

Other Resources

Senior Citizen's Resources <http://www.usa.gov/Topics/Seniors.shtml>
Guide to Ventura & Santa Barbara
Senior Citizen's Resources <http://www.silveryears.net/>
Volunteer Opportunities in Ventura <http://www.voluntermatch.org/bymsa/m8735/c6/oppl.html>
Routine Testing for Cervical Cancer www.cancer.gov/cancertopics/types/cervical
www.cancer.org/docroot/lrn/lrn_0.asp
www.wcn.org or www.cervicalcancercampaign.org
www.medicare.gov/Publications/Pubs/pdf/pap_test.pdf
www.cdc.gov/cancer/nbccedp/bccpdfs/cc_basic.pdf

Dr. Carolyn Clancy's latest column, your experience in the Hospital & Why it Matters has been posted.
<http://www.ahrq.gov/consumer/cc/cc040108.htm>

My Guide to Coumadin/Warfarin Therapy
<http://www.ahrq.gov/consumer/coumadin.htm>

Education for Seniors
<http://ns.cuyahoga.lib.oh.us/researchinfo/specialists/SENIORS/EDUCATION.html>

Ventura county Public Health <http://www.vchca.org/ph/>

National Library of Medicine Provides information and referrals to help caller's research health questions.
National Library of Medicine
8600 Rockville Pike
Bethesda, MD 20894
1-888-346-3656
<http://www.nlm.nih.gov>
E-mail: custserv@nlm.nih.gov

American Board of Medical Specialties Will tell you if your physician is board certified.
American Board of Med. Specialties
1007 Church Street Suite 404
Evanston, IL 60201-5913
1-866-275-2267 or 847-491-9091
Fax: 847-328-3596
<http://www.abms.org>

National Institute for Occupational Safety and Health
Information on all aspects of occupational health and safety.
Nat'l Inst for Occupational Safety
1600 Clifton Rd.
Atlanta, GA 30333
1-800-356-4674 or 513-533-8326
<http://www.cdc.gov>
E-mail: eidtechinfo@cdc.gov

National Immunizations Information Hotline

(Bilingual) Information and referrals on immunizations for infants and adults. Referrals to health care professionals.

National Immunizations Info Hotline

P.O. Box 13827

Research Triangle Park, NC 27709

1-800-232-4636

TDD: 1-888-232-6348

<http://www.cdc.gov>

E-mail: nipinfo@cdc.gov

Center for Human Genetics

Provides information on disorders currently under study by the Center for Human Genetics. These include: Alzheimer's, ALS, asthma, autism, Bethlehem myopathy, Chiari malformation, CMT, cardiovascular, facioscapulohumeral muscular dystrophies, focal segmental glomerulosclerosis, spastic paraparesis, glaucoma, benign intraepithelial dyskeratosis, hypophosphatemic rickets, limb-girdle muscular dystrophy, MS, neural tube defects, osteoarthritis, Parkinson's, and tuberous sclerosis. See website for complete list.

Center for Human Genetics

Duke University

P.O. Box 3445

Durham, NC 27710

1-800-283-4316

Website: <http://www.chg.mc.duke.edu>

March of Dimes

Dedicated to decreasing the incidence of birth defects, infant mortality, low birth weight and lack of prenatal care. Provides information, referrals and literature.

March of Dimes

1275 Mamoroneck Ave.

White Plains, NY 10605

1-888-663-4637

Website: <http://www.marchofdimes.com>

National Women's Health Resource Center

Provides information on women's health issues. Dedicated to helping women make informed decisions about their health.

Nat'l Women's Health Resource Ctr.

157 Broad St., #315

Red Bank, NJ 07701

1-877-986-9472

<http://www.healthywomen.org>

E-mail: info@healthwomen.org

American Running Association

Information on aerobic sports. Referrals to sports medicine clinics, podiatrists and orthopedists.

