




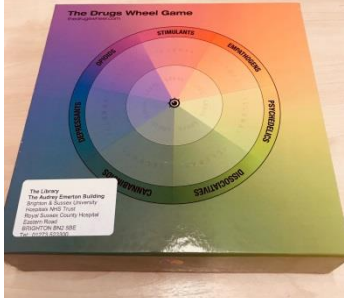






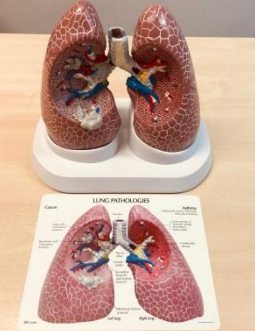



## Brighton and Sussex NHS Library and Knowledge Service

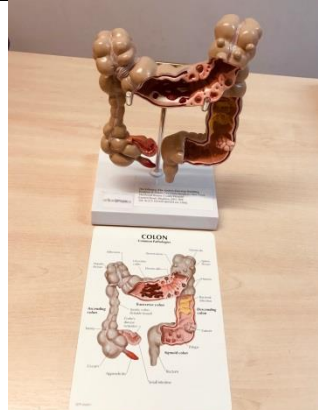
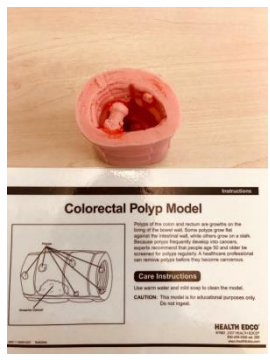
### Health Promotion Models

#### Alcohol & Substance Misuse






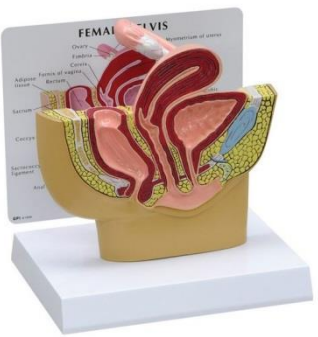
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| <p><b>Beer Goggles</b></p> <p>Pair of goggles that produce blurred vision to simulate one too many alcoholic drinks.</p>   |   | <p><b>Boozed and confused</b></p> <p>Night-time simulation of how alcohol affects depth perception, reaction time, and coordination</p>  |   |
| <p><b>Death of a liver</b></p> <p>Shows how alcohol abuse and other lifestyle choices can damage the liver.</p>  |  | <p><b>The pickled liver</b></p> <p>A model of a cirrhotic liver floating beside a pickle, illustrating that alcohol abuse can lead to cirrhosis, a leading cause of death.</p> |  |
| <p><b>Consequences of alcohol abuse</b></p> <p>Details the different ways in which alcohol abuse affects the body.</p>   |  | <p><b>Drugs Wheel Game</b></p> <p>A tool to help people understand the range and effects of some new psychoactive substances (NPS).</p>  |  |
| <p><b>Alcohol Units</b></p> <p>Five 3-D models help understanding of how many units are in popular alcoholic drinks. Includes a beer glass, wine glass, cocktail glass, whisky glass, and alcopop.</p> |  | <p><b>Drugs Box</b></p> <p>Contains three trays in which there are a total of 24 replica drugs. Includes comprehensive details on appearance, usage, and effects.</p>          |  |



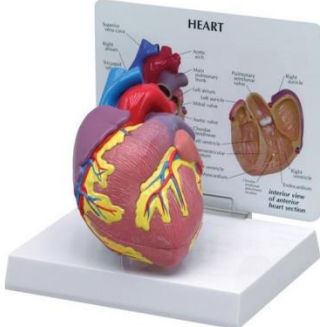
## Cancer Prevention

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| <p style="text-align: center;"><b>Breastology Bag</b></p> <p>Six soft-sculpture breasts, used for learning the basics of breast anatomy, feeling for breast changes and helping to understand the differences between normal and harmful lumps.</p>   |    | <p style="text-align: center;"><b>Breast self-examination model</b></p> <p>Contains palpable and non-palpable lumps that simulate easy- and hard-to-find breast tumours.</p>               |    |
| <p style="text-align: center;"><b>Lung Model</b></p> <p>Full-sized cutaway showing the stark differences between a normal lung and a lung reflecting the effects of COPD, cancer, and asthma.</p>   |   | <p style="text-align: center;"><b>Breast Biopsies</b></p> <p>Describes benign tumours, cancer, and chronic cystic mastitis.</p>  |   |
| <p style="text-align: center;"><b>Skin Model</b></p> <p>Explains cancerous and non-cancerous skin conditions in a magnified model of the skin. Also features cross-sectional detail of basal and dermal layers.</p>   |  | <p style="text-align: center;"><b>Uterus and Ovary Model</b></p> <p>Shows multiple pathologies including adhesions, carcinomas, cysts, and endometriosis.</p>                              |  |
| <p style="text-align: center;"><b>Testicle Examination Model</b></p> <p>A life-size testicle model for practicing examination. The scrotum contains two movable testicles, the epididymi and the spermatic cords for palpation. Two pathological findings can be felt in the left testicle.</p> |  | <p style="text-align: center;"><b>Lymph Node Model</b></p> <p>With three enlarged nodes, this model helps teach patients how to check the axillary lymph node region under their arms.</p> |  |





