



NIH PUBLICATIONS

ON

WOMEN'S
HEALTH ISSUES

2005 EDITION



NIH PUBLICATIONS

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WOMEN'S
HEALTH ISSUES

*Most of the publications included in this volume
are available free of charge by calling or visiting
the web site of the appropriate NIH institute,
center, or division.*

- Agenda for Research on Women's Health for the 21st Century, Executive Summary, Volume 1*
(NIH Publication No. 99-4385)
- Agenda for Research on Women's Health for the 21st Century, Volume 2* (NIH Publication No. 99-4386)
- Agenda for Research on Women's Health for the 21st Century, Public Testimony, Volume 3* (NIH Publication No. 99-4387)
- Agenda for Research on Women's Health for the 21st Century, Influence of Sex and Gender on Health, Volume 4* (NIH Publication No. 99-4388)
- Agenda for Research on Women's Health for the 21st Century, Gender Perspectives for Women's Health Research, Volume 5* (NIH Publication No. 99-4389)
- Agenda for Research on Women's Health for the 21st Century, Differences Among Populations of Women, Volume 6* (NIH Publication No. 99-4390)
- Agenda for Research on Women's Health for the 21st Century, New Frontiers in Women's Health, Volume 7*
(NIH Publication No. 01-4391)
- Alcohol: A Women's Health Issue* (NIH Publication No. 02-5152)
- Alcohol: A Women's Health Issue* (Video)
- Asian American Women's Summit Proceedings* (NIH Publication No. 01-4537)
- AXXS '99: Achieving Excellence in Science* (NIH Publication No. 00-4777)
- AXXS '02: Achieving Excellence in Science* (The National Academies Press)
- Hormone Replacement Therapy: Knowledge and Use in the United States* (Centers for Disease Control and Prevention, National Center for Health Statistics and NIH Office of Research on Women's Health 1-0106) (3/01)
- International Position Papers on Women's Health and Menopause: A Comprehensive Approach*
(NIH Publication No. 02-3284) (July 2002)
- Libro De Datos Sobre La Salud De Las Mujeres De Color* (NIH Publication No. 02-4247[S])
- Medicine for the Public: Women's Health Research for the 21st Century* (NIH Publication No. 02-4971)
- Neuroimmune Mechanisms and Chronic Fatigue Syndrome: Will Understanding Central Mechanisms Enhance the Search for the Causes, Consequences, and Treatment of CFS?* (NIH Publication No. 04-5497)
- NIH Support for Research on Women's and Men's Health Issues FY 01-02* (NIH Publication No. 94-3717)
- Outreach Notebook for the NIH Guidelines on the Inclusion of Women and Minorities as Subjects in Clinical Studies* (NIH Publications No. 03-7036)
- Programa De Trabajo Para La Investigacion De La Salud De La Mujer En El Siglo XXI — Nuevas Fronteras En La Salud De La Mujer El Volumen 8* (NIH Publication No. 01-4391)
- Recruitment and Retention of Women in Clinical Studies* (NIH Publication No. 94-026)
- Report of the Advisory Committee on Research on Women's Health: Office of Research on Women's Health and NIH Support of Research on Women's Health Issues FY 99-00* (NIH Publication No. 02-4952)
- Report of the Advisory Committee on Research on Women's Health: Office of Research on Women's Health and NIH Support of Research on Women's Health Issues FY 97-98* (NIH Publication No. 01-4776)
- Report of the Advisory Committee on Research on Women's Health: Office of Research on Women's Health FY 01-02*
(NIH Publication No. 03-5385)
- Report of the National Institutes of Health: Opportunities for Research on Women's Health (Full Report)*
(NIH Publication No. 92-3457)
- Report of the National Institutes of Health: Opportunities for Research on Women's Health (Summary Report)*
(NIH Publication No. 92-3457A)
- Science Meets Reality: Recruitment and Retention of Women in Clinical Studies and the Critical Role of Relevance*
(NIH Publication No. 03-5403)
- Women in Biomedical Careers: Dynamics of Change — Strategies for the 21st Century* (NIH Publication No. 94-630)
- Women of Color Health Data Book* (NIH Publication No. 02-4247) (English & Spanish)
- Women's Health in the Baccalaureate Nursing School Curriculum*
- Women's Health in the Dental School Curriculum* (NIH Publication No. 99-4399)
- Women's Health in the Medical School Curriculum* (HRSA-A-OEA-96-1)

OFFICE OF THE DIRECTOR

Consensus Development Conference Statements

301-496-1143

[HTTP://CONSENSUS.NIH.GOV/CONS/CONSSUBJ.HTM](http://consensus.nih.gov/cons/conssubj.htm)

- Adjuvant Therapy for Breast Cancer* (NIH Consensus Development Series, Vol. 17, No. 4)
Antenatal Corticosteroids Revisited: Repeat Courses (NIH Consensus Development Series, Vol. 17, No. 2)
Breast Cancer Screening for Women Ages 40–49 (NIH Consensus Development Series, Vol. 15, No. 1)
Cervical Cancer (NIH Consensus Development Series, Vol. 14, No. 1)
Effect of Corticosteroids for Fetal Maturation on Perinatal Outcomes (NIH Consensus Development Series, Vol. 12, No. 2)
Genetic Testing for Cystic Fibrosis (NIH Consensus Development Series, Vol. 15, No. 4)
Management of Hepatitis C: 2002 (NIH Consensus Development Series, Vol. 19, No. 1)
Osteoporosis Prevention, Diagnosis, Treatment, and Followup (NIH Consensus Development Series, Vol. 17, No. 1)
Ovarian Cancer: Screening, Treatment, and Followup (NIH Consensus Development Series, Vol. 12, No. 3)
Phenylketonuria (PKU): Screening and Management (NIH Consensus Development Series, Vol. 17, No. 3)
Symptom Management in Cancer: Pain, Depression and Fatigue: 2002 (NIH State-of-the-Science Conference, Final Statement)
Total Knee Replacement: 2003 (NIH Consensus Development Series, Draft Statement)
Treatment of Early-Stage Breast Cancer (NIH Consensus Development Series, Vol. 8, No. 6)
Ultrasound Screening: Implications of the Radius Study (Report of an NIH Workshop)

