

Data Base 07.19.10 edited**TITLE****SOURCE****WEB ADDRESS****Advance Directives**

Advance care planning and advance directives	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/advance_directives.pdf
Advance directives	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/advance_directives.php
Considering hospice care	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Considering_hospice_care.pdf
FL Health care advance directives	FL Assn of Health Care Administrators	http://ahca.myflorida.com/MCHQ/Health_Facility_Regulation/HC_Advance_Directives/docs/adv_dir.pdf
FL suggested designation of health care surrogate	MyFlorida.com	http://www.myfloridalegal.com/DesigSurrogFAQ.pdf
FL suggested living will form	MyFlorida.com	http://myfloridalegal.com/LivingWill.pdf
Guide to advance directives	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/advance_directiveV1.pdf
Living wills and advance directives FAQs	MyFlorida.com	http://www.myfloridalegal.com/LivingWillsFAQs.pdf
Understanding advance directives	Caring Connections	http://www.caringinfo.org/userfiles/File/PDFs/Understanding_Advance_Directives.pdf
We all need to plan for the future	Caring Connections	http://www.caringinfo.org/UserFiles/File/PDFs/PlaningForLongTermCare/We_All_Need_To_Plane_for_the_Future.pdf
You have filled out your advance directive. Now what?	Caring Connections	http://www.caringinfo.org/userfiles/File/cc_now_what.pdf

Advance Directives- added

Advance directives: my wishes... <i>Mis deseos...</i>	Nat'l Hospice & Palliative Care Org.	http://www.caringinfo.org/userfiles/File/PDFs/SPANISH_2009/Advance_Directives-SPANISH.pdf
Hospice and palliative care/ <i>Cuidada paliativo...</i>	Nat'l Hospice & Palliative Care Org.	http://www.caringinfo.org/userfiles/File/PDFs/SPANISH_2009/Hospice_and_Palliative_Care-SPANISH.pdf
How to support someone caring... <i>Apoyo para el cu</i>	Nat'l Hospice & Palliative Care Org.	http://www.caringinfo.org/userfiles/File/PDFs/SPANISH_2009/How_to_Support_Someone_Caring_for_Another-SPANISH.pdf

Advance Directives - deleted

FL advance directives - incorrect web address	Nat'l Hospice & Palliative Care Org.	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Considering_hospice_care.pdf
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Alzheimer's Disease (AD)

AD & type 2 diabetes: What is the link?	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_diabetes.pdf
AD Association documentation guide	Alzheimer's Association	http://www.alz.org/national/documents/brochure_documentationguide.pdf
AD	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_alzdisease.pdf
AD and other dementias	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_relateddiseases.pdf
AD fact sheet	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/adfact.htm
AD medications fact sheet	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/medicationsfs.htm
Legal and financial planning for people with AD	NIA Fact Sheet	http://www.nia.nih.gov/Alzheimers/Publications/legaltips.htm
Medic Alert + Alzheimer's Safe Return	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_safereturn.pdf
Stages of AD	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_stages.pdf
Telling others about an Alzheimer's diagnosis	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_tell diagnosis.pdf
Ten ways to help a family living with AD	Alzheimer's Association	http://www.alz.org/national/documents/care_10waystohelpfamily.pdf
Understanding AD (EZ Read)	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/UnderstandingAD/
Understanding memory loss (EZ Read)	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/UnderstandingMemoryLoss/
Wandering behavior: preparing & preventing...	Alzheimer's Association	http://www.alz.org/national/documents/topicsheet_wandering.pdf
Wandering: who's at risk?	Alzheimer's Association	http://www.alz.org/national/documents/card_wanderingwhoisatrisk.pdf

AD - added

Ten warning signs of AD	Alzheimer's Association	http://www.alz.org/national/documents/brochure_10warnsigns.pdf
The basics of Alzheimer's	Alzheimer's Association	http://www.alz.org/national/documents/brochure_basicsofalz_low.pdf
<i>Medicamentos para la enfermedad de Alzheimer's</i>	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/medicationsfs_sp.htm
<i>Guía de la enfermedad de Alzheimer: la información</i>	Alz Disease & Referral Center (ADEAR)	http://www.nia.nih.gov/Alzheimers/Publications/factsheet_sp.htm
Alzheimer's diet, exercise & complementary health	Fisher Center For Alzheimer's Research	http://www.alzinfo.org/alzheimers-treatment-maintaining.asp
Alzheimer's: Getting the most from medical appointment	Mayo Clinic	http://www.mayoclinic.com/print/alzheimers/AZ00029/METHOD=print
<i>Alzheimer's Association en espanol</i>	Alzheimer's Association	http://www.alz.org/espanol/signs_and_symptoms/comportamientos.asp

AD - deleted

Ten warning signs of AD - replaced with PDF	Alzheimer's Association	http://www.alz.org/alzheimers_disease_publications_alz_basics.asp
Forgetfulness... - password required	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/0B5F943B-D934-4A9C-A169-DF9B17801F02/8278/ForgetfulnessIt_Is_Not_Always_What_You

2008 AD facts and figures - page not found
AD in literature - page not found

Alzheimer's Association
Alzheimer's Association

http://www.alz.org/national/documents/topicsheet_2008_facts_figures.pdf
http://www.alz.org/national/documents/AlzinLit_RL.doc

Bladder

Urinary incontinence

AGS Foundation for Health in Aging

http://www.healthinaging.org/public_education/pef/ui.pdf

Bladder - added

Bladder cancer

American Cancer Society

<http://www.cancer.org/Cancer/BladderCancer/DetailedGuide/index>

Cáncer de vejiga

JAMA

<http://jama.ama-assn.org/cgi/data/293/7/890/DC1/1>

Urinary incontinence

National Institute on Aging

<http://www.nia.nih.gov/HealthInformation/Publications/urinary.htm>

What I need to know about urinary tract infections

National Institute of Diabetes and Digestive and Kidney Diseases

http://kidney.niddk.nih.gov/kudiseases/pubs/pdf/uti_ez.pdf

Lo que usted debe saber sobre las infecciones urinarias

National Institute of Diabetes and Digestive and Kidney Diseases

<http://kidney.niddk.nih.gov/spanish/pubs/pdf/WINTKAUTI-SP.pdf>

Urinary tract infections

Merck

http://www.merck.com/pubs/mmmanual_ha/sec3/ch56/ch56a.html

Painful urination

American Academy of Family Physicians

<http://familydoctor.org/online/famdocen/home/women/gen-health/284.printerview.html>

Dolor al orinar

American Academy of Family Physicians

<http://familydoctor.org/online/famdoces/home/women/gen-health/284.printerview.html>

Bladder - deleted

Urinary incontinence - password required

NIA Age Page

http://www.nia.nih.gov/NR/rdonlyres/D7CDBBB6-7DFA-4FE1-91B8-501B287FAB29/10163/Urinary_Incontinence.pdf

Breathing

Breathing problems - what to ask

AGS Aging in the Know

http://www.healthinaging.org/agingintheknow/chapters_print_ch_trial.asp?ch=45

Chronic obstructive lung disease

AGS Foundation for Health in Aging

http://www.healthinaging.org/public_education/pef/copd.php

Facts about COPD

CDC

<http://www.cdc.gov/nceh/airpollution/copd/pdfs/copdfaq.pdf>

Breathing - added

Age healthier, breathe easier

EPA

http://www.epa.gov/aging/resources/factsheets/ahbe/ahbe_english_100-F-09-045.pdf

Caring for seniors with breathing problems

Care.com

<http://www.care.com/senior-care-caring-for-seniors-with-breathing-problems-p1143-q317309.html>

