



To Your Health!

!Salud!

CAP Services, Inc.

Waupaca County (715) 258-9575 ext. 215 ataberbero@capmail.org

Portage County (715) 343-7116 evelasquez@capmail.org

Recommended Websites for Health Information & Publications in
English/Spanish

GENERAL HEALTH TOPICS

National Institute of Health

<http://health.nih.gov/>

<http://salud.nih.gov/>

<http://salud.nih.gov/pubs.asp?lby=category>

www.nih.gov/about/hispanic

Center for Disease Control and Prevention (CDC)

www.cdc.gov

www.cdc.gov/spanish

alphabetical listing of numerous health topics

1-800-227-8922 STD/AIDS Hotline

www.cdc.gov/spanish/immunization.htm

1-800-232-0233 Spanish Immunization Hotline

1-800-232-2522 English immunization Hotline

Office of Disease Prevention and Health Promotion/USDHHS

www.hhs.gov

www.healthfinder.gov/

www.healthfinder.gov/espanol

excellent resource for health information

Wisconsin Department of Health and Family Services

www.dhfs.state.wi.us

forms in English and Spanish for benefits and other health programs like immunizations

www.dhfs.state.wi.us/psa/index.htm

PSA

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Medline Plus/Spa: National Institute of Health & National Library of Medicine

www.medlineplus.gov

www.medlineplus.gov/spanish

www.nlm.nih.gov/medlineplus/hispanicamericanhealth.html

Federal Citizen Information Center (FCIC)

1 (800) FED-INFO

www.pueblo.gsa.gov

www.pueblo.gsa.gov/cic_text/misc/lista/helista.htm

EthnoMed

<http://ethnomed.org>

Mexican beliefs and customs relative to healthcare

Multilingual Public Health Information Project

www.westerngp.com

download publications

New South Wales Health

www.mhcs.health.nsw.gov.au

download numerous publications for patient ed. and prevention

Gateway to Health (Texas Medical Association)

www.texmed.org/lis/gth/spanish.asp

Agency for Healthcare Research and Quality

www.ahrq.gov/consumer/espanoix.htm

Recommended downloadable materials

- ❖ 20 Tips to Help Prevent Medical Errors
- ❖ Good information for Smokers, You can quit smoking
- ❖ 5 steps to safer health care
- ❖ Ways you can help your family prevent medical errors
- ❖ Women: Stay Healthy at Any Age-Checklist for your next Checkup
- ❖ Quick Tips- surgery, medical tests, prescriptions, talking with Dr., questions to ask before and after surgery
- ❖ Child Health Guide
- ❖ Personal Health Guide
- ❖ Your Medicine: play it safe

NOAH-New York Online Access to Health

<http://www.noah-health.org>

South Texas Community College Health Information

www.stcc.cc.tx.us/lcr/Library/webdirectory/asusalud.htm

WOMEN'S/MATERNAL/CHILD HEALTH

(Maternal)

National Alliance for Hispanic Health

www.hispanichealth.org

1-888-783-2645 - "Su Familia" The Nations Hispanic Family Health Helpline

1-800-504-7081 - La linea nacional prenatal hispana/The National Hispanic Prenatal Hotline

March of Dimes 1-888-MODIMES

www.modimes.org

www.nacersano.org (**Health line for mothers in Spanish 1- 800-925-1855**)

To order publications: 1-800-367-6630

Fax Purchase Order: 570-825-1987

Ask for Product Catalog:

Recommended:

- ❖ Mama/Mamá - magazine describing all aspects of pregnancy order online free for patients
- ❖ Are you Ready? ¿Estás lista para tener un bebé?
- ❖ The Pregnancy Baby Book/El Libro del Embarazo y Del Bebé
- ❖ Becoming a Dad? ¿Vas a ser papá?
- ❖ Learn signs of Preterm labor/Aprenda cuales son las señales del parto prematuro
- ❖ Take Folic Acid/Tome ácido fólico

WIC Works (Women Infants and Children Nutrition site)

<http://peaches.nal.usda.gov/wicworks/wicdrill.asp>

-nutrition information for women and children as well as employees of WIC

Doulas of North America

Childbirth specialist

1-801-756-7331

www.dona.com

La Leche League

www.lalecheleague.org

Breastfeeding Support

1-847-519-7730

NIAAA National Institute on Alcohol Abuse and Alcoholism

Alcohol: What you Don't know can harm you

Make a difference: Talk to your Child About Alcohol

Drinking and your Pregnancy

(Women)

