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## FOR MORE INFORMATION

To learn more about some of the topics raised in the accompanying article, check out these resources.

“Alternative Therapies: Part I. Depression, Diabetes, Obesity”  
American Family Physician  
*Vincent Morelli, M.D., and Roger J. Zoorob, M.D., M.P.H.*  
September 1, 2000  
[www.aafp.org/afp/20000901/1051.html](http://www.aafp.org/afp/20000901/1051.html)

This article examines some of the complementary and alternative medicine options for treating depression, diabetes, and obesity. It also includes a list of links to Web sites devoted to alternative and complementary medicine.

CENTERS FOR MEDICARE & MEDICAID SERVICES  
[www.cms.hhs.gov/consumers/default.asp](http://www.cms.hhs.gov/consumers/default.asp)

Find information about Medicare, Medicaid, and other health programs and services.

THE CENTER FOR MENTAL HEALTH SERVICES  
[www.mentalhealth.org](http://www.mentalhealth.org)  
Find mental-health services in your area with this site’s “Services Locator.”

HEALTHWISE FOR LIFE  
Medical Self-Care for People Age 50 or Better  
*Molly Mettler and Donald W. Kemper, M.P.H.*  
Healthwise, Inc.  
Boise, Idaho, 2000  
This book for older adults provides

information on common conditions, including prevention, home treatment, and when to call a medical professional.

THE LEAGUE FOR THE HARD OF HEARING  
[www.lhh.org](http://www.lhh.org)

The League provides patient services only in New York and Florida, but their Web site has articles on noise, hearing, hearing aids, and more of interest to a general audience.

LEAP PROGRAM  
(888) 275-4772

<http://bphc.hrsa.gov/leap>  
Learn how to check your feet for neuropathy with the LEAP Program. You can get a free screening kit by calling or filling out a form on the Web site.

MEDLINE PLUS HEALTH INFORMATION  
[www.nlm.nih.gov/medlineplus/nutrition.html](http://www.nlm.nih.gov/medlineplus/nutrition.html)

This National Library of Medicine Web site has general tips and information on nutrition as well as the latest news in food research.

NATIONAL IMMUNIZATION PROGRAM  
[www.cdc.gov/nip](http://www.cdc.gov/nip)

Information about all kinds of vaccines, including pneumonia and flu shots can be found on this Web site hosted by the Centers for Disease Control and Prevention.

QUITSMOKINGSUPPORT.COM  
[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)  
For about \$30 you can receive daily e-mail messages for a month with advice, support, and encouragement to quit smoking for good. The site also offers free newsletters with tips and information about smoking-related topics.

“Resources on Mental Health and Aging”

Administration on Aging  
(800) 677-1116

[www.aoa.dhhs.gov/mh/report2001/appendixb.html](http://www.aoa.dhhs.gov/mh/report2001/appendixb.html)  
Web site describes and provides contact information for numerous agencies offering services to older people. Call the toll-free number to reach the Eldercare Locator, a nationwide directory providing contact information for local resources and services.

TOBACCO INFORMATION AND PREVENTION SOURCE

[www.cdc.gov/tobacco/index.htm](http://www.cdc.gov/tobacco/index.htm)  
This Web site hosted by the Centers for Disease Control and Prevention offers information about tobacco and health and, most important, tips on quitting smoking.

USDA CENTER FOR NUTRITION POLICY AND PROMOTION

[www.usda.gov/cnpp](http://www.usda.gov/cnpp)  
This Web site has an “Interactive Healthy Eating Index” that assesses the quality of your diet and compares your intake to that recommended by the USDA Food Guide Pyramid.

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