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| <p><b>Colon Model</b></p> <p>This model details common pathologies of the colon, including appendicitis, cancer, Crohn's disease, diverticulitis, spastic colon, and ulcerative colitis.</p> |  | <p><b>Colorectal Polyp Model</b></p> <p>This flexible, 9-cm long colon model features five polyps and one invasive cancer. The model can be turned inside out for a better view.</p> |  |
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## General Anatomy/Diseases

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| <p><b>Prostate Model</b></p> <p>Provides a cross section of the male genital organs showing a healthy prostate with bladder, urethra, testicle, symphysis and rectum.</p>   |   | <p><b>Hypertension</b></p> <p>A set of miniature anatomical models which demonstrates the parts of the body that can be damaged by hypertension. Includes brain, eye, heart, kidney, and artery.</p>     |   |
| <p><b>Unhealthy Foot</b></p> <p>Teaches the importance of proper foot care and nutrition, especially for people with diabetes.</p>  |  | <p><b>Spine</b></p> <p>Life-size flexible spinal column with a pelvis and desk stand.</p>  |  |
| <p><b>Torso</b></p> <p>This life-size model dissects into 13 distinct parts: head with open brain and skull, eye with optic nerve, two lung halves, two-part heart, stomach, liver, part of the intestine with appendix flap, kidney half, bladder half, and torso.</p> |  | <p><b>Female Pelvis</b></p> <p>This is a one-half scale representation of a midsagittal cross section of the pelvis. Shows an ovary and Fallopian tube as well as other parts of the female anatomy.</p> |  |

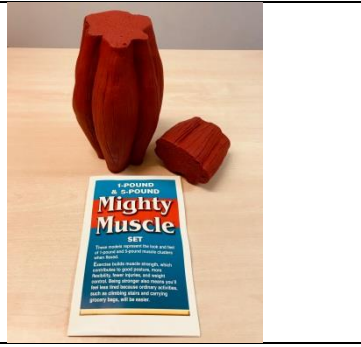
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| <p><b>Occluded Artery Model</b></p> <p>Shows how plaque build-up harms cardiovascular health by comparing a healthy artery to one that is clogged with thick, yellow plaque. Turning the display over shows the difference in the flow of blood cells through each artery.</p> |  <p>A model showing two vertical tubes representing arteries. The left tube is clear, representing a healthy artery. The right tube is filled with red and yellow particles representing plaque, illustrating how it narrows the artery and restricts blood flow.</p> | <p><b>Heart Disease Model</b></p> <p>These three detailed models allow users to compare a normal, healthy heart with a heart featuring a partially healed infarction and a heart damaged by congestive heart failure.</p> |  <p>A collection of anatomical models of the heart. It includes a normal heart, a heart with a partially healed infarction (showing a scarred area), and a heart with congestive heart failure (showing an enlarged heart and fluid accumulation).</p> |
| <p><b>Heart Model</b></p> <p>This model can be opened to show the inner chambers, the aortic arch, the superior and inferior venae cavae, and pulmonary and cardiac veins.</p>   |  <p>A detailed anatomical model of a human heart, showing its external structure and internal chambers. It is mounted on a white base and includes a label with anatomical diagrams and text.</p>   |   |   |