Wisconsin Women’s Health Hotline

1-800-218-8408 (24 hours, speak to specialist)

US Dept. of HHS Office of Women’s Health

www.4woman.gov

1-800-994-woman

Association of Reproductive Health Professionals

<http://www.arhp.org>

Patient education resources and latest news on reproductive health

Planned Parenthood

www.plannedparenthood.org/espanol/resources_main.html

-patient education on various sexual health topics

Ortho-McNeil

www.orthowomenshealth.com

1-800-634-8977

option 5, option 3

Ortho-Evra nurse line

1-866-855-1034

Ortho-Evra (“the patch”)

1-877-227-2824

materials on all different contraceptive methods

National Institute of Mental Health

www.nimh.nih.gov/publicat/spanishpub.cfm

(Children)

National Institute of Child Health and Human Development

www.nichd.nih.gov/publications/pubslst.cfm

www.nichd.nih.gov/publications/pubskey.cfm

❖ *Back to Sleep & Milk Matters Campaign (SIDS & Calcium)*

Any childhood development concern

1-800-505-CRIB (Prevent SIDS) 1-800-370-2943 (Resources)

UW-Extension

<http://www1.uwex.edu/ces/pubs/>

Click on Home and Family and then (en español)

Recommended publications to download

Cuidando a los Niños (Parenting)

- ❖ *El Primer Año del Bebé (First Years)*
- ❖ *El Segundo y Tercer Año del Niño (Second and Third Years)*
- ❖ *Alimentación y Nutrición (Food and Nutrition)*

Head Start Publications

www.headstartinfo.org/infocenter/guides/healthsafetynutrition.htm

www.headstartinfo.org/infocenter/inetwork.htm

1-888-763-6481

Numerous publications about child development and family resources

U.S. Department of Education

www.ed.gov/offices/OIIA/spanishresources/publicaciones.html

Agency for Healthcare Research and Quality en Español

www.ahrq.gov/consumer/espanoix.htm

National Latino Children's Institute

www.nlci.org

Corazón de mi vida kit/Wear your seatbelt initiative

NICHD Clearinghouse

1-800-370-2943

Hispanic/Latino Initiative

www.soyunica.gov/adults/order/adultform.aspx

1-800-773-8546

(drug/alcohol prevention-very colorful self-esteem builders)

- ❖ Grandma's Wisdom
- ❖ Your Daughter's Future Depends on You
- ❖ Soy Unica! Soy Latina!

EPA Lead Awareness Program

Combate el envenenamiento con Plomo con una dieta saludable

1-800-424-LEAD

se habla español

www.epa.gov/lead

www.cdc.gov/nceh/lead

Wisconsin Child Care Information Center

Newsletter with Spanish materials

1-800-362-7353

www.dpi.stat.wi.us/ccic

Children's Trust Fund

1-866-640-3936

Positive Parenting

Others

1-608-266-6871

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www.wctf.state.wis.us

Arkansas Children's Hospital Family Resource

www.ach.uams.edu/frlibrary/spanish_patient_education_website.html

(Safety)

FDA

www.fda.gov/opacom/lowlit/spanlow.html (easy to read pamphlets)

Consumer Safety

www.cpsc.gov/

Child product safety: 1-800-638-2772

Consumer Health Materials in Spanish

<http://nnlm.gov/train/chi/spres.html>

American Academy of Family Physicians

www.familydoctor.org/espanol.html

Pamphlets

American Academy of Pediatrics

www.aap.org

click on bookstore for available brochures

1-800-433-9016

American Red Cross

Health & Safety Information

1-202-639-3520

www.redcross.org/hss

Children's Hospital of Wisconsin

Poison Center MS 677A

P.O. Box 1997

Milwaukee, WI 53201

"Mr. Yuk's"

American Association of Poison Control Centers

www.aapcc.org

Controlling Poisoning

1-202-362-7217

National Highway Traffic Safety Administration

Child Seat Safety

"Auto Safety Hotline"

1-888-327-4236

www.nhts.dot.gov

Buckle Up America/Ponte el cinturón

Walking Through the Years/Caminando a Través de los años

www.nhtsa.dot.gov/multicultural/hispanicamerican/hispanic-index.html

www.nhtsa.dot.gov/people/injury/childps/ChildSS/SaveYourBaby/index.html

Keep Kids Safe

www.safekids.org

Boost America

www.boostamerica.org

DIABETES

National Diabetes Education Program

<http://ndep.nih.gov/>

Order by phone: 1-800-438-5383

Download Order Form: <http://ndep.nih.gov/materials/puborder/order.htm>

NDEP Commercial printer ready zip cartridges: 1-800-860-8747

Excellent Publications: (copyright free)

