

HEALTH FACTS

America's Disease Organizations: Great Resources, in Sickness *and* in Health

Take advantage of the resources these organizations offer to learn more about treatment options and prevention strategies.

Key points to keep in mind:

- America's disease organizations have lots of valuable tools and information.
- A huge amount of information is online.
- You can also access helpful information with your telephone in many cases.

For almost any disease or condition you can think of, an organization exists that provides information and support to patients who face it. From the Alzheimer's Association to United Cerebral Palsy, these organizations offer resources and tools that can be very helpful in educating yourself about treatment options – and in understanding what you can do to avoid disease.

For more information, check out the resources listed at left. For other organizations and resources, visit <http://medlineplus.gov> / Other Resources / Organizations. Here, you can search an alphabetical listing of organizations, or view organizations grouped by topic.



If you're looking for information about cancer, lung disease, diabetes, or heart disease, consider taking advantage of these resources:

Cancer. Millions of Americans will have some type of cancer during their lives. You can learn more about risk factors and prevention for many types of cancer at the American Cancer Society's website: www.cancer.org. Through the 'Interactive Help' component of this site, you have access to treatment decision tools and guidelines that can help you become more educated about treatment options. If you don't have a computer, you can also get information from the American Cancer Society by calling 1-800-ACS-2345.

Lung Disease. More than 35 million Americans have some kind of lung-related disease, ranging from asthma to tuberculosis. Learn more about lung disease and treatment options at the American Lung Association's website: www.lungusa.org. Click the 'Quit Smoking' tab for

resources on quitting, including 'Freedom From Smoking Online,' the Association's free online smoking cessation program. You can also access their resources in North Carolina by calling 1-919-832-8326.

Diabetes. For information about this growing problem, visit the website of the American Diabetes Association: www.diabetes.org. At this site, you can access information about diabetes treatment and prevention, nutrition, weight loss and exercise, and activities/events in our area. You can also call the Association at 1-800-DIABETES.

Heart Disease and More. Learn more about reducing your cholesterol level, preventing heart disease, and managing high blood pressure at the American Heart Association's website: www.americanheart.org. Resources at this site include information about heart healthy diets, exercise programs, and generally having a healthy lifestyle. Information is also available at 1-800-AHA-USA-1.