X-pain pneumonia

The Patient Education Institute

<http://www.nlm.nih.gov/medlineplus/tutorials/pneumonia/id179103.pdf>

Central sleep apnea

Mayo Clinic

<http://www.mayoclinic.com/health/central-sleep-apnea/DS00995>

Breathing - deleted

Facts about COPD - page not found

CDC

<http://www.cdc.gov/nceh/airpollution/copd/pdfs/copdfaq.pdf>

Cancer

Cancer chemotherapy

JAMA

<http://jama.ama-assn.org/cgi/reprint/299/22/2706>

Cancer facts for people over 50

NIA Age Page

<http://www.nia.nih.gov/HealthInformation/Publications/cancer.htm>

Cancer - added

Información sobre el cáncer

National Institute of Aging

<http://www.nia.nih.gov/HealthInformation/Publications/Spanish/cancer-sp.htm>

Cancer in older adults

American Society of Clinical Oncology

http://www.cancer.net/patient/Coping/Age-Related%20Learning/Cancer%20in%20Older%20Adults/Cancer_in_Older_Adults.pdf

How to find a doctor or treatment facility if you have cancer

National Cancer Institute

http://www.cancer.gov/images/documents/5523d778-4ec0-4f7f-b0d8-5c45673d80a8/Fs7_47.pdf

Cómo encontrar a un doctor o un establecimiento de atención médica

National Cancer Institute

http://www.cancer.gov/images/documents/7164d431-bc84-4c4c-94c2-04aa3a46812e/Fs7_47s.pdf

Biopsy: Types of biopsy procedures used to diagnose cancer

Mayo Clinic

<http://www.mayoclinic.com/health/biopsy/CA00083/METHOD=print>

Cancer blood tests: Lab tests used in cancer diagnosis

Mayo Clinic

<http://www.mayoclinic.com/print/cancer-diagnosis/CA00028/METHOD=print>

Cancer treatment decisions: 5 steps to help you decide

Mayo Clinic

<http://www.mayoclinic.com/print/cancer-treatment/CA00027/METHOD=print>

Understanding chemotherapy

National Cancer Institute

<http://www.cancer.gov/cancertopics/chemo-side-effects/understandingchemo.pdf>

Breast Cancer

[The only entry was moved to "send away for" category at end of list.]

Breast Cancer - added

Breast cancer

NIH Senior Health

<http://nihseniorhealth.gov/breastcancer/toc.html>

What breast cancer survivors need to know about cancer and osteoporosis

National Institute of Arthritis and Musculoskeletal and Skin Diseases

http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Conditions_Behaviors/osteoporosis_breast_cancer.pdf

Surgery choices for women with early-stage breast cancer

National Cancer Institute

<http://www.cancer.gov/cancertopics/SurgeryChoicesESBCPDF>

Adjuvant therapy guide for breast cancer	Mayo Clinic	http://www.mayoclinic.com/print/breast-cancer-treatment/AT99999/METHOD=print&PAGE=all
Needle biopsy	Mayo Clinic	http://www.mayoclinic.com/print/needle-biopsy/MY00088/METHOD=print&DSECTION=all
Breast exam	Mayo Clinic	http://www.mayoclinic.com/health/breast-exam/MY00743/METHOD=print
Breast cancer testing	American Association for Clinical Chemi	http://www.labtestsonline.org/understanding/conditions/breast-3.html
Breast cancer staging	Mayo Clinic	http://www.mayoclinic.com/health/breast-cancer-staging/BR00022/METHOD=print
Colorectal Cancer		
Colon polyps	JAMA	http://jama.ama-assn.org/cgi/reprint/300/12/1480
Colorectal cancer	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/colorectalCancer.pdf
Colorectal cancer screening	Family Doctor	http://familydoctor.org/online/famdocen/home/common/cancer/risk/556.html
What is colorectal cancer?	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCRCIntro.pdf
Who is likely to get colorectal cancer?	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCRCRsk.pdf
Colorectal Cancer - added		
Colonoscopy	National Institute of Diabetes and Diges	http://digestive.niddk.nih.gov/ddiseases/pubs/colonoscopy/ColonoscopyFS.pdf
Prostate Cancer		
Grading of prostate cancer	JAMA	http://jama.ama-assn.org/cgi/reprint/298/13/1596
Prostate cancer	JAMA	http://jama.ama-assn.org/cgi/reprint/300/2/236
Prostate cancer	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngProstateCancer.pdf
Prostate problems	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/4B711CC0-E316-4E1C-9DD9-B30574C174DD/9424/ProstatepartsAP4708.pdf
Prostate Cancer - added		
Prostate cancer screening	Centers for Medicare & Medicaid Servic	http://www.medicare.gov/navigation/manage-your-health/preventive-services/prostate-cancer-screening.aspx
Prostate cancer screening - a decision guide	Centers for Disease Control and Preven	http://www.cdc.gov/cancer/prostate/pdf/prosguide.pdf
Prostate-sSpecific antigen test	National Cancer Institute	http://www.cancer.gov/images/documents/4d0e8a1a-5770-4a6f-baac-ded5595d97df/Fs5_29.pdf
<i>Análisis del antígeno prostático específico</i>	National Cancer Institute	http://www.cancer.gov/images/documents/fc8f483e-8c10-431f-b67b-8796ffa80661/Fs5_29s.pdf
Medical tests for prostate problems	National Cancer Institute	http://kidney.niddk.nih.gov/kudiseases/pubs/pdf/MedicalTestProstProb.pdf
Treating prostate cancer: a guide for men with local	Agency for Healthcare Research and Qi	http://www.effectivehealthcare.ahrq.gov/ehc/products/9/98/ProstateCancerConsumer.pdf
<i>Tratamiento para el cáncer de próstata: guía para f</i>	Agency for Healthcare Research and Qi	http://www.effectivehealthcare.ahrq.gov/ehc/products/9/157/Prostate_Cons_Span_web.pdf
Skin Cancer		
Skin cancer defined	NIH Senior Health	http://nihseniorhealth.gov/skincancer/printerFriendly.html?allTopics=entireTopic&images=Include+images&print=Confirm+print+sel
Skin Cancer - added		
ABCDEs of melanoma detection	American Academy of Dermatology	http://www.aad.org/public/exams/abcde.html
When to see a dermatologist	American Academy of Dermatology	http://www.skincarephysicians.com/skincancernet/whentosee.html
Basal cell carcinoma	College of American Pathologists	http://www.cap.org/apps/docs/reference/myBiopsy/SkinBasalCellCarcinoma.pdf
Merkel cell carcinoma: questions and answers	National Cancer Institute	http://www.cancer.gov/images/documents/7cef89b0-0498-49d9-8a6d-d2ac72a0380e/Fs6_11.pdf
Periocular skin cancer: skin tumors around the eye	American Society of Ophthalmic Plastic	http://www.asoprs.org/files/public/InfoSkinCancer.pdf
Squamous cell carcinoma	College of American Pathologists	http://www.cap.org/apps/docs/reference/myBiopsy/squamous_cell_skin_cancer.pdf
Skin types and at-risk groups	Skin Cancer Foundation	http://www.skincancer.org/skin-types-and-at-risk-groups.html
Biopsy: what to expect	American Academy of Dermatology	http://www.skincarephysicians.com/skincancernet/biopsy.html
Skin examinations	American Academy of Dermatology	http://www.skincarephysicians.com/skincancernet/skin_examinations.html
What are basal and squamous cell skin cancers?	American Cancer Society	http://www.cancer.org/Cancer/SkinCancer-BasalandSquamousCell/DetailedGuide/skin-cancer-basal-and-squamous-cell-what-is-b
Skin cancer: treatment options overview	National Cancer Institute	http://www.cancer.gov/cancertopics/pdq/treatment/skin/Patient/page3/print
<i>Cáncer de la piel: tratamiento versión paciente</i>	<i>Instituto Nacional del Cancer</i>	http://www.cancer.gov/espanol/pdq/tratamiento/piel/Patient/page1/print
Caregivers		
Caregiver Kit	AssistGuide Information Services (AGIS)	http://www.agis.com/caregiverkit/caregiverkit.pdf
Medicare help for caregivers	Medicare	www.medicare.gov/caregivers
Planning for Care: questions to Ask	aahsa.org	http://www.aahsa.org/print.aspx?id=652
Taking care of yourself: managing stress as a careç	Alzheimer's Association	http://www.alz.org/national/documents/brochure_caregiverstress.pdf
The AD caregiver	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/alzheimers_caregiver.php