Office of Science Education

301-402-2469; FAX: 301-402-3034

[HTTP://SCIENCE.EDUCATION.NIH.GOV/WOMEN](http://science.education.nih.gov/women)

Women in Science Video/Poster Kits

- Women are Pathologists*
Women are Researchers
Women are Surgeons
Women Scientist with Disabilities

Other printed materials are the *Careers in Science* posters (three posters featuring women in neuroscience, cancer, and heart disease research with a corresponding website providing additional information about these women).

FOGARTY INTERNATIONAL CENTER

Communications Office

301-402-0923

[WWW.FIC.NIH.GOV](http://www.fic.nih.gov)

- Global Health Matters* (Fogarty International Center Newsletter) (2005)
International Opportunities in Biomedical Research and Training (NIH Publication No. 04-3984)
Intolerable Burden of Malaria: What's New, What's Needed (*The American Journal of Tropical Medicine and Hygiene*) (2004)
Millions Saved: Proven Successes in Global Health (Center for Global Development) (2004)

NATIONAL CANCER INSTITUTE

Cancer Information Service

1-800-4-CANCER (1-800-422-6237)

[HTTP://CANCER.GOV/PUBLICATIONS](http://cancer.gov/publications)

Abortion, Miscarriage, and Breast Cancer Risk (Fact sheet) (3/21/03)
Adjuvant Therapy for Breast Cancer: Questions and Answers (Fact Sheet) (5/13/02) (English & Spanish)
Antiperspirants/Deodorants and Breast Cancer: Questions and Answers (Fact Sheet) (7/28/04)
Breast Cancer Prevention Studies (Fact Sheet) (5/13/02)
Chemoprevention (Fact Sheet) (5/13/02)
DES: Questions and Answers (Fact Sheet) (4/14/03)
Do it for yourself, Do it for your Family (2002)
Do it for yourself, Do it for your Family (Chinese Translation) (2002)
Do it for yourself, Do it for your Family (Tagalog Translation) (2002)
Do it for yourself, Do it for your Family (Vietnamese Translation) (2002)
Fertility Drugs as a Risk Factor for Ovarian Cancer (Fact Sheet) (2/1/00)
Genetic Testing for BRCA1 and BRCA2: It's Your Choice (Fact Sheet) (2/06/02)
Genetic Testing for Breast Cancer Risk: It's Your Choice (NIH Publication No. 97-4252)
Hagase un mamograma..Por su salud y su familia
Herrceptin® (Trastuzumab): Questions and Answers (Fact Sheet) (2/14/02)
Human Papillomaviruses and Cancer (Fact Sheet) (12/01/04) (English & Spanish)
Improving Methods for Breast Cancer Detection and Diagnosis (Fact Sheet) (6/12/01)
Inflammatory Breast Cancer (Fact Sheet) (5/06/03)
Lifetime Probability of Breast Cancer in American Women (Fact Sheet) (9/13/02)
Lo Que Usted Necesita Saber Sobre: El Cancer de Cervix (NIH Publication No. 01-2047)
Lo Que Usted Necesita Saber Sobre El Cancer de Seno (NIH Publication No. 04-1556S)
Los mamogramas . . . No solamente una vez, sino por toda la vida (1997)
Make and Keep Your Mammogram Appointment (Notepad for Clinicians)
Mammograms: No Just Once, But for a Lifetime (Bookmark)
Mammograms: Not Just Once, But for a Lifetime (NIH Publication No. 97-3418)
Menopausal Hormone Use: Questions and Answers (Fact Sheet) (8/13/03)
NIH Workshop on the Long-Term Effects of Exposure to DES (1992)
Oral Contraceptives and Cancer Risk (Fact Sheet) (2/12/03) (English & Spanish)
Paget's Disease of the Breast: Questions and Answers (Fact Sheet) (3/18/02)
Pap Tests: A Healthy Habit for Life (NIH Publication No. 96-3213) (Updated 7/01)
Pap Tests for Older Women (NIH Publication No. 01-3213V/H)
Preventive Mastectomy (Fact Sheet) (3/21/05)
Questions and Answers About Estimating Cancer Risk in Ashkenazi Jews (Fact Sheet) (8/10/00)
Questions and Answers About NCI's Sentinel Node Biopsy Trials (Fact Sheet) (2/8/00)
Report of the Gynecologic Cancers Progress Review Group (NIH Publication No. 02-5112) (November 2001)
Report of the Strategic Planning Conference: New Directions in Ovarian Cancer (1997)
Screening Mammograms: Questions and Answers (Fact Sheet) (5/03/02) (English & Spanish)
Surgery Choices For Women with Early-Stage Breast Cancer (NIH Publication No. 04-5515)
Tamoxifen: Questions and Answers (Fact Sheet) (5/13/02) (English & Spanish)
Taxanes in Cancer Treatment (Fact Sheet) (1/26/01)
The Pap Test: Questions and Answers (Fact Sheet) (2/13/03) (English & Spanish)
The Picture of Health: How to Increase Breast Cancer Screening in Your Community (7/1994)

