

# Resources for Patients

## **Organizations and Agencies**

### ***Alcoholics Anonymous (AA)***

Grand Central Station  
P.O. Box 459  
New York, NY 10163  
Phone: (212) 870-3400  
Web site: [www.aa.org](http://www.aa.org)

### ***American Academy of Otolaryngology-Head and Neck Surgery, Inc. (AAO-HNS)***

One Prince Street  
Alexandria, VA 22314-3357  
Phone: (703) 836-4444  
Web site: [www.entnet.org](http://www.entnet.org)

### ***American Cancer Society***

Phone: (800) ACS-2345 (227-2345)  
TTY: (866) 228-4327  
Web site: [www.cancer.org](http://www.cancer.org)

Cancer Information Specialists are available 24 hours a day to answer your questions in English or Spanish.

### ***American Diabetes Association***

1701 North Beauregard Street  
Alexandria, VA 22311  
Phone: (800) DIABETES (342-2383)  
Web site: [www.diabetes.org](http://www.diabetes.org)

### ***American Dietetic Association***

120 South Riverside Plaza, Suite 2000  
Chicago, Illinois 60606-6995  
Phone: (800) 877-1600  
Web site: [www.eatright.org](http://www.eatright.org)

To find a registered dietician in your area: (800) 366-1655

**Organizations  
and Agencies,  
continued**

***American Geriatrics Society, Foundation for Health in Aging***

350 Fifth Avenue, Suite 800

New York, NY 10118

Phone: (800) 563-4916

Web site: [www.healthinaging.org](http://www.healthinaging.org)

Geriatrician referrals and public information on healthy aging.

The Foundation's Web-based program, *Aging in the Know*

(<http://www.healthinaging.org/agingintheknow/>), provides information on common diseases and disorders that affect older adults as well as practical questions and tips that will help you to work with your healthcare provider on developing your optimal care plan.

***American Lung Association***

61 Broadway, 6<sup>th</sup> Floor

New York, NY 10006

Phone: (800) LUNG-USA (586-4872)

Web site: [www.lungusa.org](http://www.lungusa.org)

***American Psychological Association***

750 First St., NE

Washington, D.C. 20002-4242

Phone: (800) 374-2721

Web site: [www.apa.org](http://www.apa.org)

***American Society on Aging: Live Well, Live Long***

833 Market Street Suite 511

San Francisco, CA 94103

Phone: (800) 537-9728

Web site: [www.asaging.org](http://www.asaging.org)

This organization's Web-based health promotion series, *Live Well, Live Long*, at [www.asaging.org/cdc/index.cfm](http://www.asaging.org/cdc/index.cfm), provides materials for professionals and the public, developed by the American Society on Aging through a cooperative agreement with the Centers for Disease Control and Prevention.

**Organizations  
and Agencies,  
continued**

***American Speech-Language-Hearing Association (ASHA)***

10801 Rockville Pike  
Rockville, Maryland 20852  
Phone: (800) 638-8255  
Web site: [www.asha.org](http://www.asha.org)

***American Tinnitus Association (ATA)***

P.O. Box 5  
Portland, OR 97207-0005  
Phone: (800) 634-8978  
Web site: [www.ata.org](http://www.ata.org)

***Consumer Product Safety Commission***

Washington, DC 20207  
Phone: (800) 638-2772  
TTY: (800) 638-8270  
Web site: [www.cpsc.gov](http://www.cpsc.gov)

For information on simple, inexpensive repairs and changes to make you home safer, ask for a free copy of the booklet “Home Safety Checklist for Older Consumers.”

***Geriatric Mental Health Foundation***

7910 Woodmont Avenue, Suite 1050  
Bethesda, MD 20814  
Phone: (301) 654-7850  
Fax: (301) 645-4137  
Web site: [www.gmhfonline.org](http://www.gmhfonline.org)

Referrals to geriatric psychiatrists and public information on mental health problems in older adults, from the American Association for Geriatric Psychiatry (AAGP).

***Laurent Clerc National Deaf Education Center***

Gallaudet University  
800 Florida Ave. NE  
Washington, DC 20002-3695  
Phone: (202) 651-5000 (voice and TTY)  
Web site: <http://clerccenter.gallaudet.edu>

**Organizations  
and Agencies,  
continued**

**Medicare**

Phone: (800) MEDICARE (633-4227)

People with diabetes who are on Medicare now receive coverage for supplies such as glucose monitors, test strips, and lancets. Call Medicare for more information about what is covered.

