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Use this form to mark your selection and mail to:
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TO ORDER: Print the number of copies you want in the space provided. Tear off form and mail to NIA.

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General Aging Information

- NIA Publications Catalog
- Can We Prevent Aging?
- Clinical Trials and Older People
- 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
- Participating in Activities You Enjoy—More Than Just Fun and Games
- Saving for Retirement: What Do You Know?
- 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

- Older Adults and Alcohol: You Can Get Help
- Stay Safe in Cold Weather!
- Understanding Alzheimer's Disease
- Understanding Memory Loss

AgePages

Diseases/Conditions

- Arthritis Advice
- Cancer Facts for People Over 50
- Depression
- 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 in Older People
- 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
- Smell and Taste: Spice of Life
- 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.

TEAR-OFF ORDER FORM HERE

Information About Alzheimer's Disease

- ___ 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?
- ___ Hospitalization Happens: A Guide to Hospital Visits for Individuals with Memory Loss
- ___ Legal and Financial Planning for People with Alzheimer's Disease
- ___ Participating in Alzheimer's Disease Clinical Trials and Studies Fact Sheet
- ___ Progress Report on Alzheimer's Disease
- ___ What Happens Next?

Caregiving Resources

- ___ Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging
- ___ 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

Information for Professionals

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

Información en español (Information in Spanish)

Vivir Mejor la Tercera Edad

Enfermedades/Condiciones

- ___ Ataque cerebral (Stroke)
- ___ Consejos sobre la artritis (Arthritis)
- ___ El cuidado de sus dientes y boca (Teeth)
- ___ El VIH, el SIDA y las personas mayores (HIV/AIDS)
- ___ Incontinencia urinaria (Urinary Incontinence)
- ___ Información sobre el cáncer (Cancer)
- ___ La depresión: no permita que la depresión persista (Depression)
- ___ La diabetes en las personas mayores (Diabetes)
- ___ La mala memoria: Reconozca cuándo debe pedir ayuda

- ___ Osteoporosis: la usurpadora de los huesos (Osteoporosis)
- ___ ¿Preocupados por el estreñimiento? (Constipation)
- ___ Presión arterial alta (High Blood Pressure)
- ___ Problemas de la próstata (Prostate Problems)

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)

Promoción de salud/Prevención de enfermedades

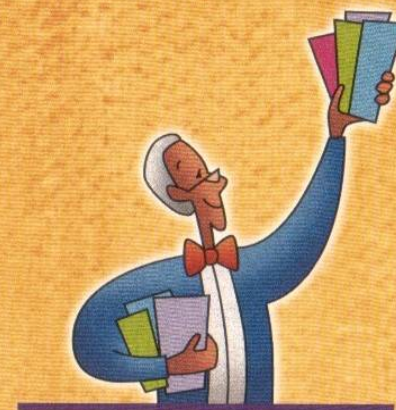
- ___ Caídas y fracturas (Falls and Fractures)
- ___ Consejos para dormir bien (Sleep)
- ___ Ejercicio y actividad física: en forma de por vida (Exercise and Physical Activity)
- ___ El cuidado de los pies (Foot Care)
- ___ El envejecimiento y el alcohol (Alcohol)
- ___ El envejecimiento y sus ojos (Eyes)
- ___ 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)

Guías sobre la enfermedad de Alzheimer

- ___ Guía de la enfermedad de Alzheimer: La información que usted necesita saber (Alzheimer's Disease Guide)
- ___ 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)



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