

Medical/Disease Specific Resources

All Purpose

Doctor's Guide- Global Edition

(<http://www.docguide.com/dgc.nsf/ge/Unregistered.User.545434?OpenDocument>)

Mayo Clinic Health Oasis (<http://www.mayoclinic.com/index.cfm?>)

MEDLINEplus Health Information from the National Library of Medicine:

(<http://www.nlm.nih.gov/medlineplus/>) links the public to many sources of consumer health information.

U.S. National Library of Medicine: (<http://www.nlm.nih.gov/>) 1-888-346-3656. Is the world's largest medical library.

AIDS

HIV/AIDS Treatment Information Service: (<http://www.aidsinfo.nih.gov/>) Among other services, ATIS provides a comprehensive glossary of terms used in the pathogenesis, associated treatments and medical management of HIV and related conditions. There is also an extensive listing of other federal resource organizations that provide services such as hotline education and information, clinical trials, a document database and telephone consultation.

CDC National AIDS Hotline: (<http://www.ashastd.org/nah/>) 1-800-342-2437. The CDC National AIDS Hotline, including its Spanish Service and TTY Service, is operated under contract with Centers for Disease Control and Prevention. The hotline handles about 1 million calls per year – about 2,740 calls per day – from people with questions about prevention, risk, testing, treatment and other HIV/AIDS- related concerns. Information Specialists are available 24 hours a day, 7 days a week, and can answer questions, provide referrals, and send free publications through email and postal mail.

Alcohol and Substance Abuse

Alcohol and Substance Abuse -- Senior Information and Assistance: 425-513-1900, 1-800-422-2024, TTY 425-347-7997.

ALS (*Amyotrophic Lateral Sclerosis*)

ALS Association: (<http://www.alsa.org/>) The ALS Association is a nonprofit agency that provides education, advocacy and information about amyotrophic lateral sclerosis (Lou Gehrig's disease) to patients, families, caregivers, researchers and health care professionals.

Alzheimer's

Alzheimer's Association: (<http://www.alz.org/>) 1-800-272-3900. **Family Caregivers:** Locally: 206-363-5500, 1-800-848-7097, Local Website **Alzheimer's Association Home** (<http://www.alzwa.org/>). The Association is a nonprofit organization offering information and support services to people with Alzheimer's disease (AD) and their families. Contact the 24-hour, toll-free telephone line to link with local chapters and community resources. The Association funds research to find a cure for AD and provides information on care giving. A free catalog of educational publications is available in English and Spanish.

Alzheimer's Disease: (<http://www.alzheimersdisease.com/index.jsp?checked=y>) Sponsored by Novartis and the Mayo Clinic, this site is an online resource for information about Alzheimer's disease. It contains *Caregiver's corner*, a monthly column designed to address caregiving issues and includes a link to the Alzheimer's Resource Center at the Mayo Clinic.

Alzheimer's Research Forum: (<http://www.alzforum.org/home.asp>) Excellent site!

ALZwell -- **Alzheimer's Caregiver Page:** (<http://www.alzwell.com/>) This site provides categorized book recommendations, caregiver stories and advocacy areas. Also posted on the site are schedules of Alzheimer's related chats at other websites, book excerpts, calls for manuscripts, an "anger wall" on which caregiver may write, memorial pages, resource links and legal articles and forms.

Arthritis

All About Arthritis (<http://www.allaboutarthritis.com/portal/DPUY/AAA>)

Arthritis Foundation: (<http://www.arthritis.org/>) 1-800-283-7800; Locally, 1-800-542-0295. AF is a nonprofit, volunteer organization focusing on research and information to cure, prevent, or better treat arthritis and related diseases. Contact AF for information on arthritis, related diseases (such as lupus erythematosus and rheumatism), and referrals to local chapters, specialists, or support groups. Publications and videos are available on topics such as self-help and exercise therapy.

John Hopkins Arthritis (<http://www.hopkins-arthritis.som.jhmi.edu/>)

National Arthritis and Musculoskeletal and Skin Diseases Information Clearinghouse: (<http://www.niams.nih.gov/>) 1-877-22-NIAMS (226-4267). NIAMS Information Clearinghouse is funded by NIAMS, part of NIH. The Clearinghouse provides information and resources on all forms of arthritis, musculoskeletal diseases such as fibromyalgia, as well as skin diseases. Contact the Clearinghouse for information on research and referrals to research programs and community resources. Publications are available on the causes, treatments, and prevention of arthritis, lupus, musculoskeletal disorders, and diseases of bones, joints, and skin.