**National Cancer Institute —  
The Cancer Information Service (CIS)**

TTY: (800) 332-8615

Web site: [www.cancer.gov](http://www.cancer.gov)

Live web chat line: [www.cancer.gov/help](http://www.cancer.gov/help)

This program provides accurate, up-to-date information about cancer. Specialists answer questions in English or Spanish, on TTY equipment or on the live web chat line.

**National Center for Injury Prevention and Control Centers for Disease  
Control and Prevention**

Mailstop K65

4770 Buford Highway NE

Atlanta, GA 30341-3724

Phone: (800) 311-3435

Web site: [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)

**National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**

22 Cortlandt St. Suite 801

New York, NY 10007-3128

Hope Line phone: (800) NCA-CALL (622-2255)

Web site: [www.ncadd.org](http://www.ncadd.org)

**National Council on the Aging**

300 D Street, SW Suite 801

Washington, D.C. 20024

Phone: 202-479-1200

Web site: [www.ncoa.org](http://www.ncoa.org)

The NCOA's Center for Healthy Aging Web site at <http://healthyagingprograms.org/> provides information on a variety of preventive services and programs for professionals and the public.

**Organizations  
and Agencies,  
continued**

***National Diabetes Education Program***

One Diabetes Way  
Bethesda, MD 20814-9692  
Phone: (800) 438-5383  
Web site: [www.ndep.nih.gov](http://www.ndep.nih.gov)

***National Diabetes Information Clearinghouse (NDIC)  
National Institute of Diabetes and Digestive and Kidney Diseases***

One Information Way  
Bethesda, MD 20892-3560  
Phone: (800) 860-8747  
Web site: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

***National Heart, Lung, and Blood Institute (NHLBI)***

Office of the Director  
Building 31, Room 5A52  
31 Center Drive MSC 2486  
Bethesda, MD 20892  
Phone: (301) 592-8573  
TTY: (240) 629-3255  
Fax: (240) 629-3246  
Web site: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Information on lowering your cholesterol, weight, and blood pressure. Go to Health Information, "H" and then "High Blood Pressure."

***National Institute of Mental Health***

6001 Executive Blvd. Room 8184, MSC 9663  
Bethesda, MD 20892-9663  
Phone: (866) 615-6464  
TTY: (866) 415-8051  
Web site: [www.nimh.nih.gov](http://www.nimh.nih.gov)

***National Institute on Aging Information Center***

P.O. Box 8057  
Gaithersburg, MD 20898-8057  
Phone: (800) 222-2225  
TTY: (800) 222-4225  
Web site: [www.niapublications.org/agepages/alcohol.asp](http://www.niapublications.org/agepages/alcohol.asp)

**Organizations  
and Agencies,  
continued**

***National Institute on Alcohol Abuse and Alcoholism (NIAAA)***

5635 Fishers Lane, MSC 9304  
Bethesda, MD 20892-9304  
Phone: (301) 443-3860  
Web site: [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

***National Institute on Deafness and Other Communication Disorders  
(NIDCD)***

31 Center Drive, MSC 2320  
Bethesda, MD USA 20892-2320  
Phone: (800) 241-1044  
TTY: (800) 241-1055  
Web site: [www.nidcd.nih.gov](http://www.nidcd.nih.gov)

***National Institutes of Health  
Osteoporosis and Related Bone Diseases —  
National Resource Center***

2 AMS Circle  
Bethesda, MD 20892-3676  
Phone: (800) 624-BONE (2663)  
TTY: (202) 466-4315  
Web site: [www.osteoporosis.org](http://www.osteoporosis.org)

***National Kidney and Urological Diseases Information Clearinghouse***

Attn: NKUDIC  
3 Information Way  
Bethesda, MD 20892-3580  
Phone: (800) 891-5390 or (301) 654-4415  
Web site: <http://kidney.niddk.nih.gov/>

***National Osteoporosis Foundation***

1232 22nd Street, NW  
Washington, DC 20037-1292  
Phone: (202) 223-2226  
Web site: [www.nof.org](http://www.nof.org)

***National Smoking Quitline***

Phone: (800) QUITNOW (784-8669)  
TTY: 800-322-8615  
Web site: [www.smokefree.gov](http://www.smokefree.gov)

**Organizations  
and Agencies,  
continued**

**Office on Smoking and Health, Center for Disease Control and  
Prevention**

Mail Stop K-50  
4770 Buford Highway, NE  
Atlanta, GA 30341-3724  
Phone: (800) CDC-4636 (232-4636)  
Web site: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

**Prevent Blindness America**

211 West Wacker Drive, Ste. 1700  
Chicago, IL 60606  
Phone: (800) 331-2020  
Web site: [www.preventblindness.org](http://www.preventblindness.org)

A national volunteer eye health and safety organization dedicated to fighting blindness and saving sight.

