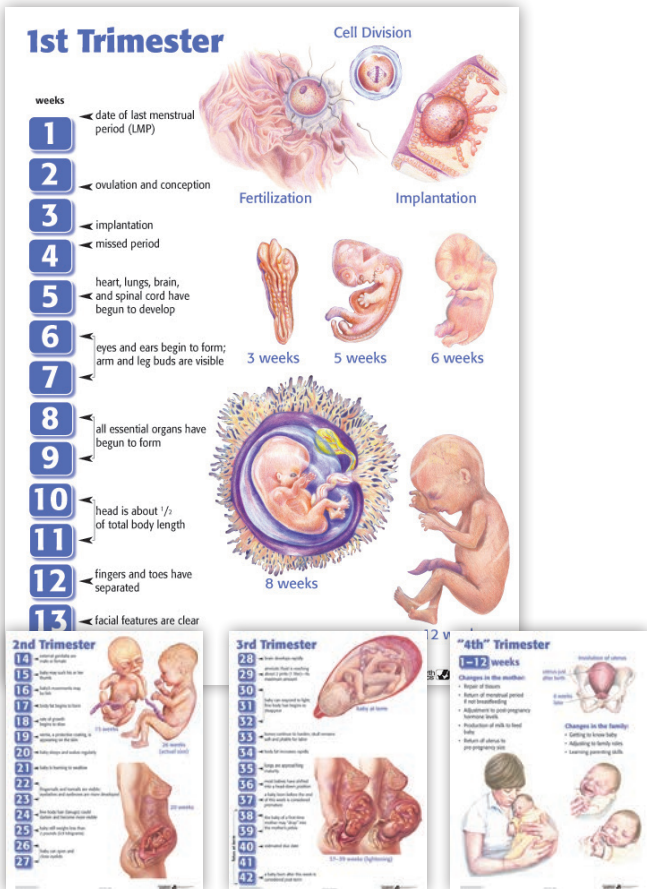
PREGNANCY



EXERCISES FOR A HEALTHY PREGNANCY BOOKLET

Outlines effective exercises for mums-to-be with detailed illustrations. Warm-up, strengthening, and stretching movements are included as well as a special section on postpartum exercises. Ideal for all levels of ability. 16 pages.

[40401](#) Booklet **E**



"FOUR" TRIMESTERS OF CHILDBEARING CHART SET

Full-colour charts with grommets for easy hanging trace foetal development and maternal changes during pregnancy. Also covers the "fourth" trimester of postpartum adjustment. Each of the four charts is laminated and measures 48 cm x 64 cm.

[90649](#) Chart Set (4)



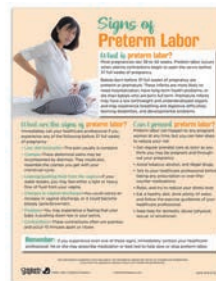
3-D models show lifelike development at 8, 10, 16, 22, and 40 weeks.



UTERUS/FOETUS MODEL SET

Using our lifelike BIOLIKE 2™ material, this model set dynamically shows the development of the foetus and uterus at 8, 10, 16, 22, and 40 weeks. Foetuses can be held separately from the uteruses. Carrying bag available separately.

[27007](#) Model Set
[96522](#) Carrying Bag



SIGNS OF PRETERM LABOR TEAR PAD

Give pregnant women potentially life-saving information. Defines what preterm labour is, explains the warning signs, and emphasises a healthy lifestyle during pregnancy. English on one side and Spanish on the other. 100 sheets per pad.

[52515](#) Tear Pad **E**

UNDERSTANDING GESTATIONAL DIABETES TEAR PAD

Providing important information about gestational diabetes, this tear pad defines the condition and discusses the importance of keeping it under control to help ensure a healthy baby. Also covers risk factors, testing, and complications for both mother and baby when gestational diabetes is not well controlled. English on one side and Spanish on the other. 100 sheets per pad.

[52498](#) Tear Pad **E**



CHILDBIRTH MODEL SETS



beige



brown



dark brown

DELUXE FLEXIBLE PELVIS MODEL SET

With the essential models in this set, you can easily demonstrate the birth process. Each set comes with one Foetal Model in your choice of beige, brown, or dark brown skin tone. Set includes the Perineal Cloth Model (13 cm x 17 cm), which is perfect to demonstrate the stretching of the perineum, possible episiotomy, and the emergence of the foetal head. The cloth attaches securely to the set's Deluxe Flexible Pelvis Model with elastic straps and accommodates the head of the Foetal Model. The Deluxe Flexible Pelvis Model (27 cm x 18 cm x 19 cm) can be manipulated to demonstrate how the pelvis moves to accommodate delivery. The set's Placenta/Cord/Amnion/Chorion Model allows the Foetal Model to be shown inside a simulated amniotic sac. The snap-on cord clearly reveals the vein and arteries, and a convenient drawstring closes the sac. The amniotic and chorionic membranes are accurately detailed in two colours. The placenta measures 18 cm x 20 cm. Each model is also available separately.

