

YOUR RESOURCE FOR
HEALTHY AGING

NIH
SENIOR
HEALTH.GOV

NIH Senior Health is a senior friendly web site brought to you by the National Institute on Aging and the National Library of Medicine which are parts of the National Institutes of Health. The site is designed for the “senior searcher”.

The International Council on Aging awarded NIHSeniorHealth its Industry Innovation Award.

Brought to you by:



National Institute
on Aging ■ ◆ ✦ ✧



The National Network of Libraries of Medicine, an outreach project of the National Library of Medicine, provides assistance and training nationwide.

To find a local library that provides health information for the public, please go to: <http://nmlm.gov/members> or call us toll free at (800) 338-7657.

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NIH SeniorHealth

<http://nihseniorhealth.gov>



Featuring Health Information from the National Institutes of Health

A *free* web resource
of the
National Institutes of Health

NIH SeniorHealth

Your Resource for
Healthy Aging

<http://nihseniorhealth.gov>

Site includes 30 topics on
senior health including:

- Alzheimer's Disease
- Arthritis
- Balance Problems
- Breast Cancer
- Caring for someone with Alzheimer's Disease
- Cataract
- Colorectal Cancer
- COPD
- Diabetes
- Diabetic Retinopathy
- Dry Mouth
- Exercise for Older Adults
- Falls and Older Adults
- Glaucoma
- High Blood Pressure
- Low Vision
- Lung Cancer
- Macular Degeneration
- Osteoporosis
- Paget's Disease of Bone
- Problems with Smell
- Problems with Taste
- Prostate Cancer
- Shingles
- Sleep and Aging
- Stroke
- Taking Medications



NIHSeniorHealth makes aging-related health information easily accessible for family members and friends seeking reliable, easy to understand online health information. Each health topic includes general background information, open-captioned videos, quizzes and frequently asked questions.

The web site's senior friendly features include large print, short easy to read text and simple navigation. A "talking function" reads the text aloud. In the exercise story section, seniors share their experiences with life long physical fitness.

National Institute
on Aging ■ ◆ ★ ✨



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