**Self Help for Hard of Hearing People, Inc. (SHHH)**

7910 Woodmont Ave, Suite 1200  
Bethesda, MD 20814  
Phone: (301) 657-2248  
TTY: (301) 657-2249  
Web site: [www.shhh.org](http://www.shhh.org)

**Substance Abuse and Mental Health Services Administration  
(SAMHSA)**

Phone: (800) 662-HELP (4357)  
Web site: [www.health.org](http://www.health.org)

**The National Eye Institute (NEI)**

2020 Vision Place  
Bethesda, MD 20892-3655  
Phone: (301) 496-5248  
Web site: [www.nei.nih.gov](http://www.nei.nih.gov)

**Organizations  
and Agencies,  
continued**

***The President's Council on Physical Fitness and Sports  
(PCPFS)***

Department W, Room 738-H  
200 Independence Ave., SW  
Washington, D.C. 20201-0004  
Phone: (202) 690-9000  
Fax: (202) 690-5211  
Web site: [www.fitness.gov](http://www.fitness.gov)

***The Skin Cancer Foundation***

245 5th Avenue Suite #1403  
New York, NY 10016  
Phone: (800) SKIN-490 (754-6490)  
Fax: (212) 725-5751  
E-Mail: [info@skincancer.org](mailto:info@skincancer.org)  
Web site: [www.skincancer.org](http://www.skincancer.org)

The Skin Cancer Foundation provides basic information for health care professionals and the public on the prevention, detection, and treatment of skin cancer.

***The Weight-Control Information Network (WIN)***

1 WIN Way  
Bethesda, MD 20892-3665  
Phone: (202) 828-1025 or (877) 946-4627  
Fax: (202) 828-1028  
E-mail: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)  
Web site: [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)

WIN was established in 1994 to provide the general public, health professionals, the media, and Congress with up-to-date, science-based information on obesity, weight control, physical activity, and related nutritional issues.



## **Publications**

Beale, Lucy. Couvillon, Sandy G. Donnelly, Beverly, and Hutcheson, Katherine A. *The Complete Idiot's Guide to Weight Loss*. Alpha Books: October 2002

A guide to help you reach your ideal size by learning what to eat, how to exercise, and how to avoid common weight-loss pitfalls.

“*Nutrition Action*,” Monthly Newsletter of the Center for Science in the Public Interest

Phone: (202) 332-9110

Web site: [www.cspinet.org/nah/index.htm](http://www.cspinet.org/nah/index.htm)

Phillips, Bill. *Eating for Life*. High Point Media: November 2003

Helps you break free of the dieting dilemma and discover that food is friend, not foe.

Rippe, James M. M.D., *Weight Watchers. Weight Loss That Lasts*. John Wiley & Sons Inc.: November 2005

A myth-busting guide that delivers just what is needed to get off the dieting roller coaster — combining state-of-the-art science, common-sense advice, inspirational stories, and action plans.

Tessmer, Kimberly A., M.S., R.D. *The Everything® Nutrition Book*. Adams Media: June 2003

Provides information you need to improve your dietary intake and provides simple dietary guidelines.

“*Tufts University Health and Nutrition Letter*”

Phone: (800) 274-7581

Web site: [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu)

## **Web Sites**

[www.ahrq.gov/ppip/50plus/index.html](http://www.ahrq.gov/ppip/50plus/index.html)

A Pocket Guide to Staying Healthy at 50+

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

Information for the public on a range of topics related to heart health.

[www.calorie-count.com](http://www.calorie-count.com)

This site offers calorie and nutrient analysis of hundreds of common foods, including name brands.

[www.cdc.gov/aging/info.htm#5](http://www.cdc.gov/aging/info.htm#5)

The Center for Disease Control “Healthy Aging” section contains information on immunizations for adults.

**Web Sites, continued**

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Provides tips on quitting smoking and other health problems associated with smoking.

[www.cfsan.fda.gov~dms/foodlab.html](http://www.cfsan.fda.gov~dms/foodlab.html)

Provides help on reading food labels.

[www.consumer.gov/weightloss](http://www.consumer.gov/weightloss)

A site for the Partnership for Healthy Weight Management. This site includes a BMI chart.