Tips for avoiding caregiver burnout AGS Foundation for Health in Aging http://www.healthinaging.org/public_education/tipsheet_caregiver.pdf

Caregivers - added

Information for caregivers American Academy of Family Physician: <http://familydoctor.org/online/famdocen/home/common/cancer/caregivers/719.printerview.html>
Cáncer: cuando usted es quien provee los cuidados: American Academy of Family Physician: <http://familydoctor.org/online/famdoces/home/common/cancer/caregivers/719.printerview.html>
Caregiver stress and elder abuse National Center on Elder Abuse http://www.ncea.aoa.gov/NCEAroot/Main_Site/pdf/family/fact_sheet.pdf
De los cuidados y el maltrato de ancianos National Center on Elder Abuse http://www.ncea.aoa.gov/NCEAroot/Main_Site/pdf/family/spanishfactbrochure.pdf
Caregivers' guide to medications and aging National Center on Caregiving http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1104
Eldercare at home AGS Foundation for Health in Aging http://www.healthinaging.org/public_education/eldercare/contents.php
Home away from home: relocating your parents National Center on Caregiving http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=849
Caregiving resources National Institute on Aging <http://www.nia.nih.gov/HealthInformation/Publications/caregivingresources.htm>

Caregivers - deleted

Caregiver handouts for people with AD - page not for University of Indiana--Mary Austrom <http://iucar.iu.edu/research/caregiverhandouts.pdf>

Death and Dying

Considering hospice care Medicare.gov http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Considering_hospice_care.pdf
Do not resuscitate... do treat with care FL Dept. of Health <http://www.doh.state.fl.us/DEMO/Trauma/DNRO/DNRpamp.pdf>
Life planning/End of life preparations FL Dept. of Elder Affairs http://elderaffairs.state.fl.us/CRG/Files/Section%20IX_Life%20Planning_End%20of%20Life%20Preparations.pdf
Living with a serious illness Caring Connections http://www.caringinfo.org/UserFiles/File/Living_with_Serious_Illness.pdf
Making choices: a guide to end-of-life planning MyFlorida.com <http://www.myfloridalegal.com/EndofLife.pdf>
The dying process Caring Connections http://www.caringinfo.org/userfiles/File/Dying_final.pdf

Death and Dying - added

Etapas final de la vida National Cancer Institute <http://www.cancer.gov/espanol/pdq/cuidados-medicos-apoyo/etapafinal/>
Terminal illness: supporting a terminally ill loved one Mayo Clinic <http://www.mayoclinic.com/print/grief/CA00041/METHOD=print>
Things to do after someone dies National Institute on Aging http://www.nia.nih.gov/HealthInformation/Publications/endoflife/06_things.htm
Dying at home AGS Foundation for Health in Aging http://www.healthinaging.org/public_education/eldercare/28.xml
If you or someone you love is very ill... tough questions National Hospice and Palliative Care Org <http://www.caringinfo.org/UserFiles/File/PDFs/Caregiving/asktoughquestions.pdf>
When someone you love decides to stop treatment American Society of Clinical Oncology <http://www.cancer.net/patient/All+About+Cancer/Cancer.Net+Features/Family%2C+Friends%2C+and+Caregivers/When+Someone>
When a loved one dies USAA Educational Foundation <http://www.usaaedfoundation.org/pdf/552.pdf>

Death and Dying - deleted

Mourning the death of a spouse - password required NIA Age Page http://www.nia.nih.gov/NR/rdonlyres/1FD87C5D-5D14-4684-92D9-3105989934C0/7648/Mourning_the_Death_of_a_Spouse307.pc

Depression

Depression JAMA <http://jama.ama-assn.org/cgi/reprint/299/20/2466>
Depression NIA Age Page <http://www.nia.nih.gov/HealthInformation/Publications/depression.htm>
Stories of depression - part 1, the basics Healthy Roads Media <http://www.healthyroadsmedia.org/english/Files/pdf/EngDepBas.pdf>
Stories of depression - part 2, getting help Healthy Roads Media <http://www.healthyroadsmedia.org/english/Files/pdf/EngDepHelp.pdf>

Depression - added

La depresión: no permita que la depresión persista NIA Age Page <http://www.nia.nih.gov/HealthInformation/Publications/Spanish/depression-sp.htm>
Depression - seniors National Institute of Mental Health <http://nihseniorhealth.gov/depression/toc.html>
Male depression: understanding the issues Mayo Clinic <http://www.mayoclinic.com/print/male-depression/MC00041/METHOD=print>
Staying well once your depression is treated IntelliHealth - Harvard Medical School <http://www.intelihealth.com/IH/ihtPrint/WSIHW000/8596/35226/363129.html?d=dmContent&hide=t&k=basePrint>
Depression: supporting a family member or friend Mayo Clinic <http://www.mayoclinic.com/print/depression/MH00016/METHOD=print>
Therapy and counseling American Academy of Family Physician: <http://familydoctor.org/online/famdocen/home/common/mentalhealth/treatment/882.printerview.html>
Psicoterapia cognitiva American Academy of Family Physician: <http://familydoctor.org/online/famdoces/home/common/mentalhealth/treatment/882.printerview.html>
Depression: how medicine can help American Academy of Family Physician: <http://familydoctor.org/online/famdocen/home/common/mentalhealth/treatment/045.printerview.html>
Depresión: cómo pueden ayudar los medicamentos American Academy of Family Physician: <http://familydoctor.org/online/famdoces/home/common/mentalhealth/treatment/045.printerview.html>
How is depression diagnosed? IntelliHealth - Harvard Medical School <http://www.intelihealth.com/IH/ihtPrint/WSIHW000/8596/35222/362840.html?d=dmContent&hide=t&k=basePrint>
Signs and symptoms of depression Depression and Bipolar Support Alliance http://www.dbsalliance.org/site/PageServer?pagename=Signs_symptoms&printer_friendly=1
Depresión JAMA <http://jama.ama-assn.org/cgi/data/295/3/348/DC1/1>

