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NOVEMBER 2008



**DEPARTMENT OF HEALTH
& HUMAN SERVICES**

NATIONAL INSTITUTES OF HEALTH
NATIONAL INSTITUTE ON AGING

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A Wealth of Information

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To order FREE materials from the National Institute on Aging (NIA):

- Mail the order form at the back of this catalog to the NIA Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057
- Call NIA toll-free at 800-222-2225 (TTY/toll-free: 800-222-4225)
- Order publications online at www.nia.nih.gov/HealthInformation

NIA's Alzheimer's Disease Education and Referral (ADEAR) Center is a comprehensive source of information about Alzheimer's disease and age-related cognitive changes.

- Call toll-free at 800-438-4380
- Order publications online at www.nia.nih.gov/Alzheimers

Accurate, up-to-date information in Spanish on health issues of interest to seniors is available at www.nia.nih.gov/Espanol. The website offers FREE publications and links to other health-related Spanish-language websites.

Visit www.NIHSeniorHealth.gov, a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health information for older adults and special features that make it simple to use.

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General Aging Information

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NIA Publications Catalog

A complete list of publications offered by the National Institute on Aging (NIA). **FREE**

Alzheimer's Disease Publications List

A list of publications on Alzheimer's disease distributed by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center. **FREE**

Can We Prevent Aging?

This 8-page tip sheet gives an overview of what we know about hormone supplements and calorie restriction. **FREE**



Exercise and Physical Activity Your Everyday Guide from the National Institute on Aging

Get moving! This popular 112-page guide describes the benefits of exercise and physical activity for older people. Learn how to set exercise goals and stick to them. Includes sample exercises for endurance, strength, balance, and flexibility plus worksheets to track activities and a list of resources. **FREE**



Healthy Aging Lessons from the Baltimore Longitudinal Study of Aging

Based on findings from the first 50 years of the Baltimore Longitudinal Study of Aging and other NIA research, this booklet addresses how aging research has changed over time and shares some of what has been learned about aging well. **FREE**



Hormones and Menopause

Get up-to-date information about the risks and benefits of menopausal hormone therapy from this tip sheet. **FREE**

Menopause Time for a Change

What can a woman expect before, during, and after her last period? This 37-page booklet discusses menopause, hot flashes, and other menopausal symptoms. Also includes what women can do to stay healthy after menopause. **FREE**



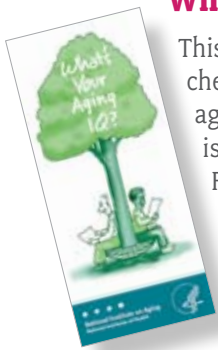
Talking With Your Doctor A Guide for Older People

This 44-page booklet is full of ideas and tips for good communication between older people and their doctors. Colorful illustrations and a conversational tone explain how to get ready for a medical appointment, discuss sensitive topics with your doctor, and coordinate help from friends and family. **FREE**



Understanding Risk What Do Those Headlines Really Mean?

You hear news reports about research findings all the time. How can you make sense of what they mean? This tip sheet outlines different kinds of research studies and the ways research results are reported. It includes questions to ask about medical findings. **FREE**



What's Your Aging IQ?

This 25-page booklet invites readers to check out how much they know about aging. A series of engaging mini-stories is accompanied by test questions.

Fill in the answer sheet or take the quiz online. What you discover may surprise you! **FREE**

Easy-to-Read Booklets

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Older Adults and Alcohol

Using interactive checklists, questions and answers, and personal stories, this booklet offers help for older adults thinking about their drinking. There's also a special section for family, friends, and caregivers. **FREE**

Safe Use of Medicines

This 13-page booklet offers personal stories and question-and-answer sections, with practical tips to help older people take their medicines safely. **FREE**

Stay Safe in Cold Weather!

Learn about hypothermia (a dangerous drop in body temperature) and how it affects older people. This 12-page booklet offers many tips for staying safe in cold weather. **FREE**



Understanding Alzheimer's Disease

This 12-page booklet answers basic questions about AD. It also discusses the signs of AD, why it is important to see your doctor early, and how to get help if you or someone you know is worried about AD. **FREE**

Understanding Memory Loss

Get answers to some basic questions about memory loss. This 16-page booklet discusses the difference between mild forgetfulness and more serious memory problems, medical causes of memory problems and how they can be treated, and how to cope with serious memory loss. **FREE**

AgePages

NIA's AgePages provide information about topics of interest to older adults and caregivers. Each fact sheet contains an overview of the subject and resources for more information. **FREE**

Diseases/Conditions

- Arthritis Advice
- Cancer Facts for People Over 50
- Depression: Don't Let the Blues Hang Around
- Diabetes in Older People—A Disease You Can Manage
- Forgetfulness: Knowing When to Ask for Help
- High Blood Pressure
- HIV, AIDS, and Older People
- Osteoporosis: The Bone Thief
- Prostate Problems
- Shingles
- Stroke
- Urinary Incontinence



Planning for Later Years

- Getting Your Affairs in Order
- Nursing Homes: Making the Right Choice

Safety

- Crime and Older People
- Falls and Fractures
- Medicines: Use Them Safely
- Older Drivers
- Online Health Information: Can You Trust It?