Model Set

- [78500](#) With Beige Foetal Model
- [78016](#) With Brown Foetal Model
- [78017](#) With Dark Brown Foetal Model

[79807](#) Placenta/Cord/Amnion/Chorion Model

- [78951](#) Deluxe Flexible Pelvis Model
- [79804](#) Perineal Cloth Model

Foetal Model

- [79814](#) Beige
- [79815](#) Brown
- [79816](#) Dark Brown



STANDARD PELVIS MODEL SET

Shown in accurate detail, the Standard Pelvis Model measures 27 cm x 18 cm x 19 cm and can accommodate the head of the Foetal Model. Complete Standard Pelvis Model Set includes a Foetal Model in your choice of skin tone, Placenta/Cord/Amnion/Chorion Model, Perineal Cloth Model, and the Standard Pelvis Model.

Model Set

- [78968](#) With Beige Foetal Model
- [78014](#) With Brown Foetal Model
- [78015](#) With Dark Brown Foetal Model

[26464](#) Standard Pelvis Model

CLOTH PELVIC MODEL SET

Use our flexible Cloth Pelvic Model to demonstrate how the pelvis changes during labour and birth. The Cloth Pelvic Model Set allows easy demonstration of the process of labour and delivery. Set includes a Foetal Model in your choice of skin tone, the Placenta/Cord/Amnion/Chorion Model, the Perineal Cloth Model, and the Cloth Pelvic Model. The Cloth Pelvic Model measures 24 cm x 18 cm x 18 cm.



Model Set

- [53955](#) With Beige Foetal Model
- [78018](#) With Brown Foetal Model
- [78019](#) With Dark Brown Foetal Model

[79808](#) Cloth Pelvic Model

MINI-MODEL CHILDBIRTH MODEL SETS

Childbirth education on the go is easy with our miniature childbirth model sets! Our six-piece Mini-Model Set: Pocket Uterus, Baby, and Pelvis features a 14-cm long foetal model with detachable placenta/cord with amniotic sac, a knitted uterus model, a pelvis model, a receiving blanket, and a 30-cm x 25-cm x 10-cm tote bag. Our new Deluxe Mini-Model Set With Flexible Pelvis features all the same components as our Mini-Model Set except the included mini pelvis is a Deluxe Mini-Model Flexible Pelvis (also available separately) that can easily be manipulated to demonstrate how the pelvis moves to accommodate delivery. Deluxe set also includes one 100-sheet Penny Simkin's Road Map of Labor Tear Pad (see page 57). Foetal model colours in sets may vary.

[53953](#) Mini-Model Set: Pocket Uterus, Baby, and Pelvis

- [54083](#) Deluxe Mini-Model Set With Flexible Pelvis
- [78849](#) Deluxe Mini-Model Flexible Pelvis



53953

54083

78849



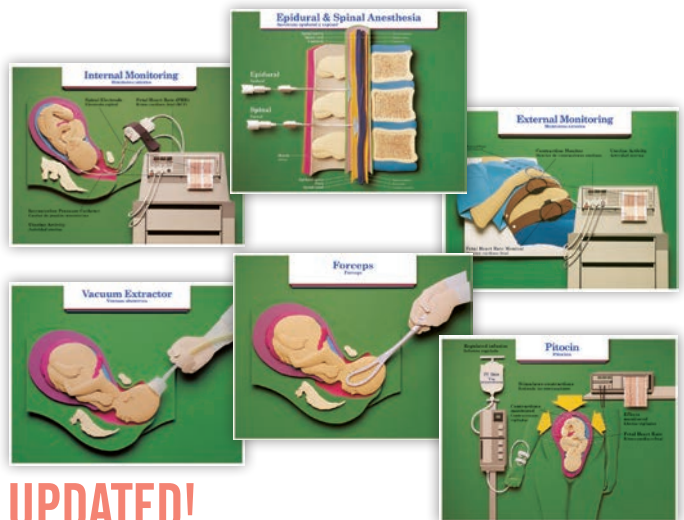
CHILD BEARING: THE CLASSIC SERIES

Flip charts feature colour illustrations that detail female and male reproductive anatomy, conception, foetal development, pregnancy changes, the birth process, and newborn appearance. More than 70 detailed line drawings on reverse panels. Includes related Spanish terms. 23 panels.

Flip Chart

50701 Large-Size (58 cm x 51 cm)

50702 Desk Version (28 cm x 22 cm)



UPDATED!

LABOUR AND BIRTH INTERVENTION CHART SET

Charts with a 3-D look cover a variety of procedures. Black-and-white illustrations on the back provide additional information. Grommets included for easy display. Bilingual English/Spanish. Each chart is laminated and measures 46 cm x 36 cm.

90615 Chart Set (6)

LABOUR PROGRESS POCKET GUIDE

Great visual guide to the progress of labour shows each of the 10 centimeters of dilation in actual size. Bilingual English/Spanish. 13 panels. 15 cm x 15 cm.

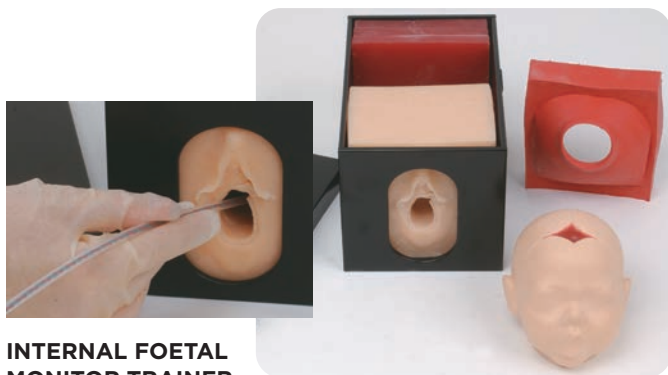
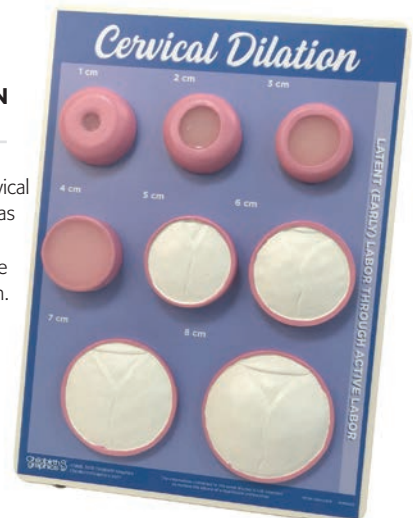
38826 Pocket Guide