Diabetes

Are you at risk from the world's fastest growing disease?	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaR.pdf
<i>Esta usted en riesgo... factores de Riesgo</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaR.pdf
Control your diabetes, part 1 - it's worth the time	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaBas.pdf
<i>Tome el tiempo para controlar, part 1</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaBas.pdf
Control your diabetes, part 2 - diet & exercise	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaDtEx.pdf
<i>Tome el tiempo, part 2</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaDtEx.pdf
Control your diabetes, part 3 - medication & glucose	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaGluMed.pdf
<i>Tome el tiempo, Part 3</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaGluMed.pdf
Diabetes in older people - a disease you can manage	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/943C681C-CA79-4FE5-AC4E-6964033F4114/8174/DiabetespartsAP73107.pdf
Diabetes - what can I do to take care of my feet?	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaFt.pdf
<i>Diabetesb - que puedo hacer para mantener sanos</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaFt.pdf
How can diabetes hurt my feet?	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngDiaFtPr.pdf
<i>Como es que la diabetes afecta los pies?</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaDiaFtPr.pdf
Diabetes: what to ask	AGS Aging in the Know	http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=29
Weight and diabetes	JAMA	http://jama.ama-assn.org/cgi/reprint/299/23/2814

Diabetes - added

It's not too late to prevent diabetes	National Diabetes Prevention Program	http://ndep.nih.gov/media/nottoolate_tips.pdf
<i>Guía para personas con diabetes tipo 1 y tipo 2</i>	National Institute of Diabetes and Digestive and Kidney Diseases	http://diabetes.niddk.nih.gov/spanish/pubs/type1and2/YourGuideDiabetes_Type1-2_SP_T.pdf
Take steps to prevent type 2 diabetes	Office of Disease Prevention and Health Promotion	http://healthfinder.gov/prevention/PrintTopic.aspx?topicId=73
Blood tests to help you manage your diabetes	American Academy of Family Physicians	http://familydoctor.org/online/famdocen/home/common/diabetes/living/779.printerview.html
<i>Diabetes: pruebas de sangre para ayudar a manejarla</i>	American Academy of Family Physicians	http://familydoctor.org/online/famdoces/home/common/diabetes/living/779.printerview.html
What I need to know about physical activity and diabetes	National Institute of Diabetes and Digestive and Kidney Diseases	http://diabetes.niddk.nih.gov/dm/pubs/physical_ez/physactivity.pdf
<i>Lo que usted debe saber sobre la actividad física y diabetes</i>	National Institute of Diabetes and Digestive and Kidney Diseases	http://diabetes.niddk.nih.gov/spanish/pubs/physical_ez/PhysicalActivity-SPAN.pdf
Your first doctor's visit	American Diabetes Association	http://www.diabetes.org/living-with-diabetes/treatment-and-care/who-is-on-your-healthcare-team/your-first-visit.html
Your health care team	American Diabetes Association	http://www.diabetes.org/living-with-diabetes/treatment-and-care/who-is-on-your-healthcare-team/your-health-care-team.html

Driving

DriveWell toolkit & training program	American Society on Aging	http://www.asaging.org/asav2/drivewell/toolkit.cfm
Safe driving for seniors	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/safe_driving_for_seniors.pdf

Driving - added

Driving tips for seniors	American Occupational Therapy Association	http://www.aota.org/DocumentVault/Driving/ODbrochure.aspx
Talking with elderly parents about driving	At Your Service - Home Care	http://www.atyourservicesanantonio.com/articles/Talking_with_Elderly_Parents_About_Driving.pdf
Warning signs and helping an unsafe driver to stop	Senior Directory	http://seniordirectory.com/index.aspx?page=Vis-Warning%20Signs%20and%20Helping%20an%20Unsafe%20Driver%20to

Driving - deleted

Older Drivers - password required	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/63678D39-CE06-4E29-BC3A-1332FCBE8E2E/7691/Older_Drivers.pdf
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Exercise

Exercise for the elderly	Family Doctor	http://familydoctor.org/online/famdocen/home/seniors/staying/754.html
Fitness for older adults	JAMA	http://jama.ama-assn.org/cgi/reprint/300/9/1104
Stay active and feel better!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngAct.pdf
<i>Mantengase activo y sientase bien!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaAct.pdf
Walking tips for older adults	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/walking_tips.pdf
Your guide to physical activity & your heart	National Heart, Lung & Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active_brief.pdf

Exercise - added

Stretching and flexibility as we age	Ohio State University	http://ohioline.osu.edu/ss-fact/0171.html
Improve balance, prevent falls	Ohio State University	http://ohioline.osu.edu/ss-fact/0170.html
Wonderful walking	Ohio State University	http://ohioline.osu.edu/ss-fact/0105.html
Tai chi: an introduction	National Center for Complementary and Integrative Health	http://nccam.nih.gov/health/taichi/D322taichi.pdf

Growing stronger; strength training for older adults	Centers for Disease Control and Prevention	http://www.cdc.gov/physicalactivity/growingstronger/index.html
Exercising with arthritis: improve your joint pain and	Mayo Clinic	http://www.mayoclinic.com/print/arthritis/AR00009/METHOD=print
Frailty in older adults	American Medical Association	http://jama.ama-assn.org/cgi/reprint/296/18/2280.pdf
<i>Fragilidad en adultos mayores</i>	American Medical Association	http://jama.ama-assn.org/cgi/data/296/18/2280/DC1/1
Taking the first step	American Senior Fitness Association	http://www.seniorfitness.org/firststep.htm
Safe exercise practices	American Senior Fitness Association	http://www.seniorfitness.org/safe.htm
Senior exercise and fitness tips: how to gain energy	Help Guide	http://helpguide.org/life/senior_fitness_sports.htm
Exercise and physical activity for older adults	NIH Senior Health	http://nihseniorhealth.gov/exerciseforolderadults/toc.html
Chair exercises	University of Georgia	http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf
Yoga for health: an introduction	National Center for Complementary and	http://nccam.nih.gov/health/yoga/D412_BKG.pdf

Exercise - deleted

Exercise & physical activity: getting fit for life - pass NIA Age Page		http://www.nia.nih.gov/NR/rdonlyres/91DBE1D1-2136-4C6E-8A01-C747E94DD605/8162/Exercise_and_Physical_ActivityGetting_F
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Falls

Be HeadSmart, seniors!	Brain Injury Association of FL	http://www.biaf.org/prev-pdfs/BIAFSafetyChecklist.pdf
Check for safety: home fall prevention checklist	CDC	http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/booklet_Eng_desktop.pdf
Falls and balance problems	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/falls.pdf
Hip fractures	JAMA	http://jama.ama-assn.org/cgi/reprint/298/20/2442
Preventing serious falls: tips for older adults ...	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/falls_tips.pdf
Traumatic brain injury facts	Brain Injury Association of FL	http://www.biaf.org/documents/TBIfactsheet.pdf
What YOU can do to prevent falls	CDC	http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/brochure_Eng_desktop.pdf

Falls - added

What are ways to prevent falls and related fractures	NIH Osteo & Related...Natl. Res. Ctr.	http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Fracture/prevent_falls_ff.pdf
How to handle a fall	University of Florida	http://edis.ifas.ufl.edu/pdffiles/FY/FY73900.pdf
Fall prevention: solutions for your home	University of Florida	http://edis.ifas.ufl.edu/pdffiles/FY/FY73400.pdf
Fall prevention: home safety inventory	University of Florida	http://edis.ifas.ufl.edu/pdffiles/FY/FY73500.pdf