Health Promotion/Disease Prevention

- A Good Night's Sleep
- Aging and Your Eyes
- Alcohol Use and Abuse
- Concerned About Constipation?
- Dietary Supplements
- Exercise and Physical Activity: Getting Fit for Life
- Flu—Get the Shot
- Foot Care
- Healthy Eating After 50
- Hearing Loss
- Hyperthermia: Too Hot for Your Health
- Hypothermia: A Cold Weather Hazard
- Menopause
- Mourning the Death of a Spouse
- Sexuality in Later Life
- Shots for Safety
- Skin Care and Aging
- Smoking: It's Never Too Late to Stop
- Taking Care of Your Teeth and Mouth



Medical Care

- Beware of Health Scams
- Choosing a Doctor
- Considering Surgery?
- Hospital Hints



Information About Alzheimer's Disease

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Alzheimer's Disease Centers Directory

A directory of NIA-funded Alzheimer's Disease Centers. **FREE**

Alzheimer's Disease Fact Sheet

This fact sheet provides basic information about AD and its symptoms, diagnosis, and treatment options. **FREE**



Alzheimer's Disease: Unraveling the Mystery

An essential primer on AD, this 80-page publication describes how the brain works and how it changes with age in healthy people and people with AD. It summarizes the latest research on causes, diagnosis, the search for prevention strategies and new treatments, and caregiver support. Also includes full-color illustrations, a glossary, and a list of resources. **FREE**

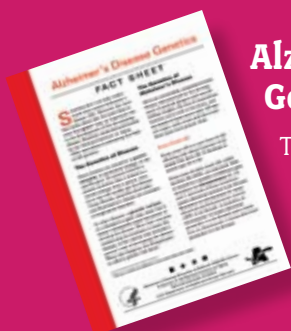


Can Alzheimer's Disease Be Prevented?

Get the latest information about research on preventing AD from this fact sheet. Possible risk factors for AD are discussed. Topics include genetics, cardiovascular disease, antioxidants, *ginkgo biloba*, and the role that exercise and intellectually stimulating activities may play in reducing the risk of AD. **FREE**

Alzheimer's Disease Genetics Fact Sheet

The basics of AD genetics are discussed in this fact sheet. Includes an overview of AD genetics research. **FREE**



Alzheimer's Disease Medications Fact Sheet

This fact sheet describes FDA-approved treatments for AD and summarizes recommended dosages and common side effects. **FREE**

Legal and Financial Planning for People with Alzheimer's Disease

Many people are unprepared to deal with the legal and financial consequences of AD. This fact sheet provides an overview of a variety of helpful planning documents. It also includes resources for more information. **FREE**



Information About Alzheimer's Disease

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Progress Report on Alzheimer's Disease

NIA is the lead Federal agency conducting research into the causes, diagnosis, treatment, and prevention of AD. This report presents current research findings on AD and summarizes research results from ongoing clinical studies. **FREE**

Vascular Dementia Fact Sheet

This fact sheet provides basic information about vascular dementia and its relationship to AD. It also describes causes, symptoms, diagnosis, and treatment. **FREE**

What Happens Next?

A Booklet About Being Diagnosed With Alzheimer's Disease or a Related Disorder

This Northwestern University Alzheimer's Disease Center booklet offers firsthand views about receiving a diagnosis of dementia, what to expect, how to talk about the disease, and more. It lists organizations that offer materials about dementia, support groups, services, and ways to get involved in research. **FREE**



Caregiving Resources

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Caregiver Guide

Tips for Caregivers of People with Alzheimer's Disease

Filled with practical advice, this 24-page booklet offers suggestions for people caring for someone with AD, including dealing with problem behaviors such as wandering, delusions, and vocalization. Tips for managing caregiving tasks such as bathing, dressing, and eating are also provided. Other dementia-related issues, such as sleep problems, home safety, driving, and choosing a nursing home, are also discussed. **FREE**



End of Life

Helping with Comfort and Care

This 68-page guide discusses some key issues surrounding care at the end of life. It includes topics such as finding care, what happens at the time of death, managing grief, and how to document one's own wishes. Resources for more information are provided. **FREE**