Brain Injury

Brain Injury Association USA: (<http://www.biausa.org/Pages/splash.html>) 1-800-444-6443. The mission of the Brain Injury Association is to create a better future through brain injury prevention, research, education and advocacy. They offer a very broad range of information.

Brain Injury Resource Center (<http://www.headinjury.com/>) (Seattle): 206-621-8558: Head Injury Hotline: Providing difficult to find information about head injury since 1985.

Cancer

American Cancer Society: (<http://www.cancer.org/docroot/home/index.asp>) 1-800-227-2345. ACS is a national, community-based volunteer health organization, providing information on cancer and its prevention. The Society sponsors a variety of programs such as Man to Man (education and support for men with prostate cancer) and workshops such as Taking Charge of Money Matters which addresses financial concerns arising from cancer treatment. Local ACS offices sponsor services for cancer patients and their families, including self-help groups, transportation programs, and limited financial aid. Contact the ACS for free publications. Spanish language resources are available.

National Cancer Institute: (<http://www.nci.nih.gov/>) 1-800-422-6237 (Cancer Information Service), TTY 1-800-332-8615. NCI, part of NIH, is the lead agency for cancer research and statistics, treatments, clinical trials, patient education, and public information on all types of cancer, risk factors, and prevention. NCI's toll-free CIS provides immediate, science-based answers to the public's specific questions about cancer. The CIS provides referrals to cancer specialists and other related resources, including where to find survivor groups. Many free publications are available.

Cerebral Palsy

United Cerebral Palsy: (<http://www.ucp.org/>) UCP's national office serves people with disabilities and others through programs, an information and referral service, legislative advocacy, technology initiatives and research.

Diabetes

American Diabetes Association: (<http://www.diabetes.org/home.jsp>) 1-800-342-2383, Local Phone, 425-347-8875, 1-800-950-8875. ADA provides information and educational materials on preventing, treating, and living with diabetes. The Association has specific outreach programs for minority communities including the Diabetes Assistance and Resources Program, providing information in English and Spanish to the Hispanic community, the African American Program, and Awakening the Spirit, which disseminates diabetes to the Native American community. Local ADA chapters offer support and referrals to community agencies and services.

National Institute of Diabetes & Digestive & Kidney

Diseases: (<http://www.niddk.nih.gov/>) 1-800-860-8747. NDIC, funded by NIDDK, part of NIH, provides referrals to diabetes specialists and organizations, and searches from its database of patient and professional education materials. Call for publications on topics such as alternative therapies, controlling diabetes, complications of diabetes, and diabetes in Asian, Hispanic, and other ethnic groups. Spanish-language publications are available.

Digestive Diseases

National Institute of Diabetes & Digestive & Kidney Diseases:

(<http://www.niddk.nih.gov/>) 1-800-891-5389. NDDIC, funded by NIDDK, part of NIH, provides referrals to digestive diseases organizations and support groups, as well as searches from its database of patient and professional education materials. Fact sheets are available on gastroesophageal reflux disease, hemorrhoids, constipation, ulcers, and irritable bowel syndrome.

Epilepsy

Epilepsy Foundation: (<http://www.epilepsyfoundation.org/index.cfm>) 1-800-332-1000, 1-800-332-4050 (National Epilepsy Library). The Foundation is a national volunteer health organization supporting research, education, advocacy, and services for people with seizure disorders. Contact the Foundation for a list of local chapters, referrals to local specialists, support groups, camps, travel assistance, respite care, and employment assistance. Videos and a catalog of publications are available.

Heart

American Heart Association:

(<http://www.americanheart.org/presenter.jhtml?identifier=1200000>) 1-800-242-8721, 1-888-478-7653, Locally 1-800-562-6718. AHA is a nonprofit organization funding research and providing information on the diagnosis, treatment, and prevention of heart diseases and stroke. Contact AHA for its cookbooks, guide to heart attack treatment, and guide to fitness.

