

Try These Toll-free Phone Numbers and Web Sites

These phone numbers and Web sites provide important health and fitness information for women of all ages. If you don't have Internet access, try your local library.

American Diabetes Association

Toll-Free: 1-800-DIABETES
(1-800-342-2383)

Web site: www.diabetes.org
Information on prevention and management of diabetes.

American Heart Association

Toll-Free: 1-800-AHA-USA-1
(1-800-242-8721)

Web site: www.americanheart.org
Information and education on fighting heart disease and stroke.

American Cancer Society

Toll-Free: 1-800-227-2345
Web site: www.cancer.org

Information on the American Cancer Society and cancer-related topics, including breast cancer and ovarian cancer.

Arthritis Foundation

Toll-Free: 1-800-283-7800

Web site: www.arthritis.org
Information on the Arthritis Foundation and its activities.

For Women: FDA

Web site: www.fda.gov/ForConsumers/ByAudience/ForWomen/default.htm

Healthfinder

Web site: www.healthfinder.gov
An award-winning government Web site listing hundreds of health information resources.

Medicare

Toll-Free: 1-800-MEDICARE
(1-800-633-4227)

Help with Medicare questions.

Web site: www.medicare.gov
Information on Medicare benefits and preventive services.

National Health Information Center

Toll-Free: 1-800-336-4797

U.S. government agency. Provides referral services for health topics.

Web site: www.health.gov/NHIC

National Institute on Aging

Toll-Free: 1-800-222-2225

Free information about healthy aging.

Web site: www.nia.nih.gov

NIH Women's Health

Web site: www.nlm.nih.gov/medlineplus/womenshealth.html

Free health information for women from the National Institutes of Health.