## Healthy Eating/Lifestyle

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| <p><b>Fat Chunk Set</b></p> <p>These models realistically represent the look and feel of fat inside the body. One model weighs 1lb (450g), and the other, 5lb (2.2kg).</p>   |  <p>A set of two yellow, chunky models representing fat. One is smaller (1lb) and the other is larger (5lb). A red box labeled 'fat chunk set' is visible in the background.</p>                | <p><b>Fat Replica</b></p> <p>Portrays human body fat, representing the approximate volume of 1lb of real fatty tissue.</p>  |  <p>A single, large, yellow, irregularly shaped model representing the volume of 1lb of real fatty tissue.</p>  |
| <p><b>Rolls of Fat Set</b></p> <p>These models have the look, feel, weight, and approximate volume of 1lb, and 5lb of fat. Users can wrap these rolls around their waistlines to experience how fat accumulates.</p> |  <p>Two rolls of yellow, textured material representing fat. One is larger (5lb) and the other is smaller (1lb). They are designed to be wrapped around the waist to show fat accumulation.</p> | <p><b>Vat of Fat</b></p> <p>Illustrates how excess calorie intake translates into weight gain. The jar contains approx. 450g of simulated fat, representing the amount of weight gained in one week by consuming an extra 500 calories per day.</p> |  <p>A glass jar filled with a thick, yellow, simulated fat substance. The label on the jar reads 'VAT of FAT' and includes text about calorie intake and weight gain.</p> |

### Mighty Muscle

Represents the look and feel of a 1lb (450g) or 5lb (2.3kg) muscle cluster while flexed, illustrating the benefits of exercise.



## Smoking

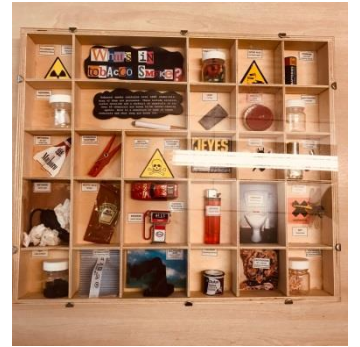
### Smoker's Ten-A-Day Tar Jar

Designed for those working with young people or light smokers to help demonstrate the 200ml of tar that a 10-a-day smoker takes into their lungs every year.



### What's in Tobacco Smoke

Visual display representing some of the 4000 chemicals found in tobacco smoke. It contains a mix of chemicals in jars, insects, cars, objects and photos.



### Tar Tainted Teeth

A sealed jar graphically illustrating the effect of smoking on the teeth and gums. Comes with fact sheets describing the effects of smoking on oral health.



## Oral Health

### Giant Mouth Dental Care

Teeth and giant toothbrush to demonstrate proper brushing and flossing techniques.




### Taking care of your teeth folding display

This three-panel folding display teaches young children the basics of dental care. Brushing, flossing, tooth-healthy snacks, and dental visits are covered in simple but educational terms.



## Sexual Health

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| <p style="text-align: center;"><b>Female Contraceptive Model</b></p> <p>Provides a way to demonstrate proper insertion of female condoms, diaphragms, cervical caps, and spermicides for the prevention of pregnancy.</p>  |    | <p style="text-align: center;"><b>Contraceptive Display Kit</b></p> <p>Contains a condom demonstrator, male &amp; female condoms, diaphragm, IUS; laminated cards showing combined pills, generic contraceptive injection, progestogen-only pill, emergency pill; and booklet including natural family planning chart.</p> |    |
| <p style="text-align: center;"><b>Safer Sex Box</b></p> <p>16 different methods of contraception and 8 Sexually Transmitted Infections (STIs) divided into three colour-coded trays; contained in a flight case.</p>   |   | <p style="text-align: center;"><b>Baby - Brown</b></p> <p>A representation of a full-term baby with brown skin tone. Made of soft brown cloth, the body flexes to show all presentations and positions, and the plastic head features palpable anterior and posterior fontanelles.</p>                                     |   |
| <p style="text-align: center;"><b>Baby - Beige</b></p> <p>A representation of a full-term baby with beige skin tone. Made of soft brown cloth, the body flexes to show all presentations and positions, and the plastic head features palpable anterior and posterior fontanelles.</p> |  | <p style="text-align: center;"><b>Baby - Dark brown</b></p> <p>A representation of a full-term baby with dark brown skin tone. Made of soft brown cloth, the body flexes to show all presentations and positions, and the plastic head features palpable anterior and posterior fontanelles.</p>                           |  |

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| <p><b>Flexible Pelvis Model</b></p> <p>This flexible model of the pelvis is easy to manipulate, and facilitates demonstrations of how the pelvis moves to accommodate delivery during childbirth.</p> |  | <p><b>Perineal Cloth</b></p> <p>This model demonstrates birth over an intact perineum, perineal massage and support, episiotomy, and more. It can be used on its own, and/or with the flexible pelvis, and the baby models.</p> |  |
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All models are available for loan to library members for 28 days at a time. Please check items are in stock before visiting us.

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