Falls - deleted

Falls and fractures - password required	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/6C2C1311-604E-4D17-AF62-831D1DD501E1/7930/Falls_and_Fractures.pdf
What are ways to prevent falls and related fractures	NIH Osteo& Related...Natl Res Ctr	http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Fracture/prevent_falls_ff.asp

Hearing

Adult hearing loss	JAMA	http://jama.ama-assn.org/cgi/reprint/298/1/130
Hearing loss	NIA Age Page	http://www.nia.nih.gov/HealthInformation/Publications/hearing.htm
Hearing loss and older adults	National Institute on Deafness	http://www.nidcd.nih.gov/health/hearing/older.asp

Hearing - added

So you need a hearing aid	Ohio State University	http://ohioline.osu.edu/ss-fact/0165.html
Get your hearing checked	Office of Disease Prevention and Health	http://healthfinder.gov/prevention/PrintTopic.aspx?topicID=34
<i>La pérdida de audición y las personas de edad</i>	National Institute on Deafness	http://www.nidcd.nih.gov/health/spanish/older_span.asp
Presbycusis	National Institute on Deafness	http://www.nidcd.nih.gov/health/hearing/presbycusis.asp
<i>Presbiacusia</i>	National Institute on Deafness	http://www.nidcd.nih.gov/health/spanish/presbycusis_span.asp
<i>Pérdida de la audición en adultos</i>	JAMA	http://jama.ama-assn.org/cgi/data/298/1/130/DC1/1
Audiometry	American Medical Association	http://jama.ama-assn.org/cgi/reprint/295/4/460.pdf
<i>Audiometría</i>	American Medical Association	http://jama.ama-assn.org/cgi/data/295/4/460/DC1/1

Heart Disease

Acute coronary syndromes	JAMA	http://jama.ama-assn.org/cgi/reprint/300/1/132
Coronary artery disease (CAD)	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCAD.pdf
<i>Enfermedad de las arterias coronarias (CAD)</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaCAD.pdf
Heart attack	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngMI.pdf
<i>Ataque cardiaco</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaMI.pdf

Heart failure	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngHrtFail.pdf
<i>Insuficiencia cardiaca</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaHrtFail.pdf
High blood cholesterol - what you need to know	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.pdf
Learn your cholesterol number!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCn.pdf
<i>Conozco su nivel de colesterol!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaCn.pdf
Protect your heart - lower your blood cholesterol	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngChht.pdf
<i>Proteja su corazón - baje su colesterol</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaChht.pdf
The heart health for women brochure	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/htbrochure.pdf
The heart truth for African American women - action plan	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/factsheet_aa.pdf
The heart truth for Latinas - an action plan	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/factsheet_latina.pdf
The heart truth for women - if you have heart disease	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/factsheet_heartdisease_508.pdf
The heart truth for women - wallet card	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/nhlbi_walletcard.pdf
The heart truth for women - an action plan	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/factsheet_actionplan.pdf
Your guide to a healthy heart	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/healthyheart_fs.pdf
Your guide to living well with heart disease	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_hd_fs.pdf

Heart Disease - added

Chronic stress and the heart	American Medical Association	http://jama.ama-assn.org/cgi/reprint/298/14/1722.pdf
<i>El estrés crónico y el corazón</i>	American Medical Association	http://jama.ama-assn.org/cgi/data/298/14/1722/DC1/1
Take care of your heart, manage your diabetes	National Institute of Diabetes and Digestive and Kidney Diseases	http://ndep.nih.gov/media/TCH_AsAm_flyer_Eng.pdf
What is a stress test?	American Heart Association	http://www.americanheart.org/downloadable/heart/119620079524944%20WhatIsaStressTest%2007_07.pdf
What is echocardiography?	American Heart Association	http://www.americanheart.org/downloadable/heart/119619284918737%20WhatIs%20Echocardiography%2007_07.pdf
What is a coronary angiogram?	American Heart Association	http://www.americanheart.org/downloadable/heart/119619923016841%20WhatIsaCoronaryAngiogram_9-07.pdf
What does diabetes have to do with heart and blood vessels?	Preventive Cardiovascular Nurses Association	http://professional.diabetes.org/UserFiles/File/Make%20the%20Link%20Docs/CVD%20Toolkit/23-MedicalTests.pdf
Protect your heart by losing weight	Preventive Cardiovascular Nurses Association	http://professional.diabetes.org/UserFiles/File/Make%20the%20Link%20Docs/CVD%20Toolkit/11-weight-loss.pdf
Protect your heart: make wise food choices	Preventive Cardiovascular Nurses Association	http://professional.diabetes.org/UserFiles/File/Make%20the%20Link%20Docs/CVD%20Toolkit/06-Wise-Food.pdf

Heart Disease - deleted

The heart healthy handbook for women - redundant	Natl. Heart, Lung, & Blood Institute	http://www.nhlbi.nih.gov/health/hearttruth/material/factsheet_heartdisease_508.pdf
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Hypertension

High blood pressure	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/D9BB15A3-FBEF-4DFE-931E-FA0CD314AB73/0/High_Blood_Pressure.pdf
Hypertension	JAMA	http://jama.ama-assn.org/cgi/reprint/299/24/2914
Take steps to prevent high blood pressure	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngBP.pdf
<i>Pongase en accion - prevenga la alta presion</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaBP.pdf
Your guide to lowering your blood pressure with DASH diet	National Heart, Lung & Blood Institute	http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf

Hypertension - added

Exercise your way to lower blood pressure	American College of Sports Medicine	http://www.acsm.org/AM/Template.cfm?Section=Brochures2&Template=/CM/ContentDisplay.cfm&ContentID=1733
Talk with your health care provider about high blood pressure	Agency for Healthcare Research and Quality	http://www.ahrq.gov/clinic/cvd/hbpatient.pdf
What is high blood pressure medicine?	American Heart Association	http://www.americanheart.org/downloadable/heart/119626772541850%20WhatIsHBPMedication%2007_07.pdf
High blood pressure and women	American Heart Association	http://www.americanheart.org/print_presenter.jhtml;jsessionid=3RYLOGQELZ0AWCQFCXPSCZQ?identifier=2123

Medicare Resources

Considering hospice care	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Considering_hospice_care.pdf
Help with hospitalization and other billing questions	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Help_with_hospitalization.pdf
Home health care and community services	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Home_health_care_and_community_services.pdf
Learning the basics	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Learning_the_Basics.pdf
Nursing homes and housing options	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Nursing_homes_and_housing_options.pdf
Paying for outpatient prescription drugs	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Paying_for_outpatient_prescription_drugs.pdf
Planning for a healthy future	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Planning_for_a_healthy_future.pdf
Seeking second opinions: chronic illness	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Seeking_second_opinions_Chronic_illness.pdf

Medicare - added

Eligibility and enrollment <i>Medicare y usted</i>	Health Assistance Partnership	http://www.hapnetwork.org/original-medicare/ship-resource-guide/eligibility-and-enrollment.pdf
Welcome to Medicare physical exam	Centers for Medicare & Medicaid Service	http://www.medicare.gov/publications/pubs/pdf/10050_s.pdf
Choosing a Medigap policy: a guide to health insurance	Centers for Medicare & Medicaid Service	http://www.medicare.gov/navigation/manage-your-health/preventive-services/medicare-physical-exam.aspx
<i>Selección de una póliza Medigap: la guía para las personas</i>	Centers for Medicare & Medicaid Service	http://www.medicare.gov/publications/pubs/pdf/02110.pdf
How to file a medicare claim	Centers for Medicare & Medicaid Service	http://www.medicare.gov/publications/pubs/pdf/02110_s.pdf
Medicare's wheelchair and scooter benefit	Centers for Medicare & Medicaid Service	http://www.medicare.gov/navigation/medicare-basics/understanding-claims/how-to-file-a-claim.aspx
	Centers for Medicare & Medicaid Service	http://www.medicare.gov/Publications/Pubs/pdf/11046.pdf