Early Heart Attack Care

(<http://www.openseason.com/st-agnes/articles/ehacArticleJuly2001.html>)

Living with Heart Failure, [American Heart Association](http://www.americanheart.org/presenter.jhtml?identifier=1200000)®

(<http://www.americanheart.org/presenter.jhtml?identifier=1200000>)

National Heart, Lung, and Blood Institute: (<http://www.nhlbi.nih.gov/index.htm>) 1-800-575-9355 (recorded information). The Information Center, funded by NHLBI, part of NIH, provides referrals to resource organizations and information on elevated cholesterol, high blood pressure, heart disease, exercise, risk of and recovery from stroke, chronic cough, asthma, cystic fibrosis, and sleep disorders. Publications include two newsletters, *HeartMemo* and *AsthmaMemo*.

Huntington's Disease

Huntington's Disease Society of America: (<http://www.hdsa.org/>) 1-800-345-4372. The Society is a nonprofit organization providing information, services, and advocacy for people with Huntington's Disease (HD) and their families. Contact HDSA for research information on causes, diagnosis, and treatment of HD as well as referrals to testing centers, specialists, self-help groups, and social services. Publications and audiovisual materials on HD are available.

Kidney

National Institute of Diabetes & Digestive & Kidney Diseases:

(<http://www.niddk.nih.gov/>) 1-800-891-5390. NKUDIC, funded by NIDDK, provides referrals to specialists, resource organizations, and support groups. Publications and information on subjects such as kidney stones, prostate gland problems, urinary incontinence, and urinary tract infections are available.

National Kidney Foundation - Making Lives Better: (<http://www.kidney.org/>) 1-800-622-

9010. NKF is a nonprofit organization providing information on the diagnosis, treatment, and prevention of kidney and urinary tract diseases. The Foundation supports research and organ donation programs. Contact the NKF for a list of local chapters that provide services, including blood and drug banks, screening programs, transportation assistance, publications, and referrals to specialists.

Puget Sound Kidney

Center: (<http://www.ikidney.com/iKidney/InfoCenter/DialysisDirectory/US/Washington/SeattleTacoma/PugetSoundKidneyCenter.htm>) 425-259-5195. Outpatient hemodialysis facilities, home hemodialysis and home peritoneal dialysis, information and referral.

Leukemia and Lymphoma

Leukemia and Lymphoma Society: (http://www.leukemia.org/hm_lls) 1-800-955-4572.

LLS provides information, advocacy, and assistance for patients with leukemia and related cancers such as lymphoma, multiple myeloma, and Hodgkin's disease. Contact LLS for information, referrals to specialists and local chapters offering financial assistance to patients with leukemia, and support groups. Publications on leukemia and related cancers are available.

Lung Disease

American Lung Association of Washington: (<http://www.alaw.org/>) 206-441-5100, 1-800-732-9339.

Lupus

Lupus Foundation of America, Inc.: (<http://www.lupus.org/>) 1-800-558-0121 (information line). LFA is a nonprofit organization supporting research and distributing information about diagnosis and treatment of lupus erythematosus, a chronic autoimmune disease. Contact the LFA for referrals to specialists, information about treatment and research, a listing of local chapters and support groups, other resource organizations, and a list of publications.

Mental Illness

Association on Mental Retardation, AAMR Home Page (<http://www.aamr.org/>)

NAMI (National Alliance for the Mentally Ill): (<http://www.nami.org/>) 1-800-950-6264 NAMI Helpline. NAMI offers support groups, education, advocacy, and research to help people with mental illness. The Alliance seeks to educate all people about severe and persistent mental illnesses to eliminate stigma and promote access to services. Search the website for lists of local affiliates and state organizations.

National Institute of Mental Health Home Page: (<http://www.nimh.nih.gov/>) 1-800-421-4211. NIMH, part of NIH, conducts and supports mental health research including mental disorders of aging. Contact NIMH for information on mental health and aging, Alzheimer's disease, anxiety disorders, depression, and suicide.

The National Mental Health Association - Leading the Way for America's Mental Health: (<http://www.nmha.org/>) NMHA promotes mental health through education and research efforts. They provide information and advocate for those suffering with mental illness. The website offers fact sheets, legislative alerts, discussion boards, a newsletter, publication list and an event calendar.

Multiple Sclerosis

Consortium of Multiple Sclerosis Centers, CMSC (<http://www.ms-care.org/>)

International MS Support Foundation, Multiple Sclerosis is in My Family (<http://www.imssf.org/ms/>)

National Multiple Sclerosis Society: (<http://www.nmss.org/>) 1-800-344-4867. The Society is a nonprofit organization providing support and information on the diagnosis and treatment of multiple sclerosis (MS). Contact NMSS for referrals to specialists and local chapter offices. A list of free publications and films on MS is available from local chapters.