The Study of Tamoxifen and Raloxifene (STAR): Questions and Answers (Fact Sheet) (8/12/04) (English & Spanish)
Understanding Breast Changes (NIH Publication No. 02-3536)
Understanding Cervical Changes (NIH Publication No. 02-5199)
What You Need To Know About Breast Cancer (NIH Publication No. 03-1556)
What You Need To Know About Cancer of the Cervix (NIH Publication No. 05-2047)
What You Need To Know About Cancer of the Uterus (NIH Publication No. 01-1562)
What You Need To Know About Ovarian Cancer (NIH Publication No. 00-1561)

NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

Information Clearinghouse

1-888-644-6226; TTY: 1-866-464-3615

[HTTP://WWW.NCCAM.NIH.GOV](http://www.nccam.nih.gov)

[HTTP://WWW.NCCAM.NIH.GOV/HEALTH/ALERTS/MENOPAUSE/](http://www.nccam.nih.gov/health/alerts/menopause/)

About the National Center for Complementary and Alternative Medicine (Fact Sheet) (NIH Publication No. D008) (6/2002)
Alternative Therapies for Managing Menopausal Symptoms (Fact Sheet) (NIH Publication No. D169) (11/2004)
Are You Considering Using Complementary and Alternative Medicine? (Fact Sheet) (NIH Publication No. D006) (8/2002)
Black Cohosh and the Symptoms of Menopause (Fact Sheet) (NIH Publication No. D176) (9/04)
Consumer Financial Issues in Complementary and Alternative Medicine (Fact Sheet) (NIH Publication No. D179) (1/03)
Herbal Supplements: Consider Safety Too (NIH Publication No. D190) (9/2004)
Selecting a Complementary and Alternative Medicine Practitioner (Fact Sheet) (NIH Publication No. D168) (9/04)
What Is Complementary and Alternative Medicine? (Fact Sheet) (NIH Publication No. D156) (5/02)
What's in the Bottle? An Introduction to Dietary Supplements (NIH Publication No. D191) (7/2004)

NATIONAL EYE INSTITUTE

Office of Communication, Health Education, and Public Liaison

301-496-5248

[HTTP://CATALOG.NEI.NIH.GOV/PRODUCTCART/MAININDEX.ASP](http://catalog.nei.nih.gov/productcart/mainindex.asp)

Age-Related Macular Degeneration — What you should know (English NIH Publication No. 03-2294; Spanish NIH Publication No. 03-2294S)
Cataract — What you should know (English NIH Publication No. 03-201; Spanish NIH Publication No. 03-201S)
Clinical Trials in Vision Research — Information for Patients (NIH Publication No. 99-4124)
Diabetic Retinopathy — What you should know (English NIH Publication No. 03-2171; Spanish NIH Publication No. 03-2171S)
Don't Lose Sight of Age-Related Macular Degeneration (NIH Publication No. 04-3462)
Don't Lose Sight of Cataract (NIH Publication No. 04-3463)
Don't Lose Sight of Diabetic Eye Disease (NIH Publication No. 04-3252)
Don't Lose Sight of Glaucoma (NIH Publication No. 04-3251)
Glaucoma — What you should know (English NIH Publication No. 03-651; Spanish NIH Publication No. 03-651S)
Ojo con su vision: si tiene diabetes, lea esta historia (NIH Publication No. 98-4032)
Visión Saludable — ¡Ojo Con Su Visión (NIH Publication No. 04-5209)
What you should know about low vision (English NIH Publication No. 99-4672; Spanish NIH Publication No. 01-4672S)

NATIONAL HEART, LUNG, AND BLOOD INSTITUTE

Health Information Center

301-592-8573

[HTTP://WWW.NHLBI.NIH.GOV/HEALTH/PUBS/PUB_GEN.HTM](http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm)

Cholesterol and Heart Disease

- Delicious Heart-Healthy Latino Recipes* (NIH Publication No. 96-4049) (English & Spanish)
http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm
- Heart-Healthy Home Cooking: African American Style* (NIH Publication No. 97-3792)
<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm>
- High Blood Cholesterol: What You Need to Know* (Based on ATP III Guidelines, May 2001)
(NIH Publication No. 01-3290) http://www.nhlbi.nih.gov/health/public/heart/chol/hbc_what.htm
- Improving Cardiovascular Health In African Americans* (Seven Easy-to-Read Booklets) (NIH Publication No. 55-832) <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>
- Keep the Beat: Heart Healthy Recipes* (NIH Publication No. 03-2921)
http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk
- Live Healthier, Live Longer* (Interactive Website) www.nhlbi.nih.gov/chd
- Nais ng mga Pilipino ang Malusog na Puso (Filipinos Aspire for Healthy Hearts)* (Four Easy-to-Read Booklets)
(NIH Publication Nos. 04-5077 & 04-5080) (Filipino & English)
http://www.nhlbi.nih.gov/health/pubs/pub_slct.htm#asian
- Preventing Heart Disease* (Eight Easy-to-Read Booklets) (NIH Publication No. 55-745) (English & Spanish)
<http://www.nhlbi.nih.gov/health/public/heart/other/sp-page.htm>
- Stay Young At Heart Recipes* (NIH Publication No. 3272)
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>
- Vietnamese Aspire for Healthy Hearts* (Four Easy-to-Read Fact Sheets) (NIH Publication Nos. 04-5201 & 04-5204)
(Vietnamese & English) http://www.nhlbi.nih.gov/health/pubs/pub_slct.htm#asian