Medications

Avoiding overmedication & harmful drug reactions	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/avoiding_overmedication.pdf
Check your medicines	AHRQ	http://www.ahrq.gov/consumer/checkmeds.pdf
Disposing of unwanted medications	MN Pollution Control Agency	http://www.pca.state.mn.us/publications/w-hhw4-54.pdf
Facts about generic drugs	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngGenDr.pdf
<i>Informacion sobre drogas genericas</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaGenDr.pdf
Managing medications	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/managing_meds.pdf
Quick tips when getting a prescription	AHRQ	http://www.ahrq.gov/consumer/quicktips/tipprescrip.pdf
Safe use of medicines	NIA	http://www.nia.nih.gov/NR/rdonlyres/D00785AD-F959-472E-A46F-D45B2F75DB3C/0/Safe_Use_of_Medicines.pdf
Use medicine safely	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngMedSaf.pdf
<i>Las medicinas; como usarlas con confianza</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaMedSaf.pdf

Medications - added

Systems to keep track of taking medications	Ohio State University	http://ohioline.osu.edu/ss-fact/pdf/0135.pdf
Drug interactions: what you should know	US Food and Drug Administration	http://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM163355.pdf
Getting extra help with Medicare prescription drug coverage	Social Security Online	http://www.socialsecurity.gov/pubs/10115.pdf
<i>Ayuda con los gastos del plan de medicamentos reembolso</i>	Social Security Online	http://www.socialsecurity.gov/espanol/10905.pdf
Drug treatment	AGS Foundation for Health in Aging	http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=6
Medicines and you: a guide for older adults	US Food and Drug Administration	http://www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm
Drug reactions	American Academy of Family Physician	http://familydoctor.org/online/famdocen/home/seniors/seniors-meds/231.printerview.html
<i>Reacciones a los medicamentos</i>	American Academy of Family Physician	http://familydoctor.org/online/famdoces/home/seniors/seniors-meds/231.printerview.html
Drug-food Interactions	American Academy of Family Physician	http://familydoctor.org/online/famdocen/home/seniors/seniors-meds/121.printerview.html
<i>Medicamentos y comida: cuando no pueden ir juntos</i>	American Academy of Family Physician	http://familydoctor.org/online/famdoces/home/seniors/seniors-meds/121.printerview.html
Harmful interactions: mixing alcohol with medication	National Institute on Alcohol Abuse and Alcoholism	http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm
<i>Reacciones adversas: la mezcla de bebidas alcohólicas y medicamentos</i>	National Institute on Alcohol Abuse and Alcoholism	http://pubs.niaaa.nih.gov/publications/MedSpanish/medicine.htm

Medications - deleted

Medicines: use them safely - password required	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/DD08C21D-B866-4B42-A94C-71EAEFF62B4B/11046.pdf
Think it through: benefits/risks of medicines - page 1	FDA	http://www.fda.gov/cder/consumerinfo/thinkBrochureHigh.pdf

Mood Disorders

Anxiety	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngAnx.pdf
<i>Ansiedad</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaAnx.pdf
Mental health	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngMental.pdf
<i>Salud mental</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaMental.pdf
Panic disorder	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngPanic.pdf
<i>salud mental</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaPanic.pdf

Mood Disorders- added

Good mental health is ageless	Substance Abuse and Mental Health Services Administration	http://www.kap.samhsa.gov/products/brochures/pdfs/Agingmh.pdf
<i>La buena salud mental no tiene edad</i>	Substance Abuse and Mental Health Services Administration	http://www.kap.samhsa.gov/mli/docs/spanish/AgingMH-Spanish.pdf
Sleeping well as we age	Geriatric Mental Health Foundation	http://www.gmhfonline.org/gmhf/consumer/factsheets/hlthage_sleep.html
Seniors mental health	American Psychiatric Association	http://healthyminds.org/More-Info-For/Seniors.aspx
Medicare and your mental health benefits	Centers for Medicare & Medicaid Service	http://www.medicare.gov/publications/pubs/pdf/10184.pdf
<i>Medicare y sus beneficios de salud mental</i>	Centers for Medicare & Medicaid Service	http://www.medicare.gov/publications/pubs/pdf/10184_s.pdf

Nursing Homes

Nursing homes and housing options	Medicare.gov	http://www.medicare.gov/caregivers/pdfs/Medicare_Basics/Nursing_homes_and_housing_options.pdf
Nursing home checklist	aplaceformom.com	http://nursing-homes.aplaceformom.com/articles/nursing-home-checklist/
Tips for when you tour nursing homes & assisted liv	aplaceformom.com	http://nursing-homes.aplaceformom.com/articles/tour-nursing-homes/

Nursing Homes - added

Nursing homes: making the right choice	National Institute on Aging	http://www.nia.nih.gov/HealthInformation/Publications/nursinghomes.htm
<i>Cuidado a largo plazo: escogiendo el lugar correct</i>	National Institute on Aging	http://www.nia.nih.gov/HealthInformation/Publications/Spanish/nursinghomes-sp.htm
Nursing homes	Centers for Medicare & Medicaid Servic	http://www.medicare.gov/nursing/overview.asp?PrinterFriendly=true
Moving into an assisted living residence:making a s	National Center for Assisted Living, Am	http://www.longtermcareliving.com/pdf/moving_into_al.pdf
Tips on visiting friends and relatives	National Center for Assisted Living, Am	http://www.longtermcareliving.com/family/visit/
A consumer's guide to nursing facilities	National Center for Assisted Living, Am	http://www.longtermcareliving.com/assess/nursing/index.htm
A guide for families: having the conversation about	National Center for Assisted Living, Am	http://www.longtermcareliving.com/pdf/conversation.pdf
Medicare coverage of skilled nursing facility care	Centers for Medicare & Medicaid Servic	http://www.medicare.gov/Publications/Pubs/pdf/10153.pdf
Medicare and skilled nursing facility care benefits	Centers for Medicare & Medicaid Servic	http://www.medicare.gov/Publications/Pubs/pdf/11359.pdf
<i>Cobertura de Medicare del cuidado en un centro de</i>	Centers for Medicare & Medicaid Servic	http://www.medicare.gov/Publications/Pubs/pdf/10153_s.pdf

Nursing Homes - deleted

Nursing homes: making the right choice - password NIA Age Page		http://www.nia.nih.gov/NR/rdonlyres/647C542B-4588-43F4-94CE-65C206B13419/10001/Nursing_Homes_Making_the_Right_Choi
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Nutrition

Apply the heat!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSAplyHt.pdf
Cut down on fat - not taste!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFat.pdf
<i>Reduzca la grasa - no el sabor!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaFat.pdf
Cut down on salt and sodium!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngSalt.pdf
<i>Como menos sal y sodio!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaSalt.pdf
Eating out, bringing in	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSEatOut.pdf
Food safety at home	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSHome.pdf
Refrigerator and freezer storage chart	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSRefStor.pdf
Thermometer tips	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSThrmTip.pdf
To your health: food safety for seniors	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngFSSBasic.pdf