CERVICAL DILATION EASEL DISPLAY

Handpainted, 3-D models graphically demonstrate cervical dilation from 1 cm to 8 cm as well as the thinning of the cervix. Comes with protective fleece cover. 23 cm x 30 cm.

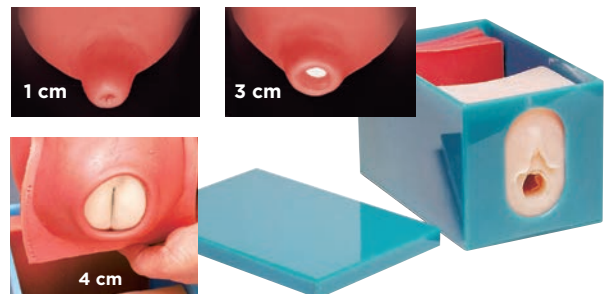
79738 Easel Display



INTERNAL FOETAL MONITOR TRAINER

Provide realistic simulation for proper insertion of an internal electrode for foetal heart monitoring. Includes a foetal head with palpable, realistic fontanelles and suture lines, a lower uterine segment, and one cervical dilation model depicting 4 cm of dilation. Components fit into a durable plastic container. Comes with lubricant, instructions, and nylon carrying case. 14 cm x 13 cm x 22 cm.

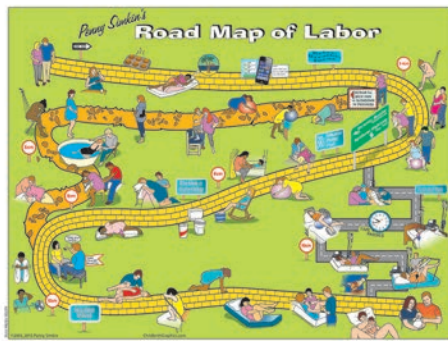
79858 Trainer



FOETAL MONITORING AND LABOUR PROGRESS MODEL SET

Provide realistic simulation for vaginal examinations, labour progress, assessment of dilation, palpation of foetal fontanelles and suture lines, and assessment of the position of the vertex. Includes a foetal head, lower uterine segment, foetal buttocks for breech presentation, and four interchangeable cervical dilation models (1, 3, 4, and 8 cm). Components fit into a durable plastic case. Comes with lubricant, instructions, and carrying case. 14 cm x 13 cm x 22 cm.

79851 Model Set



ROAD MAP OF LABOR TEAR PAD

Penny Simkin's Road Map of Labor is a fun way to teach expectant parents about what to expect during labour. The road map depicts labour as a journey from early labour to birth. Includes illustrations of comfort measures to use as labour progresses. Two-sided. 100 sheets per pad.

52725 Tear Pad **E**

UPDATED! SIX ESSENTIAL LABOUR AND BIRTH CHARTS

Colourful, informative artwork provides the perfect tools to teach the process of birth. Each chart contains key Spanish terms. All six laminated charts have grommets for easy hanging and measure 56 cm x 71 cm.

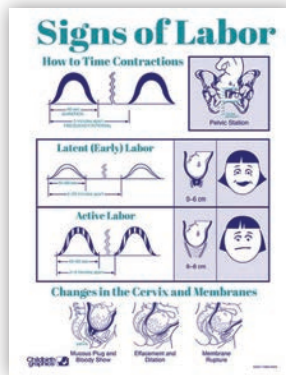
90630 Charts (6)



BIRTH COMPANION BOOKLET

Inform and encourage parents with instant visual reminders of labour comfort methods. Illustrations in the booklet coordinate with the Six Essential Labour and Birth Charts (shown above). 16 pages.

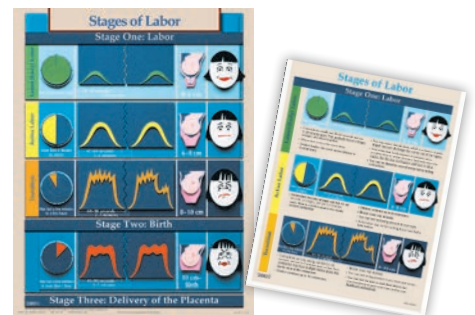
38525 Booklet **E**



SIGNS OF LABOR TEAR PAD

Expectant parents receive a quick summary of what they need to know about contractions and early labour. Two-sided. 100 sheets per pad.

52567 Tear Pad **E**



STAGES OF LABOR TEAR PAD AND CHART

Display the Stages of Labor chart or hand out its contents in tear pad format. Tear pad is two-sided and contains 100 sheets per pad. Laminated chart (56 cm x 71 cm) includes a black-and-white Spanish version on the back.