Heart Attack

- Act in Time to Heart Attack Signs* (Interactive Web site) www.nhlbi.nih.gov/actintime
- Act in Time to Heart Attack Signs* (Brochure) (NIH Publication No. 01-3525)
http://www.nhlbi.nih.gov/health/public/heart/mi/core_bk.htm
- Act in Time to Heart Attack Signs* (Patient Action Tablet) (NIH Publication No. 01-3669)
http://www.nhlbi.nih.gov/health/public/heart/mi/act_plan.htm
- Act in Time to Heart Attack Signs* (Wallet Card) (NIH Publication No. 01-3667)
<http://www.nhlbi.nih.gov/health/public/heart/mi/wallet.htm>
- Actúe Rápido Frente a los Síntomas de un Ataque al Corazón — Folleto* (Act in Time to Heart Attack Signs)
(Brochure) (NIH Publication No. 01-3526)
http://www.nhlbi.nih.gov/health/public/heart/mi/core_sp.htm

Heart Disease and Women

- Healthy Heart Handbook for Women* (NIH Publication No. 03-2720)
<http://www.nhlbi.nih.gov/health/public/heart/other/hhw/index.htm>
- La Verdad Acerca del Corazón de la Mujer — Folleto* (The Heart Truth for Women) (Brochure)
(NIH Publication No. 04-5207) <http://www.nhlbi.nih.gov/health/hearttruth/material/index.htm>
- The Heart Truth: A National Awareness Campaign for Women About Heart Disease* (Interactive Website)
www.nhlbi.nih.gov/health/hearttruth
- The Heart Truth for Women* (Brochure) (NIH Publication No. 04-5206)
http://www.nhlbi.nih.gov/health/public/heart/other/ht_bro_en.htm

The Heart Truth for Women: An Action Plan (Fact Sheet) (NIH Publication No. 05-5226)
<http://www.nhlbi.nih.gov/health/hearttruth/material/index.htm>

The Heart Truth for Women: If You Have Heart Disease (Fact Sheet) (NIH Publication No. 03-5225)
<http://www.nhlbi.nih.gov/health/hearttruth/material/index.htm>

When Delicious Meets Nutritious: Recipes for Heart Health (Fact Sheet) (NIH Publication No. 05-5227)
<http://www.nhlbi.nih.gov/health/hearttruth/material/index.htm>

Women's Heart Health: Developing a National Health Education Action Plan (NIH Publication No. 01-2963)
<http://www.nhlbi.nih.gov/health/prof/heart/other/whhw.htm>

Women's Heart Health Education Initiative (Interactive Website) <http://hin.nhlbi.nih.gov/womencvd>

High Blood Pressure

Prevent and Control America's High Blood Pressure: Mission Possible (Interactive Website)
<http://hin.nhlbi.nih.gov/mission>

The DASH Eating Plan (NIH Publication No. 03-4082) (Revised May 2003)
<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

Working Group Report on High Blood Pressure in Pregnancy (NIH Publication No. 00-3029)
http://www.nhlbi.nih.gov/health/prof/heart/hbp/hbp_preg.htm

Your Guide to Lowering Blood Pressure (NIH Publication No. 03-5232)
http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp_low/index.htm

Your Guide to Lowering High Blood Pressure (Interactive Website) www.nhlbi.nih.gov/hbp

Menopause

Facts About Postmenopausal Hormone Therapy (NIH Publication No. 02-5200)
http://www.nhlbi.nih.gov/health/women/pht_facts.htm

Postmenopausal Hormone Therapy (Interactive Website) www.nhlbi.nih.gov/health/women/index.htm

Women's Health and Menopause: A Comprehensive Approach (NIH Publication No. 02-3284)
<http://www.nhlbi.nih.gov/health/prof/heart/other/menopaus/index.htm>

Other Diseases of Interest to Women

Facts About Sarcoidosis (NIH Publication No. 02-5060)
<http://www.nhlbi.nih.gov/health/public/lung/other/sarcoidosis>

Overweight and Obesity

Aim for a Healthy Weight (Interactive Website) www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt

Calculate Your Body Mass Index (Interactive Website) www.nhlbisupport.com/bmi/bmicalc.htm

Portion Distortion Quiz (Interactive Website) <http://hin.nhlbi.nih.gov/portion/>

NATIONAL HUMAN GENOME RESEARCH INSTITUTE

Office of Communications and Public Liaison

301-402-0911

[HTTP://WWW.GENOME.GOV/12514684](http://www.genome.gov/12514684)

Genomic Medicine: Articles from the *New England Journal of Medicine* Edited by Alan E. Guttmacher, M.D., Francis S. Collins, M.D., Ph.D., Jeffrey M. Drazen, M.D. Forward by Elias Zerhouni, M.D.
Baltimore: Johns Hopkins University Press, 2004. <http://genome.gov/12514684>

The Surgeon General's Family History Initiative "My Health Portrait".
<http://www.hhs.gov/familyhistory/>

NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES

Office of Communications and Public Liaison

301-496-5717

[HTTP://WWW.NIAID.NIH.GOV/PUBLICATIONS/](http://www.niaid.nih.gov/publications/)