Amer. Running Association

4405 E. West Highway, Suite 405

Bethesda, MD 20814

1-800-776-2732 or 301-913-9517 (Mon.-Fri., 9am-5pm)

<http://www.americanrunning.org>

E-mail: run@americanrunning.org

American Health Assistance Foundation

Provides educational information and funds research for Alzheimer's disease, glaucoma, heart disease and macular degeneration.

Amer. Health Asst. Fdn.
22512 Gateway Center Dr.
Clarksburg, MD 20871
1-800-437-2423
<http://www.ahaf.org>

Visiting Nurse Assn. of America

Referrals to local Visiting Nurse Associations.

VNA of America
99 Summer St., #1700
Boston, MA 02110
1-888-866-8773 or 617-737-3200
<http://www.vnaa.org>
E-mail: vnaa@vnaa.org

American Dietetic Association

(Bilingual) Information on diet. Referrals to dietitians. Brochures sometimes available. Sponsored by National Center for Nutrition and Dietetics.

ADA
120 S. Riverside Plaza, #2000
Chicago, IL 60606-6995
1-800-366-1655
<http://www.eatright.org>

National Women's Health Information Center

(Bilingual) Provides information and referrals for all women's health questions and any questions on breast feeding.

Nat'l Women's Health Info Ctr.
8270 Willow Oaks Corporate Dr.
Fairfax, VA 22031
1-800-994-9662
TDD: 1-888-220-5446
<http://www.womenshealth.gov>

National Reference Center for Bioethics Literature

Provides information via e-mail, websites or mail on bioethical topics. Will do limited searches on special topics.

National Reference Center for Bioethics Literature
Georgetown University
Box 571212
Washington, DC 20057-1212
1-800-633-3849
<http://bioethic.georgetown.edu>
E-mail: bioethics@georgetown.edu

'Su Familia' Health Helpline

Provides confidential health information to Hispanic patients and their families. Provides bilingual fact sheets for a wide variety of health topics.

National Alliance for Hispanic Health
1501 16th Street, NW

Washington, DC 20036
1-866-783-2645
<http://www.hispanichealth.org>
E-mail: alliance@hispanichealth.org

National Health Information Center

Helps the public and health professionals locate health information through identification of health, information resources, information and referral systems. Distributes publications and directories on good health and disease prevention topics.

Nat'l Health Information Center
P.O. Box 1133
Washington, DC 20013-1133
1-800-336-4797 or 301-565-4167;
Fax: 301-984-4256
<http://www.healthfinder.gov> E-mail: info@nhic.org
E-mail: info@nhic.org

NORD (National Organization for Rare Disorders)

Information and networking for persons with rare disorders. Literature.

NORD (Nat'l Org. Rare Disorders)
P.O. Box 1968
Danbury, CT 06813-1968
1-800-999-6673 or 203-744-0100 (in Connecticut)
TDD: 203-797-9590
<http://www.rarediseases.org>
E-mail: orphan@rarediseases.org

Minority Health Resource Center

Federally-funded library service that provides information and referral to sources on health problems for minorities.

Minority Health Resource Ctr.
P.O. Box 37337
Washington, DC 20013-7337
1-800-444-6472
TDD: 301-251-1432
<http://www.omhrc.gov>

CDC Traveler's Health Helpline

Provides information for persons traveling overseas. Includes vaccinations, diseases, safe food and water, traveling with children, persons with special needs, etc.

1-877-394-8747
<http://www.cdc.gov>

DES Action USA

Information for women who were prescribed DES during pregnancy and their children. Referrals and education for the public and health workers. Quarterly newsletter.

DES Action U.S.A.
158 S. Stanwood Rd.
Columbus, OH 43209
1-800-337-9288

National Center on Complementary and Alternative Medicine

Provides information on clinical trials and current research projects conducted on alternative medicine.