52736 Tear Pad **E**
90620 Chart

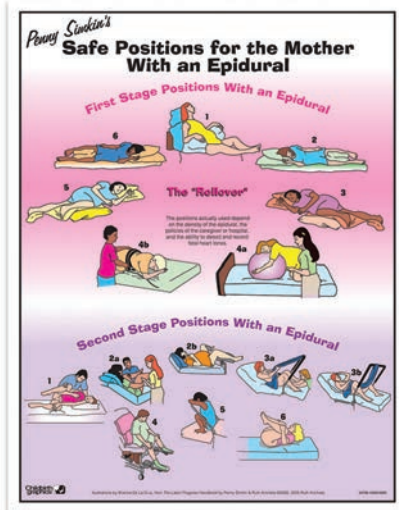
ABDOMINAL PALPATION MODEL SET

Use this great 3-D teaching tool to perform Leopold's manoeuvres and to demonstrate palpation of the abdomen to determine foetal lie, presentation, and position. The Abdominal Palpation Model includes a foetal model with firm buttocks. The foetus and included vinyl pelvis rest within the abdominal portion of the model. The abdomen, a padded cloth attached by Velcro to the base, makes it easy to visualise and change foetal positions. Comes with a BIOLIKE™ gel pad that provides added cushion over the foetus for a more realistic feel, movable gel packs to simulate amniotic fluid, and a practice guide. Model Set includes model, extra movable gel packs to simulate amniotic fluid, and a carrying bag. Model is 48 cm x 29 cm x 24 cm.

78936 Model Set
79820 Model
79862 Replacement Gel Pad
98726 Carrying Bag



NOTE: Baby cannot be delivered through pelvis.



SAFE POSITIONS WITH AN EPIDURAL TEAR PAD

A quick reference by Penny Simkin on labour positions that are safe for mothers who have been given an epidural. Two-sided. 100 sheets per pad.

52728 Tear Pad E

POSITIONS FOR LABORING OUT OF BED

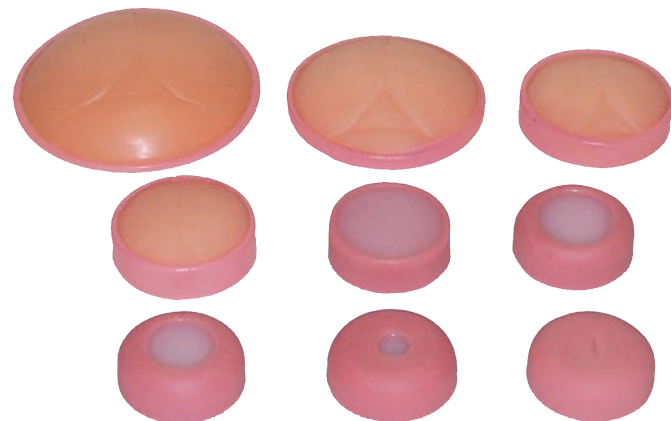


POSITIONS FOR LABORING OUT OF BED

Demonstrating the positions that allow women to labour out of bed for as long as possible, this chart and tear pad show women working alone as well as with support people. Laminated chart is 58 cm x 89 cm. Tear pad is English on one side and Spanish on the other and has 100 sheets per pad.

90673 Chart

52560 Tear Pad E



INDIVIDUAL CERVICAL DILATION MODELS

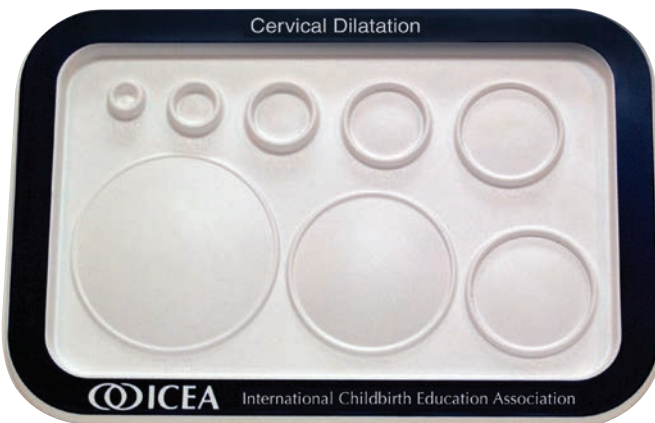
With a realistic, lifelike feel, these great hands-on teaching tools show 0-cm to 6-cm dilation as well as 8- and 10-cm dilation. Comes with carrying case.

78959 Models (9)

THE PROCESS OF GIVING BIRTH FLIP CHART

Present a comprehensive lesson covering conception through involution of the uterus. Features full-colour images, extensive presentation notes, a glossary of common Spanish terms, and additional black-and-white illustrations. The flip chart's easy-to-carry binder (33 cm x 58 cm) unfolds to create its own easel. 28 pages.

43301 Flip Chart



MOLDED PLASTIC DILATATION CHART

Moulded from plastic, this chart graphically depicts cervical dilatation at 1 cm, 2 cm, 3 cm, 4 cm, 5 cm, 6 cm, 8 cm, and 10 cm. 30 cm x 20 cm.

70230 Moulded Chart



HOW TO TIME CONTRACTIONS TEAR PAD

Teach expectant mothers how to time contractions. English on one side and Spanish on the other. 100 sheets per pad.

