

Staying Healthy at 50+ - Put Prevention Into Practice

For More Information

To learn more about staying healthy and preventing disease, you may want to contact the organizations listed in this section. You can get free information by writing, making toll-free telephone calls or by searching the Internet.



AIDS

Centers for Disease Control and Prevention (CDC)

CDC National AIDS Hotline:

1-800-342-2437

CDC AIDS Hotline in Spanish:

1-800-344-7432

CDC AIDS Hotline for the Deaf:

1-800-243-7889 (TTY)

CDC National Prevention Information Network

1-800-458-5231

1-800-243-7012 (TTY)

<http://www.cdcnpin.org>

Alcohol and Drug Abuse

National Clearinghouse for Alcohol and Drug Information, Substance Abuse and Mental Health Services Administration,

U. S. Department of Health and Human Services

1-800-729-6686

<http://www.health.org>

National Institute on Alcohol Abuse and Alcoholism (NIAAA),

National Institutes of Health

301-443-3860

<http://www.niaaa.nih.gov>

Alzheimer's Disease

Alzheimer's Association
1-800-272-3900
<http://www.alz.org>

Alzheimer's Disease Education and Referral Center (ADEAR),
National Institute on Aging,
National Institutes of Health
1-800-438-4380
<http://www.alzheimers.org/adear>

Cancer

Cancer Information Service (CIS),
National Cancer Institute (NCI),
National Institutes of Health
1-800-4-CANCER
(1-800-422-6237)
1-800-332-8615 (TTY)
<http://www.nci.nih.gov>

Diabetes

Lower Extremity Amputation Prevention Program (LEAP),
Bureau of Primary Health Care,
Health Resources and Services Administration,
U.S. Department of Health and Human Services
1-800-400-2742
<http://www.bphc.hrsa.gov/leap>

National Institute of Diabetes and Digestive and Kidney Diseases,
National Institutes of Health
301-496-3583
<http://www.niddk.nih.gov>

General Health Information

Administration on Aging (AoA),
U. S. Department of Health and Human Services
202-619-7501
National Aging Information Center
<http://www.aoa.dhhs.gov/elderpage.html>

Agency for Healthcare Research and Quality (AHRQ),
U.S. Department of Health and Human Services
1-800-358-9295
<http://www.ahrq.gov>

AARP
1-800-424-3410
1-877-434-7598 (TTY)
<http://www.aarp.org>

Healthfinder
Provides electronic information on a wide variety of health topics. Can direct you to medical journals and other publications, clearinghouses, databases, hot lines, medical research, support groups, organizations, and libraries.
<http://www.healthfinder.gov>

National Institute on Aging Information Center,
National Institutes of Health
1-800-222-2225
<http://www.nih.gov/nia>

National Women's Health Information Center,
U.S. Department of Health and Human
Services
1-800-994-9662
<http://www.4women.gov>

Hearing

National Institute on Deafness and Other Communication Diseases,
National Institutes of Health
1-800-241-1044
1-800-241-1055 (TTY)
<http://www.nih.gov/nidcd>

Heart, Lung, and Blood Diseases

Information Center,
National Heart, Lung, and Blood Institute,
National Institutes of Health
1-800-575-9355
<http://www.nhlbi.nih.gov>

Mental Health

National Institute of Mental Health, National Institutes of Health
1-800-647-2642 (English and Spanish)
1-888-826-9438 (Information on anxiety disorders)
<http://www.nimh.nih.gov>

Depression

Depression Awareness, Recognition, and Treatment (D/ART) Program
National Institute of Mental Health,
National Institutes of Health
1-800-421-4211
<http://www.nimh.nih.gov>

Nutrition

Food and Drug Administration (FDA),
Office of Consumer Affairs
1-888-463-6332
<http://www.fda.gov>
<http://www.fda.gov/oc/olderpersons>

Osteoporosis

Osteoporosis and Related Bone Disorders,
National Resource Center,
National Institutes of Health
1-800-624-BONE
(1-800-624-2663)
<http://www.osteoporosis.org>

Stroke

National Institute of Neurological Disorders and Stroke,
National Institutes of Health
301-496-5751
<http://www.ninds.nih.gov>

Urinary Problems

National Institute of Diabetes and Digestive and Kidney Diseases,
National Institutes of Health
301-496-3583
<http://www.niddk.nih.gov>

Vision

National Eye Institute,
National Institutes of Health
301-496-5248
<http://www.nei.nih.gov>

This material was adapted from the booklet Staying Healthy at 50+ Putting Prevention into Action developed by the Agency for Healthcare Research and Quality (AHRQ, formerly the Agency for Health Care Policy and Research), AARP, and the Health Resources and Services Administration (HRSA).

AHRQ is the lead Federal agency charged with supporting research designed to improve the quality of health care, reduce its cost, and broaden access to essential services.

AARP is the Nation's leading organization for people age 50 and older. It serves their needs and interests through information and education, advocacy, and community services, which are provided by a network of local chapters and experienced volunteers throughout the country. The organization also offers members a wide range of special benefits and services, including *Modern Maturity* magazine and the monthly *Bulletin*.