A Partnership for Health: Minorities and Biomedical Research (2004)
Airborne Allergens: Something in the Air (2003)
Aprenda Sobre la Infección de la Tuberculosis (1999)
Aprenda Sobre la Tuberculosis (1999)
Chlamydia Fact Sheet (2004)
Common Cold Fact Sheet (2004)
Genital Herpes Fact Sheet (2003)
Gonorrhea Fact Sheet (2004)
Food Allergy: An Overview (2004)
Foodborne Diseases Fact Sheet (2005)
Flu Fact Sheet (2005)
Flu Drugs Fact Sheet (2004)
Group A Streptococcal Infections Fact Sheet (2004)
HIV Infection and AIDS: An Overview Fact Sheet (2005)
HIV Infection in Adolescents Fact Sheet (2004)
HIV Infection in Infants and Children Fact Sheet (2004)
HIV Infection in Minority Populations Fact Sheet (2003)
HIV Infection in Women Fact Sheet (2004)
How to Create a Dust-Free Bedroom (2004)
Human Papillomavirus and Genital Warts Fact Sheet (2004)
Lyme Disease: The Facts, the Challenges (2003)
Mastocytosis Fact Sheet (2005)
Microbes in Sickness and in Health (2001)
Pneumococcal Pneumonia Fact Sheet (2004)
Problem of Antibiotic Resistance Fact Sheet (2004)
Sinusitis Fact Sheet (2005)
Syphilis Fact Sheet (2002)
Topical Microbicides: Preventing Sexually Transmitted Diseases (2003)
Tuberculosis Fact Sheet (2002)
Understanding the Immune System: How It Works (2003)
Understanding Vaccines: What They Are, How They Work (2003)
Vaginitis Due to Vaginal Infections Fact Sheet (2004)
Women's Health in the U.S.: Research on Health Issues Affecting Women (2004)

NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES

NIAMS Information Clearinghouse

301-495-4484; TOLL-FREE 1-877-22-NIAMS

TTY: 301-565-2966; FAX: 301-587-4352

[HTTP://WWW.NIAMS.NIH.GOV](http://www.niams.nih.gov)

Additional NIAMS health publications are available at: <http://www.niams.nih.gov/hi/index.htm>.

Alopecia Areata (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/alopecia/alopecia.htm>

Arthritis and Exercise (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/arthritis/arthexfs.htm>

Arthritis and Rheumatic Disease (Questions & Answers Booklet)
<http://www.niams.nih.gov/hi/topics/arthritis/artrheu.htm>

Arthritis Pain (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/arthritis/arthpain.htm>

Autoimmunity (Questions & Answers Booklet)
<http://www.niams.nih.gov/hi/topics/autoimmune/autoimmunity.htm>

Fibromyalgia (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/fibromyalgia/fibrofs.htm>

Hair Loss in Women (Information Packet) <http://catalog.niams.nih.gov/>

Juvenile Rheumatoid Arthritis (Questions & Answers Booklet)
http://www.niams.nih.gov/hi/topics/juvenile_arthritis/juvarthr.htm

Keloids and Hypertrophic Scars (Information Packet) <http://catalog.niams.nih.gov/>

Lichen Sclerosus (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/lichen/lichen.htm>

Lupus: A Patient Guide for Nurses and Other Health Professionals
<http://www.niams.nih.gov/hi/topics/lupus/lupusguide/outline.htm>

Osteoarthritis (Handout on Health Booklet) <http://www.niams.nih.gov/hi/topics/arthritis/oahandout.htm>

Osteoarthritis http://www.niams.nih.gov/hi/topics/arthritis/osteoarthritis_spanish.htm (Spanish Only)

Polymyalgia Rheumatica/Giant Cell Arteritis (Questions & Answers Booklet)
<http://www.niams.nih.gov/hi/topics/polymyalgia/index.htm>

Porphyria (Information Packet) <http://catalog.niams.nih.gov/>

Psoriasis (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/psoriasis/psoriafs.htm>

Raynaud's Phenomenon (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/raynaud/ar125fs.htm>

Rheumatoid Arthritis (Handout on Health Booklet) <http://www.niams.nih.gov/hi/topics/arthritis/rahandout.htm>

Rosacea (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/rosacea/rosacea.htm>

Scleroderma (Handout on Health Booklet) <http://www.niams.nih.gov/hi/topics/scleroderma/scleroderma.htm>

Síndrome de Sjögren (Questions & Answers Booklet) (Spanish)
<http://www.niams.nih.gov/hi/topics/sjogrens/sjogrenspanish.htm>

Sjögren's Syndrome (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/sjogrens/index.htm>

Sports Injuries (Handout on Health Booklet)
http://www.niams.nih.gov/hi/topics/sports_injuries/SportsInjuries.htm

Systemic Lupus Erythematosus (Handout on Health Booklet)
<http://www.niams.nih.gov/hi/topics/lupus/slehandout/index.htm>

¿Tengo Artritis?/Do I Have Arthritis? (Bilingual Booklet)
<http://www.niams.nih.gov/hi/topics/arthritis/tengo/index.htm>

¿Tengo Lupus?/Do I Have Lupus? (Bilingual Booklet) <http://www.niams.nih.gov/hi/topics/lupus/tengo/index.htm>

The Many Shades of Lupus: Information for Multicultural Communities
<http://www.niams.nih.gov/hi/topics/lupus/shades/index.htm>

Vitiligo (Questions & Answers Booklet) <http://www.niams.nih.gov/hi/topics/vitiligo/vitiligo.htm>

NIH Osteoporosis and Related Bone Diseases—National Resource Center (NIH ORBD—NRC)

202-223-0344; TOLL-FREE 1-800-624-BONE

TTY: 202-466-4315; FAX: 202-223-2237

[HTTP://WWW.NIAMS.NIH.GOV/BONE](http://www.niams.nih.gov/bone)

Bone Health and Osteoporosis: A Surgeon General's Report <http://www.surgeongeneral.gov/library/bonehealth/>