52517 Tear Pad E



BREASTFEEDING EDUCATION MODEL

Holding a baby in their arms can help expectant mothers learn proper breastfeeding positions. This realistic, easy-to-clean doll lets them do just that and allows you to demonstrate other care techniques. The models represent 2- to 3-month-old infants. 53 cm long; 1.13 kg.

Male Model

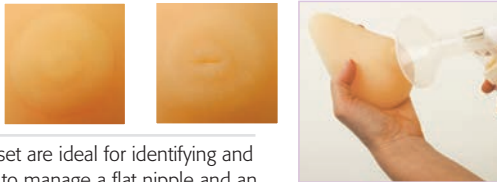
- [53731](#) Light
- [53733](#) Brown
- [53735](#) African
- [53737](#) Asian

Female Model

- [53732](#) Light
- [53734](#) Brown
- [53736](#) African
- [53738](#) Asian



FLAT AND INVERTED NIPPLE LACTATION MODEL SET



Two models in this set are ideal for identifying and demonstrating how to manage a flat nipple and an inverted nipple. The third model features a functional nipple that allows the instructor to demonstrate how a breast pump may help draw out a flat or inverted nipple, making it easier for a baby to latch. Comes with carrying case.

[78904](#) Model Set



CLOTH BREAST AND HAND PUPPET MODEL SET

Our Cloth Breast Model and Breastfeeding Hand Puppet are combined for a comprehensive breastfeeding education experience. Cloth Breast Model contains two beads to simulate a plugged duct and a breast lump, and a foam insert closely simulates the look and feel of an engorged breast. Includes teaching ideas and instructions and measures 14-cm diameter.

Set	Model	Puppet
75320 Beige	79811 Beige	85008 Beige
75340 Brown	79812 Brown	85009 Brown

baby bellies

Tear Pad

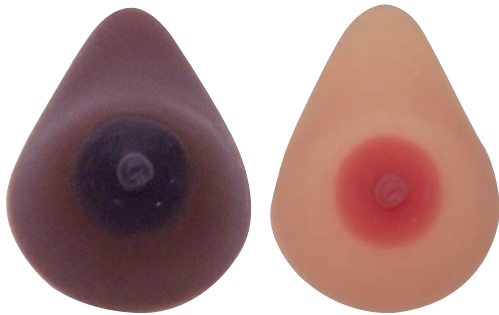


BABY BELLIES™

Encourage breastfeeding mothers who have questions about how much breastmilk a newborn needs with the Baby Bellies display, pocket models, and tear pad. Each product shows how small a baby's stomach is on the first, third, and tenth days of life, making them perfect tools for teaching the importance of early and often breastfeeding. Pocket models feature the colour of a breastfed baby's healthy stool on the corresponding day. Tear pad is English on one side and Spanish on the other and has 100 sheets per pad.

- [79077](#) Display
- [52069](#) Tear Pad **E**
- [53526](#) Pocket Models

BREASTFEEDING



LACTATING BREAST MODELS

Realistic Lactation Model (14 cm x 25 cm 10 cm) and Small Lactating Breast Model (10 cm x 14 cm x 6 cm) feature an enlarged nipple and darkened areola. Use to demonstrate hand expression of breastmilk, pumping, relief for plugged milk ducts, reverse pressure softening, breast massage, and more. Models do not eject milk. Each model comes with carrying case.

Small Model
78902 Beige
78903 Brown

Lactation Model
78900 Beige
78901 Brown



SPINSMART™ BREASTFEEDING WHEEL

Fun, engaging activity teaches concepts, reinforces knowledge, and encourages discussion in every key area related to breastfeeding. Participants spin the wheel and then answer multiple-choice questions from one of eight topics. Comes with teaching guide that includes instructions and category questions. 47 cm x 58 cm.

78138 Wheel



BREASTMILK COMPOSITION: WHAT'S IN A DAY?™

Use this display to show mothers their amazing abilities to nourish their babies. Features models of colostrum, foremilk, and hindmilk that demonstrate how much milk a baby gets while breastfeeding in an average day. Accompanying, two-sided tent card explains each component's nutritional role. Includes carrying case. Available separately, tear pad is English on one side and Spanish on the other and has 100 sheets per pad.

78978 Display
52501 Tear Pad E



LACTESSA™ BREASTFEEDING MODEL

A time-tested favourite beloved by lactation consultants and childbirth educators, Lactessa is a soft, flexible, versatile breastfeeding model that has been used successfully in a variety of educational settings. Her head and body are weighted, making Lactessa feel like a newborn, and her movable arms, legs, and head make her easy to position. Her open mouth has a cupped tongue and is deep enough to insert a finger and feel the hard palate.

Lactessa is perfect to teach:

- How to hold a baby
- Breastfeeding positions
- Suck training
- Finger feeding
- How to break suction
- Newborn care techniques, such as burping, swaddling, and putting on nappies

Comes with a cloth nappy. Although Lactessa is very cuddly, she is not a toy for children. Washable cloth surface. Approx. 2.3 kg; 51 cm long.

79800 Breastfeeding Model



COLOSTRUM: THE GOLD STANDARD™ DISPLAY

Convenient, pocket-size visual makes it easy to understand the small amount of colostrum a newborn baby needs at each feeding. Real teaspoon filled with simulated colostrum comes with informative laminated plastic key card.

[85156](#) Display



SAFE STORAGE OF BREASTMILK MAGNET

Provide handy guidelines for the safe storage of expressed breastmilk. Designed to stick on the refrigerator for quick reference. Comes in packs of 50. 11 cm x 6 cm.