Nutrition - added

Older adults and food safety - PDF	USDA	http://www.fsis.usda.gov/PDF/Older_Adults_and_Food_Safety.pdf
<i>Las personas mayores necesitan ser juiciosas en n</i>	Tufts University. Friedman School of Nu	http://nutrition.tufts.edu/docs/pdf/releases/ModifiedMyPyramid.pdf
Guide to my pyramid	Tufts University. Friedman School of Nu	http://nutrition.tufts.edu/docs/guidelines.pdf
Healthy eating and physical activity across your life:	National Institute of Diabetes and Diges	http://win.niddk.nih.gov/publications/young_heart.htm#whatis
Nutrition and aging (sensory changes)	Colorado State	http://www.ext.colostate.edu/pubs/foodnut/09322.pdf
Healthy eating for older adults (budget, fluids)	Utah State University	http://extension.usu.edu/files/publications/factsheet/pub__4803206.pdf
How much protein do you need?	NIH	http://newsinhealth.nih.gov/pdf/NIHNIH%20March08.pdf
Making your kitchen "user friendly"	Ohio State University	http://ohioline.osu.edu/ss-fact/pdf/0179.pdf
Dietary supplements	National Institute on Aging	http://www.nia.nih.gov/NR/rdonlyres/6581089F-F9FB-4677-9341-68C304DB52A8/9765/Diet_parts_AP_FINAL.pdf
Preventing food-drug interactions	University of Georgia	http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-5a.pdf
Calcium and vitamin D: important at every age	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/calcium_vitamin_d.pdf
Calcium intake tools/calcium calculator	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/calcium_intake.pdf
Calcium supplements: what to Look for	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/calcium_supp.pdf
Other nutrients and bone health at a glance	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Nutrition/other_nutrients.pdf

Osteoporosis

Bone health	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/bone_health.pdf
Osteoporosis: the bone thief	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/D4391CF4-5E29-434B-ADAF-86706E21B4D7/9783/OsteoporosisPartsAP52108.pdf

Osteoporosis - added

Osteoporosis	NIH Senior Health	http://nihseniorhealth.gov/osteoporosis/toc.html
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Osteoporosis overview	NIAMS	http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/overview.pdf
Osteoporosis	FDA Office of Women's Health	http://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/UCM121901.pdf
<i>La osteoporosis</i>	American College of Rheumatology	http://www.rheumatology.org/practice/clinical/patients/diseases_and_conditions/osteoporosis-esp.pdf
Bone markers	Lab Tests Online	http://www.labtestsonline.org/understanding/analytes/bone_markers/glance.html
Bone mass measurement: what the numbers mean	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/bone_mass_measure.pdf
<i>Prueba de la densidad ósea: lo que significan</i>	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Portal_En_Espanol/Informacion_de_Salud/Huesos/Salud_Hueso/bone_mass_espanol.pdf
Osteoporosis: the diagnosis	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/diagnosis.pdf
Beat the break	National Osteoporosis Foundation	http://www.nof.org/patientinfo/Beat_The_Break.pdf
Moving safely	National Osteoporosis Foundation	http://www.nof.org/osteoporosis/Guidelines_for_Safe_Movement.pdf
Osteoporosis	American Academy of Orthopedic Surge	http://orthoinfo.aaos.org/topic.cfm?topic=a00232
Once is enough:a gide to future factures	NIH Osteoporosis and Bone Related Bo	http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Fracture/preventing_fracture.pdf
Warning signs of osteoporosis	Metamatrix	http://www.metamatrix.com/files/test-menu/patient-briefs/Bone-PB.pdf
Osteopenia and preventing fractures	JAMA	http://jama.ama-assn.org/cgi/reprint/296/21/2644.pdf
<i>La osteopenia y la prevención de fracturas</i>	JAMA	http://jama.ama-assn.org/cgi/data/296/21/2644/DC/11
Osteopenia	Andrew Weil, MD	http://www.drweil.com/drw/u/ART02771/osteopenia.html
Osteoporosis treatment puts brakes on bone loss	Mayo Clinic	http://www.mayoclinic.com/health/osteoporosis-treatment/WO00127
Exercises for osteoporosis and fall prevention	Osteoporosis Australia	http://www.osteoporosis.org.au/files/factsheets/OTH-7675-ENG.pdf
Prevention and treatment of osteoporosis	Vertical Health	http://www.endocrineweb.com/osteoporosis/treatment.html
Medications to prevent and treat osteoporosis	Everyday Health	http://www.everydayhealth.com/womens-health/osteoporosis/medications-approved-for-osteoporosis.aspx
All about bone mineral density tests	New York State	http://www.health.state.ny.us/diseases/conditions/osteoporosis/tests.htm

Osteoporosis - deleted

Osteoporosis - incorrect web address	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/advance_directives.php
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Pain

About your pain	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngPain.pdf
<i>Acerca de su dolor</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaPain.pdf
Acute pain treatment	JAMA	http://jama.ama-assn.org/cgi/reprint/299/1/128
Persistent pain	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/persistent_pain.pdf

Pain - added

Pain in dementia - caregiver's guide	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pain/pain_dementia.pdf
Eldercare at home: pain	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/eldercare/11_p.xml?mode=print
Dealing with persistent pain later in life	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/persistent_pain_tips.pdf

Screening and Prevention

Be prepared for medical appointments	AHRQ	http://www.ahrq.gov/qual/beprepared.pdf
Clean hands save lives!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCleanHands.pdf
<i>Las manos limpias salvan vidas!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaCleanHands.pdf
Considering surgery?	NIA Age Page	http://www.nia.nih.gov/HealthInformation/Publications/surgery.htm
Flu & other potentially life-saving shots	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/vaccination_tipsheet.pdf
Inactivated influenza vaccine 2008-2009	cdc.gov	http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf
<i>Vacuna desactivada contra la influenza 2008-2009</i>	immunize.org	http://www.immunize.org/vis/spflu06.pdf
Good health habits at 60 and beyond	Family Doctor	http://familydoctor.org/online/famdocen/home/seniors/staying/799.printerview.html
Health on the Web: finding reliable Information	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngWebInfo.pdf
Hot weather safety	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/hot_weather_safety_tipsv3.pdf
Make and take notes	Talk About RX	http://www.talkaboutrx.org/assocdocs/TASK/269/make_notes.pdf
Pneumococcal polysaccharide vaccine	cdc.gov	http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-ppv.pdf
<i>Vacuna neumococica polisacarida</i>	immunize.org	http://www.immunize.org/vis/sppne97.pdf
Questions are the answer: build your question list	AHRQ	http://www.ahrq.gov/questionsaretheanswer/questionBuilder.aspx
Self-management: taking charge of your health	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngSelfMan.pdf
Sharp at any age: keeping your brain young	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/cognitive_vitality.pdf
Sleep problems	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/sleep_problems.pdf
Surviving the cold and flu season	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngCF.pdf