[www.consumersearch.com](http://www.consumersearch.com)

The site offers a comparison of the effectiveness of several weight loss programs based on research and consumer surveys.

[www.eDiets.com](http://www.eDiets.com)

Information about several weight-loss programs. The site offers membership support and advice.

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

Information for the public on a wide variety of health topics.

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

This site of the American Physical Therapy Association, Geriatrics section provides information and useful links for physical therapy clinicians and consumers. The consumer section of the site contains a search feature to locate a certified geriatric Physical Therapist Specialist in your area.

[www.health.harvard.edu/newsletters/Harvard\\_Health\\_Letter.htm](http://www.health.harvard.edu/newsletters/Harvard_Health_Letter.htm)

Excerpts from the Harvard Health Letter, and information on a variety of publications on prevention and wellness in aging.

[www.healthandage.com](http://www.healthandage.com)

Includes health and nutrition articles.

[www.healthfinder.gov](http://www.healthfinder.gov)

“Healthfinder” — a free gateway to reliable consumer health and human services information.

[www.mayoclinic.com](http://www.mayoclinic.com)

Health information for the public to help manage their health.

[www.medlineplus.gov](http://www.medlineplus.gov)

Up-to-date, quality health care information. Go to Health Topics, search for specific topic.

**Web Sites, continued**

[www.mypyramid.gov](http://www.mypyramid.gov)

Features the USDA Food Guide Pyramid, 2005, with recommendations for how much of each group to eat.

[www.niapublications.org/engagepages/exercise.asp](http://www.niapublications.org/engagepages/exercise.asp)

Exercise: Fit for Life, a National Institute on Aging “Age Page.” The NIA offers additional information on exercise for older adults, including an exercise video. Go to [www.nia.nih.gov](http://www.nia.nih.gov) and click on “Publications.”

[www.niapublications.org/engagepages/falls.asp](http://www.niapublications.org/engagepages/falls.asp)

Information on preventing falls and fractures.

[www.niapublications.org/engagepages/nutrition.asp](http://www.niapublications.org/engagepages/nutrition.asp)

Good Nutrition: It’s A Way of Life, a National Institute on Aging “Age Page.”

[www.niapublications.org/engagepages/shots.asp](http://www.niapublications.org/engagepages/shots.asp)

“Shots for Safety” is an “Age Page” on the National Institute on Aging Web site.

[www.nutrition.gov](http://www.nutrition.gov)

Provides reliable information on nutrition, healthy eating, physical activity, and food safety.

[www.prevent.org/content/view/18/12/](http://www.prevent.org/content/view/18/12/)

Information from the Partnership for Prevention, which is a membership organization of businesses, nonprofit organizations, and government agencies advancing policies and practices to prevent disease and improve the health of all Americans.

[www.win.niddk.gov/publications/myths.html](http://www.win.niddk.gov/publications/myths.html)

This site discusses common myths about weight loss.

# Resources for Health Care Providers

## **Publications**

Miller, KE. Zylstra, RG. Stanbridge, JB. *The geriatric patient: A systematic approach to maintaining health.* AM Family Physician. 61 (4): 2000

Web site: [www.aafp.org/afp/20000215/1089.html](http://www.aafp.org/afp/20000215/1089.html)

Pham, HH. Schrag, D. Hargrave, JL. Bach, PB. *Delivery of preventive services to older adults by primary care physicians.* JAMA. 2005 Jul 27;294(4):473-81

Walter, LC. Lewis, CL, Barton, MB. *Screening for colorectal, breast, and cervical cancer in the elderly: A review of the evidence.* AM J Med. 118:2005, 1078-1086.

## **Web Sites**

[www.aafp.org/fpm/20050400/27howt.html](http://www.aafp.org/fpm/20050400/27howt.html)

Information on how to conduct and bill for the “Welcome to Medicare” visit from the American Academy of Family Physicians.

[www.acponline.org/journals/news/jan05/baker.htm](http://www.acponline.org/journals/news/jan05/baker.htm)

Information on how to conduct and bill for the “Welcome to Medicare” visit from the American College of Physicians.

[www.ahrq.gov/clinic/upstfix.htm](http://www.ahrq.gov/clinic/upstfix.htm)

US Preventive Services Task Force (USPSTF) 2005 Guidelines

[www.americangeriatrics.org/policy/2005medicareExam.shtml](http://www.americangeriatrics.org/policy/2005medicareExam.shtml)

Information on how to conduct and bill for the “Welcome to Medicare” visit from the American Geriatrics Society.