[30050](#) Magnet (50)



BREASTFEEDING TEAR PADS

Provide essential information for breastfeeding mothers with these two-sided, bilingual tear sheets. Easy-to-understand text is English on one side and Spanish on the other. Set of eight includes one pad of each topic. 100 sheets per pad

- [52511](#) Waking a Sleeping Baby **E**
- [52512](#) How to Tell Whether Your Baby Is Hungry **E**
- [52513](#) How Breastfeeding Works **E**
- [52518](#) Getting Ready to Breastfeed **E**
- [52519](#) Positions for Breastfeeding **E**
- [52521](#) Starting a Feeding **E**
- [52592](#) Is My Baby Getting Enough Breastmilk? **E**
- [52598](#) Facts About Colostrum **E**
- [52050](#) Tear Pad Set (8) **E**



THE NEW MOM'S HANDBOOK

New mums receive valuable information to take care of themselves and their babies during the first 6 weeks after birth. 36 pages.

53502 Handbook E



NEW BABY TRAINING MODELS

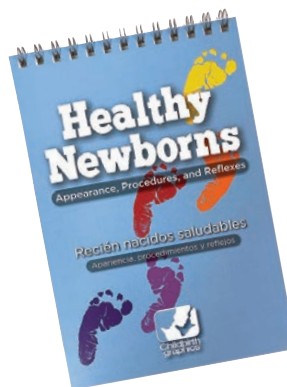
Excellent teaching models, these easy-to-clean dolls have a vinyl body and jointed head, shoulders, and hips. Anatomically correct (foreskin intact) models represent 2- to 3-month-old infants. Each comes with a nappy with Velcro fasteners, a hospital identification bracelet, and a birth certificate. 56 cm long; 1.3 kg.

Male Model

53712 Light
53715 Brown

Female Model

53714 Light
53716 Brown



HEALTHY NEWBORNS

Healthy Newborns features 57 full-colour images, includes Spanish subtitles, and is perfect to prepare expectant parents for a newborn. Covers normal newborn appearance, newborn reflexes, and common hospital procedures. Flip chart has an easy-to-carry binder that opens to create its own easel and features presentation notes on reverse panels.

43303 Flip Chart (48 panels, 19 cm x 38 cm)

38506 Pocket Guide (24 pages, 11 cm x 17 cm)



LOVING BABY CARE™ TEAR PADS

Easy-to-understand guides and colour photos give new parents confidence by providing step-by-step instructions for baby care. Each tear pad is English on one side and Spanish on the other. 100 sheets per pad.

Tear Pad

52756 Sponge Bathing E

52752 Swaddling E

52620 Bottle Feeding E

52700 Tub Bathing E

52622 Sleep Safety E

52621 Burping a Baby E

52606 Diapering Your Baby E

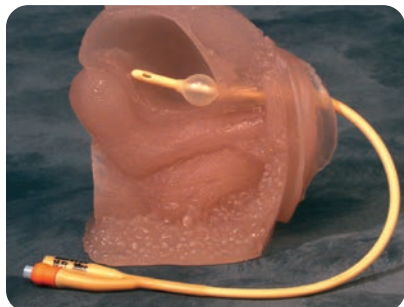
52079 Tear Pad Set E



NEWBORN CARE KIT

Comprehensive kit features a 53-cm-long, easy-to-clean doll, baby wash, shampoo, cotton balls, lotion, hooded towel, washcloth, bathtub, three disposable nappies, 12 moist towelettes, baby gown, three shirts, socks, receiving blanket, bottle, and bib. Includes a Success with Breastfeeding bilingual tear pad and a laminated copy of seven Loving Baby Care™ series tear sheets.

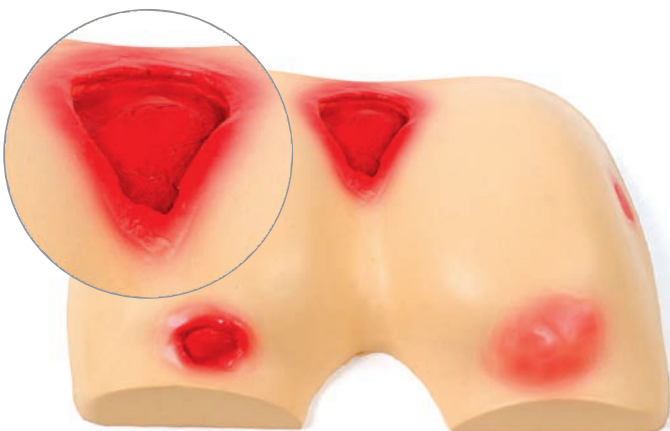
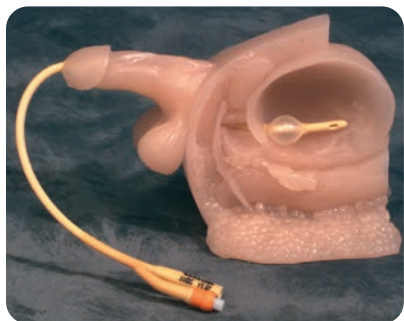
75415 Kit



CATHETER MODELS

Designed for training the proper insertion of a urinary catheter, these outstanding BIOLIKE™ models feature a viscoelastic urethra that accurately duplicates the feeling of inserting a lubricated catheter into the bladder. Comes with a carrying case and lubricant. Female model measures 15 cm x 15 cm x 10 cm; male model measures 23 cm x 15 cm x 10 cm. Catheters not included.