Juvenile Osteoporosis http://www.niams.nih.gov/bone/hi/osteoporosis_juv.htm

Kids and Their Bones: A Guide for Parents <http://www.niams.nih.gov/hi/topics/osteoporosis/kidbones.htm>

Los niños y sus huesos: una guía para los padres (Spanish Only)

http://www.niams.nih.gov/hi/topics/osteoporosis/kidbones_espanol.htm

NIH Consensus Development Conference: Osteoporosis Prevention, Diagnosis, and Therapy

http://consensus.nih.gov/cons/111/111_intro.htm

Osteoporosis: Coping With Chronic Pain http://www.niams.nih.gov/bone/hi/osteoporosis_pain.htm
Osteoporosis: Peak Bone Mass in Women http://www.niams.nih.gov/bone/hi/bone_mass.htm
Osteoporosis: Progress and Promise <http://www.niams.nih.gov/hi/topics/osteoporosis/opbkgr.htm>
Paget's Disease of Bone (Information for Patients) http://www.niams.nih.gov/bone/hi/paget/patient_info.htm
Pain and Paget's Disease of Bone http://www.niams.nih.gov/bone/hi/paget/paget_pain.htm
Use of Hormones After Menopause for Osteoporosis
<http://www.niams.nih.gov/hi/topics/osteoporosis/hormones.htm>
What People With Celiac Disease Need to Know About Osteoporosis
<http://www.niams.nih.gov/bone/hi/bowel/celiac.htm>
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<http://www.niams.nih.gov/bone/hi/bowel/ibd.htm>
What People With Lactose Intolerance Need to Know About Osteoporosis
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NICHD Women's Health Website

[HTTP://WWW.NICHD.NIH.GOV/WOMENSHEALTH](http://www.nichd.nih.gov/womenshealth)

Reports and Proceedings

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Contraceptive and Reproductive Health Branch Report to the NACHHD Council (2004)
Contraceptive Microbicide Research and Development Program: A Vision of the Future (Online Only)
<http://www.nichd.nih.gov/publications/pubs/ContraceptiveProgram.pdf>
Pediatric, Adolescent, and Maternal AIDS Branch Report to the NACHHD Council (2003)
Pregnancy and Perinatology Branch Report to the NACHHD Council (2000)
Pregnancy and Perinatology Branch Strategic Plan: 2005-2010
Reproductive Health in the 21st Century Strategic Plan (2001)
Reproductive Sciences Branch Report to the NACHHD Council (2002)
Targeting Sudden Infant Death Syndrome (SIDS): A Strategic Plan (2001)
Vulvodynia: Toward Understanding a Pain Syndrome

New Reports Coming Soon

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Obstetric and Pediatric Pharmacology Branch Report to the NACHHD Council (2007)

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http://www.nichd.nih.gov/publications/pubs/NICHD_com_connect_june04.pdf
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Brain Basics: Preventing Stroke (English NIH Publication No. 94-3440-b; Spanish NIH Publication No. 98-3440-b)

Brain Basics: Understanding Sleep (NIH Publication No. 98-3440-c)

Carpal Tunnel Syndrome Fact Sheet (NIH Publication No. 03-4898)

Complex Regional Pain Syndrome (also called Reflex Sympathetic Dystrophy Syndrome) (Fact Sheet)
(NIH Publication No. 04-4173)

Febrile Seizures Fact Sheet (English NIH Publication No. 95-3930; Spanish NIH Publication No. 98-3930)

Headache: Hope Through Research (NIH Publication No. 96-158)

Know Stroke: Know the Signs. Act in Time (NIH Publication No. 00-4872)

Low Back Pain Fact Sheet (NIH Publication No. 03-5161)

Lupus, Neurological sequelae of (Information Sheet)

Multiple Sclerosis: Hope Through Research (NIH Publication No. 96-75)

Myasthenia Gravis Fact Sheet (NIH Publication No. 99-768)

Neurological Disorders: Voluntary Health Agencies and Other Patient Resources (NIH Publication No. 03-3825)

Pain: Hope Through Research (NIH Publication No. 01-2406)

Post-Stroke Rehabilitation Fact Sheet (NIH Publication No. 01-4846)

Restless Legs Syndrome Fact Sheet (NIH Publication No. 01-4847)

Rett Syndrome Fact Sheet (NIH Publication No. 01-4863)

Shingles: Hope Through Research (NIH Publication No. 00-307)

Stroke: Hope Through Research (English NIH Publication No. 98-2222;

Spanish NIH Publication No. 01-2222s)

Stroke Warning Signs/Risk Factors (Bookmark) (English & Spanish)

Publicaciones en Español

El Accidente Cerebrovascular: Esperanza en la Investigación

El Síndrome de las Piernas Inquietas

Factores de Riesgo de Apoplejía (Bookmark)

La Enfermedad de Esclerosis Múltiple: Esperanza en la Investigación

La Miastenia Gravis

La Rehabilitación después de una Apoplejía

Las Convulsiones Febriles

Principios del Cerebro: Previniendo la Apoplejía

NATIONAL INSTITUTE OF NURSING RESEARCH

Office of Science Policy and Public Liaison

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[HTTP://NINR.NIH.GOV/NINR/NEWS-INFO/PUBLICATIONS.HTML](http://NINR.NIH.GOV/NINR/NEWS-INFO/PUBLICATIONS.HTML)