NCCAM Clearinghouse

P.O.Box 7923

Gaithersburg, MD 20898-7923

1-888-644-6226 or 301-519-3153

TDD: 1-866-464-3615

<http://nccam.nih.gov>

E-mail: info@nccam.nih.gov

UAB Eat Right

Information on nutrition and related topics (weight loss and cholesterol). Sponsored by Nutrition Info. Svcs.

UAB Eat Right

Univ. of Alabama / LCR Bldg.

1675 University Blvd, Rm 358

Birmingham, AL 35294

1-800-231-3438

FDA Office on Orphan Product Development

Provides referrals for persons who need a rare orphan drug.

Office on Orphan Prod. Dev.

5600 Fishers Lane Rm. 6A55

Rockville, MD 20857

1-800-300-7469

<http://www.fda.gov/orphan>

Medicare + Choice Helpline Assistant

Provides information on Medicare, Medigap and health plan options. Publications and audiotapes. Sponsored by federal government.

1-800-633-4273

<http://www.medicare.gov>

Centers for Disease Control and Prevention

(Bilingual) Provides information on health related topics, vaccinations, traveler's health, grants, genetics, hoaxes, rumors, and emergency responses. Information is available via the phone or online.

CDC

1600 Clifton Rd., NE

Atlanta, GA 30333

1-800-232-4636

<http://www.cdc.gov>

E-mail: inquiry@cdc.gov

Compeer

Provides volunteer 'friends' for children and adults who receive mental health treatment.

Compeer

259 Monroe Ave.

Rochester, NY 14607-3632

1-800-836-0475

<http://www.compeer.org>

E-mail: cmpeerp@rochester.rr.com

TARA

Education and advocacy organization. Provides information on borderline personality to families, consumers and providers. Referrals to clinicians, treatment programs, self-help groups, BPD Journal, speakers'bureau, professional conferences and advocacy.

TARA

23 Greene St.

New York, NY 10013

1-888-482-7227 or 212-966-6514

<http://www.tara4bpd.org>

E-mail: taraapd@aol.com

National Alliance for Research on Schizophrenia and Depression

Provides information on schizophrenia, depression and bipolar disorder. Has information on research being conducted on these disorders. Newsletter, literature and brochures.

NARSAD

60 Cutter Mill Rd., #404

Great Neck, NY 11021

1-800-829-8289

<http://www.narsad.org>

National Institute of Mental Health Information Center

Provides information and literature on anxiety, phobias, obsessive-compulsive and depression. Leave name and mailing address and they will mail literature to you.

National Institute of Mental Health Information Center

Public Info and Communication

6001 Executive Blvd. RM 8184

Bethesda, MD 20892-9663

1-866-615-6464 or 301-443-4513

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

Girl's and Boy's Town National Hotline

(Bilingual) Provides crisis intervention, information and referrals for general population. Free, confidential. Short-term crisis intervention. Works with children and families.

Girl's Boy's Town Nat'l Hotline

13940 Gutowski Rd.

Boys Town, NE 68010

1-800-448-3000 (24 hr)

TDD: 1-800-448-1833 (24 hr)

Website: <http://www.girlsandboystown.org>

National Mental Health Association

Provides free information on over 200 mental health topics including bipolar disorder, depression, bereavement, post-traumatic stress disorder and warning signs of mental illness. Referrals to local mental health services. Distributes free national directory of local mental health associations and offers low-cost materials. Advocates to remove stigma of mental illness and for mental health benefits parity.

National Mental Health Association

P.O. Box 16810

Alexandria, VA 22302-0810

1-800-969-6642

TDD: 1-800-433-5959

<http://www.nmha.org>

E-mail: infoctr@nmha.org

National Mental Health Services Information Center

(Bilingual) Refers callers to many mental health organizations nationwide.

Nat'l MH Services

P.O. Box 42557

Washington, DC 20015

1-800-789-2647

<http://www.mentalhealth.samhsa.gov>

E-mail: nmhc-info@samhsa.hhs.gov