- [26109](#) Model Set (2)
- [26104](#) Male Model
- [26108](#) Female Model



PRESSURE SORE CARE MODEL

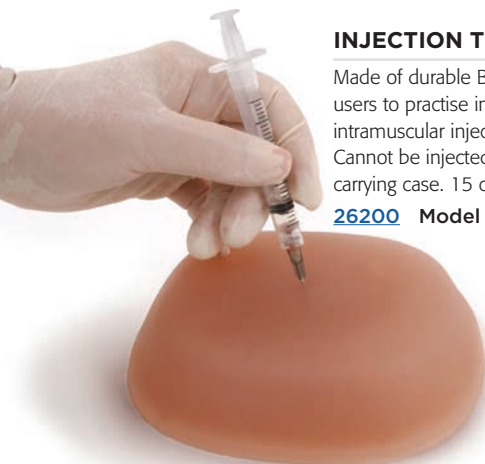
Featuring varying stages of pressure sores, this BIOLIKE™ model can be washed, treated with most antiseptics and medicines, and dressed just like real flesh. Includes carrying case. 37 cm x 24 cm x 9 cm.

- [26828](#) Model

INJECTION TEACHING MODEL

Made of durable BIOLIKE™, this model allows users to practise intradermal, subcutaneous, and intramuscular injections repeatedly. Cannot be injected with liquids. Comes with carrying case. 15 cm x 12 cm x 4 cm.

- [26200](#) Model



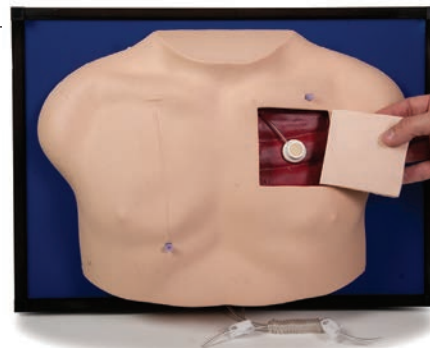
26132



OSTOMY CARE MODEL

Now available in a beige or brown version, our soft BIOLIKE™ model (28 cm x 20 cm x 8 cm) features four stomas that can be irrigated with a catheter, washed, and bandaged. One of the stomas can be used to fit a pouch. Comes with lubricant, a draping sheet, and a carrying case measuring 30 cm x 25 cm x 13 cm.

- Model
- [26130](#) Beige
- [26132](#) Brown



DELUXE VENOUS-ACCESS DEVICE MODEL

This model, which offers left and right subclavian catheter connections and an implanted Port-a-Cath device, provides a quality training experience. Catheters may be flushed with water, the model can be washed with soap and water, and non-staining antiseptics may be applied. Mounted on collapsible easel. Comes with carrying case. 47 cm x 33 cm x 13 cm.

- [26124](#) Model
- [26128](#) Replacement Door

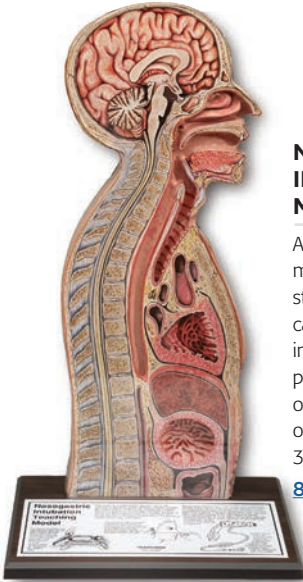


NOELLE™ MATERNAL AND NEONATAL BIRTHING SIMULATOR

Comprehensive system provides an accurate simulation of the complete birthing process. Includes a full-sized intubatable maternal manikin, articulated birthing baby, and full-sized intubatable and cyanotic newborn that changes colour with positive pressure ventilation. Comes with carrying bag. 155 cm long.

- [54276](#) Simulator

TRAINING MODELS



NASOGASTRIC INTUBATION MODEL

A 3-cm-deep modelled cast of the nose, mouth, pharynx, trachea, oesophagus, and stomach is covered with Plexiglas so viewers can observe various procedures. Plastic feeding tubes or catheters, not included, may be passed through the nose or mouth into the oesophagus or stomach. Also features tracheostoma for endotracheal aspiration. 30 cm x 58 cm x 23 cm.

84087 Model



SWAB TEST TRAINING MODEL

Provide realistic training in the performance of nasopharyngeal swab testing for diagnosis of COVID-19, the flu, and other respiratory infections with this durable model. A nasopharyngeal swab can be passed through the sculpted nasal passage, and a standard tongue depressor can be inserted into the sculpted oral cavity to depress the fleshlike tongue for strep testing. The model's see-through Plexiglas cover allows viewers to watch demonstrations of procedures. (Swabs and tongue depressors are not included.) 20 cm x 37 cm x 15 cm.

78034 Model

INJECTION TRAINING HAND MODEL

With palpable veins, amazing skin texture, and lifelike flexibility, this BIOLIKE™ model provides highly realistic training in venepuncture. Can be injected with air and water. 11 cm x 25 cm.