Caregiving Resources

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Home Safety for People with Alzheimer's Disease

This 40-page booklet is for in-home caregivers of people who have AD or related disorders. It presents room-by-room suggestions on how to create a safer home for both the patient and caregiver. **FREE**



So Far Away Twenty Questions for Long-Distance Caregivers

A question-and-answer format offers insights and information about providing care when you live far away. This 44-page booklet explores topics such as complex family relationships, legal issues, housing options, and advance directives. **FREE**



There's No Place Like Home For Growing Old

This tip sheet provides information and resources that can help older adults maintain independence while living at home. **FREE**

Information for Professionals

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Connections

This quarterly newsletter, published by NIA's Alzheimer's Disease Education and Referral (ADEAR) Center, is for health professionals and caregivers of people with AD. **ONLINE ONLY:**
www.nia.nih.gov/Alzheimers/ResearchInformation/newsletter

Growing Older in America

The Health and Retirement Study

A snapshot of findings from NIA's Health and Retirement Study.

ONLINE ONLY:

www.nia.nih.gov/ResearchInformation/ExtramuralPrograms. Click on "Division of Behavioral and Social Research."

Links

Minority Research and Training

This newsletter, produced by the NIA Work Group on Minority Aging, features profiles of researchers and key research findings. **ONLINE ONLY:**

www.nia.nih.gov/NewsAndEvents. Click on "Work Group on Minority Aging Newsletter."

Living Long & Well in the 21st Century Strategic Directions for Research on Aging

This booklet outlines NIA's vision for the future of aging research. **ONLINE ONLY:**

www.nia.nih.gov/AboutNIA/strategic_plan_draft.htm

Information for Professionals

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Making Your Printed Health Materials Senior Friendly

This tip sheet provides suggestions for how to write and design printed materials for older adults. **FREE**

Making Your Website Senior Friendly

Web designers can use these suggestions to tailor websites for older people. An extensive list of research references is included. **FREE**

NIH Senior Health Bookmark

Available in bulk quantities, this bookmark highlights the special features of the award-winning senior-friendly website, www.NIHSeniorHealth.gov. **FREE**

Spotlight on Aging Research (SOAR)

News and Notes from the National Institute on Aging

NIA's electronic newsletter, SOAR, features summaries of recent aging-related research and highlights new publications, funding opportunities, and upcoming events. **ONLINE ONLY:** www.nia.nih.gov/NewsAndEvents/SOAR

Talking With Your Older Patient **A Clinician's Handbook**

This guide provides strategies for health professionals to use to communicate effectively with their older patients. It addresses difficult-to-discuss issues, provides practical tips, and lists information resources. **FREE**

"I am an assistant professor of family medicine and geriatrics. I am once again requesting a bulk order of the NIA exercise guide for seniors. The students have warmly received these booklets in the past, and we would like to continue to provide the booklets to them as a resource."



Ways You Might Use NIA's FREE Publications

- Order a single copy for yourself
- Order two copies—one for you, one to share
- Order bulk copies for a health fair, library, or local meeting



Información en español

Information in Spanish

El Instituto Nacional sobre el Envejecimiento tiene muchas publicaciones en español. Por favor seleccione todas las publicaciones que desea ordenar. Nosotros ofrecemos envío gratis solamente a direcciones en los Estados Unidos. No podemos enviar publicaciones fuera de los Estados Unidos.

Vivir Mejor la Tercera Edad (AgePages)

Estos folletos proveen información útil y breve sobre varios temas que afectan a los adultos mayores. Cada uno contiene información de salud basada en investigaciones y también ofrece recursos para obtener más información.



Enfermedades/Condiciones

- Ataque cerebral (Stroke)
- Consejos sobre la artritis (Arthritis)
- El cuidado de la boca y los dientes (Teeth)
- El VIH, el SIDA y las personas mayores (HIV/AIDS)
- Incontinencia urinaria (Urinary Incontinence)
- La depresión: no permita que la depresión persista (Depression)
- La diabetes en las personas mayores (Diabetes)
- La mala memoria no es siempre lo que se piensa (Forgetfulness)
- La realidad del cáncer (Cancer)
- Los problemas de la próstata (Prostate Problems)
- Osteoporosis: la usurpadora de los huesos (Osteoporosis)
- ¿Preocupados por el estreñimiento? (Constipation)
- Presión arterial alta (High Blood Pressure)