Focus on Asthma

Focus on Hispanic Health

Focus on Infant and Pediatric Care

Focus on Older Adults

Focus on Women's Health

NINR Research Themes for the Future

Making a Difference: Part One

Making a Difference: Part Two

Optimizing Pregnancy Outcomes in Minority Populations

NATIONAL INSTITUTE ON AGING

Office of Communications and Public Liaison

301-496-1752

WWW.NIA.NIH.GOV

NIA Information Center

1-800-222-2225

WWW.NIAPUBLICATIONS.ORG

Alzheimer's Disease Education and Referral Center

1-800-438-4380

WWW.ALZHEIMERS.ORG

Age Pages (English/Spanish)

A Good Night's Sleep/Consejos Para Dormir Bien

Aging and Your Eyes/El Envejecimiento y Sus Ojos

Alcohol Use and Abuse/El Envejecimiento y el Alcohol

Arthritis Advice/Consejos Sobre la Artritis

Cancer Facts for People Over 50/La realidad del Cáncer en Hombres y Mujeres a Partir de los 50 Años

Choosing A Doctor/Selección del Médico

Concerned about Constipation/¿Preocupados por el Estreñimiento?

Considering Surgery?/¿Está Considerando Hacerse una Cirugía?

Crime and Older People/El crimen y las personas de la tercera edad
Diabetes in Older People—A Disease You Can Manage;/Viviendo con la Diabetes?
Depression: Don't Let the Blues Hang Around/La Depresión: No Permita que la Depresión Le Persista
Dietary Supplements: More Is Not Always Better
Exercise: Feeling Fit for Life
Foot Care/El Cuidado de los Pies
Forgetfulness: It's Not Always What You Think/La Mala Memoria No es Siempre lo que se Piensa
Getting Your Affairs In Order
Good Nutrition: It's a Way of Life
Health Quackery: Spotting Health Scams/Curanderos: Cómo reconocer Estafas en Cuestiones de Salud
Hearing Loss/Pérdida de la Audición
High Blood Pressure/Presión Arterial Alta: Consejos para Mantenerla Bajo Control
HIV, AIDS, and Older People/El VIH, el SIDA y las Personas Mayores
Hospital Hints
Hyperthermia: Too Hot for Your Health/Hipertermia: Muy Caliente Para su Salud
Hypothermia: A Cold Weather Hazard/Hipotermia: El Peligro de las Bajas Temperaturas
Long-Term Care: Choosing the Right Place/Cuidado a largo plazo
Medicines: Use Them Safely/Medicamentos: Uselos con Cuidado
Menopause/Menopausia
Osteoporosis: The Bone Thief
Preventing Falls and Fractures/Prevención de caídas y fracturas
Sexuality in Later Life/La Sexualidad en la Edad Avanzada
Shingles
Shots for Safety
Skin Care and Aging
Smoking: It's Never Too Late to Stop
Stroke/Los Accidentes Vásculo-Cerebrales
Taking Care of Your Teeth and Mouth/El Cuidado de la Boca y los Dientes
Urinary Incontinence
What To Do About Flu/Qué Hacer Acerca de la Gripe

Brochures, Publications, Fact Sheets, and Video (English/Spanish)

Alzheimer's Disease Fact Sheet/La Enfermedad de Alzheimer
Alzheimer's Disease Medications Fact Sheet/Medicamentos para la enfermedad de Alzheimer
Alzheimer's Disease Progress Report
Alzheimer's Disease: Unraveling the Mystery
Caregiver Guide: Tips for Caregivers of People with Alzheimer's Disease/Guia Para Quienes Cuidan Personas
Caregiving Resources
Exercise: A Guide from the National Institute on Aging/El Ejercicio y su Salud Nunca es Tarde Para Empezar
Exercise: A Video from the National Institute on Aging
Home Safety for People with Alzheimer's Disease/Protección en el Hogar
Menopause: One Woman's Story, Every Woman's Story with:
Menopause: Companion, 2003
Understanding the Women's Health Initiative Study of Using Estrogen Alone
Pills, Patches, and Shots: Will Hormones Prevent Aging?
So Far Away: Twenty Questions for Long-distance Caregivers (summer 2005)

Talking With Your Doctor: A Guide for Older People (summer 2005)/*Conversando con su Médico*
There's No Place Like Home — For Growing Old: Tips From the National Institute on Aging
Understanding Risk: What Do Those Headlines Really Mean?
What's Your Aging IQ?

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

Public Information Office

301-443-3860

[HTTP://WWW.NIAAA.NIH.GOV/PUBLICATIONS/PUBLICATIONS.HTM](http://www.niaaa.nih.gov/publications/publications.htm)

Alcohol: A Women's Health Issue (NIH Publication No. 03-4956) (Revised January 2005)

Alcohol: A Women's Health Issue (Video) (2002)

Alcohol: What You Don't Know Can Harm You (NIH Publication No. 99-4323)

Alcohol Alert: Alcohol — An Important Woman's Health Issue (No. 62) (July 2004)

Alcohol Alert: Fetal Alcohol Exposure and the Brain (No. 50) (December 2000)

Drinking and Your Pregnancy (NIH Publication No. 96-4101) (Revised 2001) (English)

Drinking and Your Pregnancy (NIH Publication No. 97-4102) (Spanish)

Drinking and Your Pregnancy (NIH Publication No. 05-5610) (American Indian)

Frequently Asked Questions (NIH Publication No. 01-4735)

Personal Steps to a Healthy Choice: A Women's Guide (NIH Publication No. 00-4370) (Spanish)

Women and Alcohol: An Update (NIH Publication No. 03-3466)

NATIONAL INSTITUTE ON DRUG ABUSE

National Clearinghouse for Alcohol and Drug Information

1-800-729-6686

[HTTP://WWW.HEALTH.ORG/](http://www.health.org/)