26240 Model



TB TESTING ARM SETS

Our outstanding Deluxe TB Testing Arm models are made of soft, palpable material for students to practise feeling for and measuring skin indurations. One beige model and the brown model feature variations in skin colour typically occurring around test sites. A second beige model lacks the appearance of erythema. Our Standard TB Testing Arm Set includes one beige and one brown model with TB reactions in various sizes and pigmentations. Each model in each set is 8 cm x 17 cm x 3 cm.

26620 Deluxe Set
26593 Standard Set



INJECTION TRAINING ARM MODEL

Designed for practice in venipuncture and injection, this arm model features lifelike latex skin and palpable veins that may be injected with a syringe or IV drip at the antecubital fossa, forearm, and back of the hand. Injections may be practised using air or water. The skin will stand up to multiple needle sticks and can easily be washed with soap and water. Use with 21-gauge hypodermic needles (not included). Comes with carrying case that measures 46 cm x 14 cm x 32 cm.

26320 Model
26322 Replacement Skin
54629 Replacement Veins

FEATURED PRODUCTS!



FIBROCYSTIC BSE MODEL

Made of soft, lifelike BIOLIKE™ material, this unique breast model in beige skin tone helps women understand how benign cysts in the breast feel. Contains multiple lumps that simulate those that occur in a fibrocystic breast. Excellent for breast self-exam (BSE) training and to explain the importance of having a healthcare professional examine any lumps that are found. Comes with slipcover and carrying case.

[26505](#) Model



LYMPH NODE MODEL

Comprehensive breast self-exam includes a thorough examination of underarm lymph nodes. With three enlarged nodes, this lifelike BIOLIKE™ model helps teach patients how to check the axillary lymph node region under their arms. Comes with carrying case.

[26575](#) Model



PALPABLE TB TESTING ARM SET

These two TB testing arms facilitate learning how to identify TB reactions. Made of flexible, palpable material, the models (8 cm x 17 cm x 3 cm) are suitable for educating patients and students about the results of the Mantoux PPD skin test. Set includes one beige and one brown model. Comes with instruction card.

[26001](#) Set



TAINTED BLOOD: SMOKERS' BLOOD REVEALED™ DISPLAY

Designed to look like a cigarette on one side and an artery on the other, this colourful display graphically explains the damage smoking causes inside a smoker's bloodstream. Model (8 cm x 25 cm x 6 cm) shows how smoking causes carbon monoxide to "choke out" oxygen in the bloodstream, contains depictions of the poisons that flow through a smoker's blood, and shows plaque buildup on artery walls. Includes a two-sided tent card providing additional information about the damaging health effects of smoking.

[79864](#) Display \$143.00

Your Partner in Health Education



SUBSTANCE ABUSE THROW & KNOW™ ACTIVITY BALL SET

Players catch on to the hard truths about substance abuse with the Substance Abuse Throw & Know Activity Ball Set! The set of two large (41-cm diameter; 61-cm arc length) inflatable balls includes our popular Drugs and Alcohol Throw & Know Activity Ball (see page 7) and Tobacco and E-Cigarettes Throw & Know Activity Ball (see page 13). Each ball features 60 questions and comes with a detailed activity guide with answer key. PVC balls are not made with natural rubber latex. Age 12–Adult.

78012 Set (2)



PUBERTY THROW & KNOW™ ACTIVITY BALL SET

Help young people understand and navigate the changes they will experience during puberty with this set of two large (41-cm diameter; 61-cm arc length) activity balls. The set includes the Boys Puberty Throw & Know Activity Ball and Girls Puberty Throw & Know Activity Ball (both featured on page 41). Each inflatable ball is covered with 48 questions and comes with an activity guide with answer key. PVC balls are not made with natural rubber latex. Ages 8–14.

78009 Set (2)



THROW & KNOW™ ACTIVITY BALL SET

A fun way to learn and review information, this set includes all seven of our Throw & Know Activity Balls that are covered with a variety of questions on multiple health topics. Inflatable balls in the set include:

- Drugs and Alcohol Throw & Know Activity Ball (see page 7); 60 questions for age 12–adult
- Tobacco and E-Cigarettes Throw & Know Activity Ball (see page 13); 60 questions for age 12–adult
- Nutrition Throw & Know Activity Ball (see page 30); 60 questions for age 12–adult
- Kids Nutrition Throw & Know Activity Ball (see page 30); 48 questions for ages 6–11
- Boys Puberty Throw & Know Activity Ball (see page 41); 48 questions for ages 8–14
- Girls Puberty Throw & Know Activity Ball (see page 41); 48 questions for ages 8–14
- Social and Emotional Health Throw & Know Activity Ball (see below); 48 questions for ages 7–13

Each ball comes with its own detailed activity guide. Inflatable PVC balls are not made with natural rubber latex. Balls are 41-cm diameter; 61-cm arc length.

78041 Set (7)

3 easy ways to order

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Order by Email Info@wrsgroup.co.uk



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SOCIAL AND EMOTIONAL HEALTH THROW & KNOW™ ACTIVITY BALL

Helping young people ages 7–13 explore their feelings, emotions, and values is made easier with this large inflatable ball. The ball features 48 open-ended questions dealing with a variety of topics related to social and emotional health, including bullying, online safety, creating positive relationships, and more. The ball is designed to be tossed and caught, with players who catch the ball either asking the question underneath or closest to their right thumb to the group or answering

the question themselves. Facilitators can modify use of the ball for group discussion or for individual reflection. Includes activity guide. PVC ball is not made with natural rubber latex. Ball is 41-cm diameter; 61-cm arc length.

78008 Ball