Cuidado médico

- Cuidado a largo plazo: escogiendo el lugar correcto (Long-Term Care)
- Cuidese de los tratamientos de salud fraudulentos (Health Quackery)
- ¿Está considerando hacerse una cirugía? (Surgery)
- Selección del médico (Choosing a Doctor)

Información en español

Information in Spanish



Promoción de salud/ Prevención de enfermedades

- Caídas y fracturas (**Falls and Fractures**)
- Consejos para dormir bien (**Sleep**)
- Ejercicio y actividad física (**Exercise and Physical Activity**)
- El cuidado de los pies (**Foot Care**)
- El envejecimiento y el alcohol (**Alcohol**)
- El envejecimiento y sus ojos (**Eyes**)
- Hipertermia: muy caliente para su salud (**Hyperthermia**)
- Hipotermia: el peligro de las bajas temperaturas (**Hypothermia**)
- La menopausia (**Menopause**)
- La sexualidad en la edad avanzada (**Sexuality**)
- Pérdida de la audición (**Hearing**)
- Qué hacer acerca de la gripe (**Flu**)
- Vacunas para su salud (**Shots**)



Seguridad

- Conductores de la tercera edad (**Older Drivers**)
- El crimen y las personas de la tercera edad (**Crime**)
- Medicamentos: úselos con cuidado (**Medicines**)



Obtenga información de salud en español GRATIS del Instituto Nacional sobre el Envejecimiento.

Para ver una lista completa de las publicaciones, visite: www.nia.nih.gov/Espanol



Guías sobre la enfermedad de Alzheimer

Estas guías informativas proveen muchos consejos útiles.

- Guía de la enfermedad de Alzheimer: La información que usted necesita saber (Alzheimer's Disease Fact Sheet)
- Guía para quienes cuidan personas con la enfermedad de Alzheimer (Caregiver Guide)
- Medicamentos para la enfermedad de Alzheimer (Alzheimer's Disease Medications Fact Sheet)
- Protección en el hogar para las personas con la enfermedad de Alzheimer (Home Safety for People with Alzheimer's Disease)





"I just wanted to take the time to say THANK YOU for providing information that is evidence-based. This is hugely valuable to the older adult community and your team deserves kudos!"

Ordering Information

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Online Orders

- www.nia.nih.gov/HealthInformation
Click on "Publications"
- www.nia.nih.gov/Alzheimers
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- www.nia.nih.gov/Espanol
Haga clic en "Ordene publicaciones"

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- Monday-Friday, 8:30 a.m. - 5:00 p.m. (Eastern Time)
- **800-222-2225** (toll-free), **NIA Information Center**
 - **800-438-4380** (toll-free), **ADEAR Center**
 - **800-222-4225** (TTY/toll-free)
 - **301-589-3014** (Fax)

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General Aging Information

- NIA Publications Catalog
- Alzheimer's Disease Publications List
- Can We Prevent Aging?
- Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging
- Healthy Aging: Lessons from the Baltimore Longitudinal Study of Aging
- Hormones and Menopause
- Menopause: Time for a Change
- Talking With Your Doctor: A Guide for Older People
- Understanding Risk: What Do Those Headlines Really Mean?
- What's Your Aging IQ?

Easy-to-Read Booklets

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- Menopause
- Mourning the Death of a Spouse
- Sexuality in Later Life
- Shots for Safety
- Skin Care and Aging
- Smoking: It's Never Too Late to Stop
- Taking Care of Your Teeth and Mouth

Medical Care

- Beware of Health Scams
- Choosing a Doctor
- Considering Surgery?
- Hospital Hints

Additional publications, including Spanish translations, are listed on the other side.

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- ___ Alzheimer's Disease Centers Directory
- ___ Alzheimer's Disease Fact Sheet
- ___ Alzheimer's Disease Genetics Fact Sheet
- ___ Alzheimer's Disease Medications Fact Sheet
- ___ Alzheimer's Disease: Unraveling the Mystery
- ___ Can Alzheimer's Disease Be Prevented?
- ___ Legal and Financial Planning for People with Alzheimer's Disease
- ___ Progress Report on Alzheimer's Disease
- ___ Vascular Dementia Fact Sheet
- ___ What Happens Next?

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- ___ End of Life: Helping with Comfort and Care
- ___ Home Safety for People with Alzheimer's Disease
- ___ So Far Away: Twenty Questions for Long-Distance Caregivers
- ___ There's No Place Like Home—For Growing Old

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- ___ Making Your Printed Health Materials Senior Friendly
- ___ Making Your Website Senior Friendly
- ___ NIHSeniorHealth Bookmark
- ___ Talking With Your Older Patient: A Clinician's Handbook

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Vivir Mejor la Tercera Edad

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Folleto informativo y guías

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