National Technical Information Service

1-800-553-6847

[HTTP://WWW.DRUGABUSE.GOV/PUBCAT/PUBSINDEX.HTML](http://www.drugabuse.gov/pubcat/pubsindex.html)

Women and Gender Differences Research

[HTTP://WWW.DRUGABUSE.GOV/WHGD/WHGDHOME.HTML](http://www.drugabuse.gov/whgd/whgdhome.html)

NIDA NOTES

A Collection of NIDA Notes: Articles on Women, Gender Differences, and Drug Abuse (NCADI #NN0013)

<http://www.drugabuse.gov/whgd/whgdpub.html#NN>

InfoFacts

Infofacts: Pregnancy & Drug Use Trends <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Treatment Methods for Women <http://www.drugabuse.gov/Infofacts/pregnancytrends.html>

The following Infofacts are not specifically focused on women and sex/gender differences; however, they do contain information on this topic. When accessed online, the relevant text is highlighted in blue for convenience.

Infofacts: Drug Abuse and AIDS <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Marijuana <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Methylphenidate (Ritalin) <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Pain Medications and Other Prescription Drugs <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Steroids (Anabolic) <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Tobacco <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Lessons from Prevention Research <http://www.drugabuse.gov/whgd/InfoFacts.html>

Infofacts: Hospital Visits <http://www.drugabuse.gov/WHGD/InfoFacts.html>

Infofacts: Nationwide Trends <http://www.drugabuse.gov/WHGD/InfoFacts.html>

Infofacts: Treatment Trends <http://www.drugabuse.gov/WHGD/InfoFacts.html>

Science and Practice Perspectives

Fals-Stewart, W., O'Farrell, T. J., & Berchler, G.R. (2004). Behavioral couples therapy for substance abuse: rationale, methods, and findings. *Science & Practice Perspectives*, 2, 30-41. (NIH Publication No. 04-5356) <http://www.drugabuse.gov/perspectives/vol2no2.html>

Jackson, V. (2004). Residential treatment for parents and their children: the village experience. *Science & Practice Perspectives*, 2, 44-53. (NIH Publication No. 04-5356) <http://www.drugabuse.gov/perspectives/vol2no2.html>

Uhler, A.S., & Parker, O.V. (2002). Treating women drug abusers: action therapy and trauma assessment. *Science & Practice Perspectives*, 1, 30-35. (NIH Publication No. 02-5033) <http://www.nida.nih.gov/perspectives/vol1no1.html>

Monographs and Other Volumes

Drug Addiction Research and the Health of Women (NCADI #BKD258) (1998) <http://www.drugabuse.gov/WHGD/DARHW-download.html>

Drug Addiction Research and the Health of Women: Executive Summary (1998) <http://www.drugabuse.gov/WHGD/DARHW-download.html>

Research Monograph 65: Women and Drugs: A New Era for Research (RM65) (NCADI #M65, NTIS #PB89-130637/AS \$36.50) (1987) <http://www.drugabuse.gov/pdf/monographs/download65.html>

Research Monograph 114: Methodological Issues in Controlled Studies on Effects on Prenatal Exposure to Drugs of Abuse (RM114) (NCADI #M114; NTIS #PB92-146216 \$77.50) (1991) <http://www.drugabuse.gov/pdf/monographs/download114.html>

Research Monograph 117: Methodological Issues in Epidemiological, Preventive, and Treatment Research on Drug Exposed Women and Their Children (NTIS #PB93-102101/LL \$81.50) (1992) <http://www.drugabuse.gov/pdf/monographs/download117.html>

Research Monograph 149: Medications Development for the Treatment of Pregnant Addicts and Their Children (1995) <http://www.drugabuse.gov/pdf/monographs/download149.html>

Research Monograph 158: Biological Mechanisms and Perinatal Exposure to Drugs (NTIS #96-117411 \$58.50) (1995) <http://www.drugabuse.gov/pdf/monographs/download158.html>

Research Monograph 166: Treatment for Drug-Exposed Women & Their Children: Advances in Research Methodology (NTIS #96-179106 \$75) (1996) <http://www.drugabuse.gov/pdf/monographs/monograph166/download.html>

Videos

Treatment Issues for Women (Video, VHS, 22 minutes) (NCADI #VHS39 \$12.50) (1991)

Treatment Issues for Women Viewer's Guide (Video Guide) (NCADI #VHS039G) (1991)

Treatment Issues in Prison: A New Way Out (Video, VHS, 23 minutes) (NCADI #VHS72 \$12.50) (1995)

Research Report Series

The following Research Reports are not specifically focused on women and sex/gender differences; however, they do contain information on this topic. When accessed online, the relevant text is highlighted in blue for convenience.

Cocaine Abuse and Addiction (Research Report Series) (NCADI #PHD813) <http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Heroin: Abuse and Addiction (Research Report Series) (NCADI #PHD742) <http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Nicotine Addiction (Research Report Series) (NCADI #PHD762) <http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Marijuana Abuse (Research Report Series) <http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Anabolic Steroid Abuse (Research Report Series) (NCADI #PHD561)

<http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Inhalant Abuse (Report Research Report Series) (NCADI #PHD675)

<http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Methamphetamine Abuse and Addiction (Research Report Series) (NCADI #PHD756)

<http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

Prescription Drugs: Abuse and Addiction (Research Report Series) (NCADI #PHD866)

<http://www.drugabuse.gov/WHGD/WHGDPub.html#rrs>

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[HTTP://HEALTHHOTLINES.NLM.NIH.GOV/](http://healthhotlines.nlm.nih.gov/)

Health Hotlines (NIH Publication No. 05-2780) <http://healthhotlines.nlm.nih.gov/>

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