<i>Como sobrevivir la temporada de los resfríos y la gripe</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaCF.pdf
Top 10 healthy new year's resolutions for older adults	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/top_10_resolutions.pdf
Watch your weight	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngWt.pdf
<i>Cuide su peso</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaWt.pdf
Your guide to healthy sleep	Nat'l Heart, Lung & Blood Institute	http://www.nhlbi.nih.gov/health/public/sleep/healthysleepfs.pdf
Screening and Prevention - added		
Planning for excessive heat events	EPA	http://www.epa.gov/aging/resources/factsheets/lowvision_itdhpfehe_english_2006_11.pdf
A guide to healthy aging	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/aging_obstacles.pdf
Talk with your doctor about taking aspirin every day	Office of Disease Prevention and Health Promotion	http://healthfinder.gov/prevention/PrintTopic.aspx?topicID=10
Screening and Prevention - deleted		
Tips for overcoming the challenges to healthy aging	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/aging_obstacles.pdf
Flu: get the shot - password required	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/206F82DA-892A-41E7-B050-57A907AF41C2/8264/Flu_Get_theShot.pdf
Guide to geriatric syndromes, part 1 - unreadable w/ screen	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/gs_part1.pdf
Guide to geriatric syndromes, part 2 - part 1 not used	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/gs_part2.pdf
Smoking		
Kick the smoking habit!	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngSmok.pdf
<i>Rompa con el habito de fumar!</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaSmok.pdf
Quit smoking	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/smoking_cessation.pdf
Smoking: it's never too late to stop	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/4AD34C02-A781-4C8A-BD6C-EB6FD1BAA563/10148/SmokingIts_Never_Too_Late_To_Stop.pdf
Smoking: steps to help you break the habit	Family Doctor	http://familydoctor.org/online/famdocen/home/common/addictions/tobacco/161.printinterview.html
Smoking - added		
Cigar smoking and cancer	National Cancer Institute	http://www.cancer.gov/cancertopics/factsheet/Tobacco/cigars
Stroke		
Stroke	Healthy Roads Media	http://www.healthyroadsmedia.org/english/Files/pdf/EngStroke.pdf
<i>Derrame cerebral</i>	Healthy Roads Media	http://www.healthyroadsmedia.org/spanish/Files/pdf/SpaStroke.pdf
Stroke	NIA Age Page	http://www.nia.nih.gov/NR/rdonlyres/52AEAA7B-40B0-4935-8C2E-0EDCA12E2868/9726/StrokePartsAP.pdf
Stroke awareness and prevention	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/stroke_awareness.pdf
Stroke - added		
Know stroke: know the signs, act in time	National Institute of Neurological Disorders and Stroke	http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#disabilities
Stroke risk factors and symptoms	NINDS	http://www.ninds.nih.gov/disorders/stroke/stroke_bookmark.htm
<i>Apoplejía: Factores de riesgo y síntomas</i>	NINDS	http://espanol.ninds.nih.gov/trastornos/apoplejia.htm
What are the warning signs of stroke?	American Stroke Association	http://www.americanheart.org/downloadable/heart/119611739104306%20WhatAretheWarningSignsofStroke%2007_07.pdf
Stroke risk reduction: a healthy nutrition guide	National Stroke Association	http://www.stroke.org/site/DocServer/NSAFactSheet_Eating.pdf?docID=987
Functional MR imaging (fMRI): brain	American College of Radiology, Radiology	http://www.radiologyinfo.org/en/info.cfm?pg=fmribrain
<i>RMN funcional (RMNf); cerebro</i>	American College of Radiology, Radiology	http://www.radiologyinfo.org/sp/info.cfm?pg=fmribrain
Vision		
Aging and your eyes	NIA Age Page	http://www.nia.nih.gov/HealthInformation/Publications/eyes.htm
Visual impairment	AGS Foundation for Health in Aging	http://www.healthinaging.org/public_education/pef/visual_impairment.pdf
Vision - added		
<i>El envejecimiento y sus ojos</i>	National Institute on Aging	http://www.nia.nih.gov/HealthInformation/Publications/Spanish/eyes-sp.htm
Taking your eyedrop medication	Prevent Blindness America	http://www.preventblindness.org/resources/Non-Customizable/NC_MK17_EyeDrop_08-039.pdf
Facts about cataract	National Eye Institute	http://www.nei.nih.gov/health/ataract/ataract_facts.asp
<i>Las Cataratas</i>	National Eye Institute	http://www.nei.nih.gov/health/espanol/pdfs/cataraclayoutSPAN2.pdf
Glaucoma	National Eye Institute	http://nihseniorhealth.gov/glaucoma/toc.html
<i>El glaucoma</i>	National Eye Institute	http://www.nei.nih.gov/health/espanol/pdfs/glaucayoutSPAN2.pdf
Glaucoma: Diagnostic tests	Glaucoma Research Foundation	http://www.glaucoma.org/learn/diagnostic_test.php

Symptoms of glaucoma	American Health Assistance Foundation	http://www.ahaf.org/glaucoma/about/symptoms.html
Glaucoma treatment	American Health Assistance Foundation	http://www.ahaf.org/glaucoma/treatment/
Glaucoma checklist	Prevent Blindness America	http://www.preventblindness.org/resources/Non-Customizable/NC_MK22_GlucCheck_08-040.pdf
Age-related macular degeneration	National Eye Institute	http://nihseniorhealth.gov/agerelatedmaculardegeneration/toc.html
<i>La degeneración macular: relacionada con la edad</i>	National Eye Institute	http://www.nei.nih.gov/health/espanol/amd_paciente.asp
Tests your doctor might use	Macular Degeneration Partnership	http://www.amd.org/living-with-amd/resources-and-tools/30-tests-your-doctor-might-use.html
AMD (age related macular degeneration)	Prevent Blindness America	http://www.preventblindness.org/resources/Non-Customizable/NC_MK07_AMD_08-042.pdf
Tips for Living with AMD (age related macular dege	Prevent Blindness America	http://www.preventblindness.org/resources/Non-Customizable/NC_MK15_AMD_Tips_08-043.pdf

Not on line

Advance care planning: preferences for care...	AHRQ	FREE--order direct
Basics of AD	Alzheimer's Association	FREE--order direct
Communication	Alzheimer's Association	FREE--order direct
Early-onset Alzheimer's	Alzheimer's Association	FREE--order direct
If you have AD	Alzheimer's Association	FREE--order direct
Money matters	Alzheimer's Association	FREE--order direct
Understanding AD	NIH Pub. #06-5441	FREE--order direct
Understanding memory loss	NIH Pub. #06-5442	FREE--order direct
Surgery choices for women with early-stage breast	www.ahrq.gov	FREE--order direct
Caregiver guide	NIA/NIH Pub.. #01-4013	FREE--order direct
End-of-life: Helping with comfort and cre	NIA/NIH Pub.. #08-6036	FREE--order direct
Depression	NIMH	FREE--order direct
Depression EZ Read	NIMH	FREE--order direct
Real men--real depression	NIMH	FREE--order direct
Women and depression--discovering hope	NIMH	FREE--order direct
After the diagnosis: Spanish	AHRQ	FREE-order direct
Guide to health care quality	AHRQ	FREE--order direct
Next steps after your diagnosis	AHRQ	FREE-order direct
Next Steps After Your Diagnosis: Spanish	AHRQ	FREE--order direct
Talking with your doctor	NIH Pub. #05-3452	FREE--order direct
There's no place like home--for growing old	NIH Publication	FREE--order at www.nia.nih.gov/HealthInformation
Story of bipolar disorder	NIMH	FREE--order direct
It's your health: use your medications safely	AHRQ	FREE--order direct

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