Osteoporosis

National Osteoporosis Foundation: (<http://www.nof.org/>) 202-223-2226. NOF is a nonprofit, voluntary health organization dedicated to promoting lifelong bone health to reduce the widespread prevalence of osteoporosis and related fractures. NOF works to find a cure for osteoporosis through research, education, and advocacy. The Foundation provides

general information on osteoporosis; its quarterly newsletter and booklets are available through membership.

Osteoporosis and Related Bone Diseases National Resource Center:

(<http://www.osteoporosis.org/>) 1-800-624-2663. [NIH ORBD-NRC - Osteoporosis and Related Bone Diseases](#): The Resource Center provides patients, health professionals, and the public with resources and information on osteoporosis, Paget's disease of the bone, osteogenesis imperfecta, and other metabolic bone diseases. The Center is supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases and six other Institutes and Offices.

Pain

[American Pain Society](#): (<http://www.osteoporosis.org/>) The site includes a publication: *Quality Improvement Guidelines for the Treatment of Acute Pain and Cancer Pain*.

[City of Hope Pain Resource Center](#): (<http://www.cityofhope.org/>) Provides a guide and index to resources for people in pain and their caregivers, family and friends.

Parkinson's Disease

[American Parkinson's Disease Association](#):

(<http://www.apdaparkinson.org/user/index.asp>) A nonprofit organization, APDA funds research to find a cure for Parkinson's disease. APDA's toll-free line refers callers to local chapters for information on community services, specialists, and treatments. Publications and educational materials are available on Parkinson's disease, speech therapy, exercise, diet, and aids for daily living.

Information and Referral Center; University of Washington, Dept. of Neurology, Parkinson's Disease: 1-888-400-2732, 206-543-5369, 206-543-2340.

[National Parkinson Foundation, Inc.](#): (<http://www.parkinson.org/>) NPF is a leading international organization with a two-fold mission: to advance research leading to an understanding of Parkinson's and the paths to its cure, and, to help those who live with the disease -- through services, education, and advocacy -- to achieve the best possible quality of life.

Parkinson's Disease Foundation (PDF): 1-800-457-6676. PDF is a nonprofit organization providing research funding, information, and supportive services to people with Parkinson's Disease. Contact the Foundation for referrals to specialists. Publications are available.

Pulmonary Fibrosis

[Pulmonary Fibrosis Foundation](#): (<http://www.pulmonaryfibrosis.org/>) 720-932-7850.

PFF is a private, nonprofit organization providing assistance, resources, and information on pulmonary fibrosis and its related illnesses. Contact PFF for information on the diagnosis

and treatment of PF and idiopathic pulmonary fibrosis, as well as referrals to specialists, resources, and support groups. Publications are available.

Spinal Cord Injury

National Spinal Cord Injury Association: (<http://www.spinalcord.org/>) Its mission is to educate and empower survivors of spinal cord injury and disease to achieve and maintain higher level of independence. People with spinal cord injuries and disease, their families, and others providing care will find a wealth of information through this site.

Stroke

American Stroke Association:

(<http://www.strokeassociation.org/presenter.jhtml?identifier=1200037>) 1-888-478-7653. ASA, a division of the American Heart Association, provides the: Stroke Family Warmline, a toll-free information and referral service offering lists of certified doctors who are stroke specialists and volunteer stroke survivors or family members. Callers receive support and can request free information. ASA publishes *Stroke Connection*, a priced subscription magazine for survivors and families.

National Stroke Association: (<http://199.239.30.192/NationalStroke/default.htm>) 1-800-787-6537. The Association provides information about stroke prevention, acute treatment, recovery, and rehabilitation to the public. NSA offers referrals to support groups, care centers, and local resources for stroke survivors, caregivers, and family members.

Vestibular Disorders

Vestibular Disorders Association: (<http://www.vestibular.org/>) 1-800-837-8428. VEDA is a nonprofit organization providing information and support for people with disorders such as Meniere's disease, BPPV, and labyrinthitis. The Association provides lists of clinics and vestibular specialists and offers information on disorders of the inner ear and management and diagnosis of dizzy spells. Publications are available on recent advances, rehabilitation, and support therapy.