

DIRECTORY OF RESOURCES

The following organizations can provide further information on the topics indicated, as well as free or low-cost pamphlets in some cases. They can also offer help in locating local groups or local chapters of national organizations.

Aging

American Association of Retired Persons (AARP)
601 E Street, NW
Washington, DC 20049
(202) 434-2277

National Council on the Aging
409 Third Street, SW, 2nd Floor
Washington, DC 20024
(202) 479-1200

Alcohol Resources

1-800-ALCOHOL
(This hotline is available 24 hours a day, seven days a week, to offer counseling and assistance in finding local treatment centers.)

Alcoholics Anonymous, Inc.
15 East 26th Street, Room 1817
New York, NY 10010
(212) 683-3900

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
11426 Rockville Pike
Rockville, MD 20852
(301) 468-2600

Birth Defects

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

Cardiovascular

American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

Mended Hearts, Inc.
7320 Greenville Avenue
Dallas, TX 75231
(214) 706-1442

National Heart, Lung and Blood Institute
National Institutes of Health
7200 Wisconsin Avenue, Suite 500
Bethesda, MD 20814
(301) 951-3260

National High Blood Pressure Education Program
Information Center
National Institutes of Health
7200 Wisconsin Avenue, Suite 500
Bethesda, MD 20814
(301) 951-3260

Consumer Information

The Council for Better Business Bureaus
4200 Wilson Boulevard
Arlington, VA 22203
(703) 276-0100
Att: Standards and Practices
(For brochures, including *Tips on Medical Quackery*, send a self-addressed stamped legal-size envelope and \$1.)

Diabetes

American Diabetes Association, Inc.
1660 Duke Street
Alexandria, VA 22314
(800) 232-3472

APPENDIX

National Diabetes Information Clearinghouse
National Institutes of Health
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-2162

Drug Abuse

Drug Abuse and Narcotic Addiction
Cocaine Abuse Hotline
1-800-COCAINE

Drug Abuse Clearinghouse
P.O. Box 2345
11426 Rockville Pike
Rockville, MD 20852
(301) 443-6500

Drug Crisis Hotline
(800) 522-5353

Health Information

American Red Cross
431 18th Street, NW
Washington, DC 20006
(202) 737-8300

Office of Disease Prevention and Health Promotion
National Health Information Center
P.O. Box 1133
Washington, DC 20013-1133
(800) 336-4797

Home Care

National Association for Home Care
519 C Street, NE, Stanton Park
Washington, DC 20002
(202) 547-7424

Medical Emergencies
American Trauma Society
8903 Presidential Parkway
Suite 512
Upper Marlboro, MD 20772
(800) 556-7890

Medic Alert Foundation International
P.O. Box 1009
Turlock, CA 95381
(800) ID-ALERT
(209) 668-3333

Nutrition

American Dietetic Association
216 West Jackson
Chicago, IL 60606
(312) 899-0040

National Cholesterol Education Program
National Institutes of Health
7200 Wisconsin Avenue
Bethesda, MD 20814

Rehabilitation

National Rehabilitation Association
1910 Association Drive
Reston, VA 22091
(703) 715-9090

National Rehabilitation Information Center
8455 Colesville Road
Silver Spring, MD 20910
(800) 346-2742
(301) 588-9284

Smoking

American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
(404) 320-3333

American Lung Association
1740 Broadway
New York, NY 10019
(212) 315-8700

1-800-4-CANCER for all areas of the U.S. except:
Alaska (800) 638-6070
Oahu, HI (800) 524-1234

National Center for Health Promotion
Smoker Stoppers Program
3920 Varsity Drive
Ann Arbor, MI 48108
(313) 971-6077

Seventh Day Adventists
Community Health Services
P.O. Box 1029
Manhasset, NY 11030
(Send for free pamphlet *How to Stop Smoking*, or consult the telephone book for the nearest Seventh Day Adventist church. Smoking cessation programs are offered on a community-demand basis.)

Smokenders
1430 East Indian School Road, Suite 102
Phoenix, AZ 85014
(800) 828-4357

Stroke

Courage Center
Courage Stroke Network
3915 Golden Valley Road
Golden Valley, MN 55422
(800) 553-6321
(612) 520-0466 in Minnesota

National Stroke Association
300 East Hampden Avenue
Suite 240
Englewood, CO 80110-2654
(303) 839-1992

Stroke Clubs

These support groups are primarily independent, although some are affiliated with local chapters of the Easter Seal Society or the American Heart Association. For the nearest Stroke Club, contact the Courage Center (see listing above).