



Appendix A

ARTICLES FOR EDUCATION

NATIONAL INSTITUTE ON AGING



NIA AGE PAGES – ENGLISH

TITLE
A Good Night's Sleep
Aging and Your Eyes
Alcohol Use and Abuse
Arthritis Advice
Cancer Facts for People Over 50
Choosing a Doctor
Considering Surgery?
Constipation
Crime and Older People
Dealing with Diabetes
Depression: Don't Let the Blues Hang Around
Dietary Supplements: More is Not Always Better
Exercise: Feeling Fit For Life
Foot Care
Forgetfulness: It's Not Always What You Think
Getting Your Affairs In Order
Good Nutrition: It's a Way of Life
Health Quackery: Spotting Health Scams
Health Information Online
Hearing Loss
High Blood Pressure: Tips for Keeping it Under Control
HIV, AIDS, and Older People

TITLE
Hospital Hints
Hormones After Menopause
Hyperthermia: Too Hot for Your Health
Hypothermia: A Cold Weather Hazard
Long-Term Care: Choosing the Right Place
Medicines: Use Them Safely
Menopause
Older Drivers
Osteoporosis: The Bone Thief
Preventing Falls and Fractures
Prostate Problems
Sexuality in Later Life
Shingles
Shots for Safety
Skin Care and Aging
Smoking: It's Never Too Late to Stop
Stroke: Prevention and Treatment
Taking Care of Your Teeth and Mouth
Understanding Risk
Urinary Incontinence
What to Do About the Flu

NIA AGE PAGES – SPANISH

TITLE
Consejos para Dormir Bien (Sleep)
Consejos Sobre la Artritis (Arthritis)
Cuidado a largo Plazo: Escogiendo el lugar correcto (Planning for long-term care)
Cuidese de los tratamientos de salud fraudulentos (Health Quackery)
El crimen y las personas de la tercera edad (Crime)
El Cuidado de la Boca y los Dientes (Teeth)
El Cuidado de los Pies (Foot Care)
El Envejecimiento y el Alcohol (Alcohol)
El Envejecimiento y Sus Ojos (Eyes)
El VIH, el SIDA y las Personas Mayores (HIV/AIDS)
¿Está Considerando Hacerse una Cirugía? (Surgery)
Hipertermia (Hyperthermia)
Hipotermia (Hypothermia)

TITLE
La Depresión (Depression)
La realidad del Cáncer (Cancer)
La Sexualidad en la Edad Avanzada (Sexuality)
Los Accidentes Vásculo-Cerebrales (Stroke)
Los Problemas de la Próstata (Prostate Problems)
Medicamentos: Úselos con Cuidado (Medicines)
Menopausia (Menopause)
Pérdida de la Audición (Hearing)
¿Preocupados por el Estreñimiento? (Constipation)
Presión Arterial Alta (High Blood Pressure)
Qué Hacer Acerca de la Gripe (Flu)
Selección del medico (Choosing A Doctor)
Vacunas para su Salud (Shots)
La Diabetes en las Personas Mayores (Diabetes)

NIA PUBLICATIONS

TITLE
Aging Under the Microscope
Alzheimer's Disease Progress Report
Alzheimer's Disease: Unraveling the Mystery
Exercise Guide
Making Your Website Senior Friendly
Menopause Booklet and Updates
What's Your Aging IQ?