- ❖ *Tome su diabetes en serio, para que no se vuelva cosa seria. Recomendaciones para sentirse mejor y estar mas saludable (NDEP-9) Spanish version of Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy.*
- ❖ *El poder de controlar su diabetes esta en sus manos (NDEP-39) Spanish version of The power to control diabetes is in your hands*
- ❖ *Sepa cuánta azúcar tiene en la sangre: Hágase la prueba para controlar el azúcar sanguíneo (NDEP-11) Spanish version of Know Your Blood Sugar Numbers: The ABCs of Testing for Blood Sugar Control.*
- ❖ *7 Principios para controlar la diabetes para toda la vida (NDEP-18) Spanish version of the 7 Principles for Controlling Your Diabetes for Life.*
- ❖ *Guía de Principios para el Cuidado de la Diabetes (NDEP-20) Spanish version of Guiding Principles of Diabetes Care. Describes the essential components of quality diabetes care.*

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- ❖ *Hispanic and Latino Media Kit (NDEP-29) A tool for public health and community outreach activities.*
- ❖ *El poder de controlar su diabetes esta en sus manos (NDEP-39) Spanish version of The power to control diabetes is in your hands*

National Diabetes Information Clearinghouse (NDIC)

www.niddk.nih.gov/health/diabetes/diabetes.htm

Medication, what should I eat?, insulin, feet, etc.

American Diabetes Association

www.diabetes.org

www.diabetes.org/main/community/outreach/latinos/default2.jsp

www.diabetes.org/main/community/outreach/latinos/la_diabetes_entre_los_latinos.jsp

Download free publications, easily reproduced

- ❖ *La Diabetes y Los Latinos (Diabetes and Latinos)*
- ❖ *La American Diabetes Association (The American Diabetes Association)*
- ❖ *Cuide Su Salud Cuide Su Diabetes (Take Care of Your Health...Take Care)*
- ❖ *Haga la Conexión-El Colesterol, los Triglicéridos y la Diabetes (Make the Connection-Cholesterol, Triglycerides, and Diabetes)*
- ❖ *Campaña Alerta – Alert Campaign*

National Institute of Diabetes and Digestive and Kidney Diseases

www.niddk.nih.gov/health/spanish.htm

National Eye Institute

<http://www.nih.gov/about/hispanic/salud/publicaciones/>

CANCER

National Cancer Institute

www.cancer.gov

www.cancer.gov/espanol

1-800-4CANCER

Deje De Fumar Hoy/Quit Smoking Today

American Cancer Society

www.cancer.org

1-800-ACS-2345

Recommended Free Publications:

- ❖ *Tome Control (10 medidas que se puede tomar para reducir el riesgo)*
- ❖ *Take Control (10 ways to reduce Cancer risk)*
- ❖ *Mientras Más avanza en edad, más necesita un mamograma*
- ❖ *The Older You Get, The More you Need a Mammogram*

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- ❖ Las pruebas para detectar el cancer del colon pueden salvarle la vida
- ❖ Tests to detect colon Cancer that can save life

- ❖ Shower sheet for breast cancer prevention/detection
- ❖ Guías de la Sociedad Americana del Cancer para la detección temprana del cáncer del seno
- ❖ Mamografía, examen clínico del seno, Autoexamen de los senos

- ❖ Aconseje a su amiga, Tell a friend (mammogram)

FOOD SAFETY/NUTRITION/EXERCISE/SMOKE-FREE/ETC.

American Heart Association

<http://www.americanheart.org/>

Download free Publications, Lesson Plans and Health Information for a healthy heart including: nutrition, physical activity and cardiovascular system

American Lung Association

www.ala.org

USDA

www.nal.usda.gov/pubs_dbs/

great links

www.nal.usda.gov/fnic/foodborne/wais.shtml

food safety education materials in English and Spanish

www.foodsafety.gov/

www.fsis.usda.gov/OA/pubs/languages.htm

Links to "Fight BAC" publications

Nutrition for New Americans

<http://multiculturalhealth.org/>

Click on Spanish and download free publications

National Heart Lung and Blood Institute

<http://www.nhlbi.nih.gov/>

Tobacco Cessation: Office of Surgeon General

<http://www.surgeongeneral.gov/tobacco/default.htm>

American Dietetic Association

<http://www.eatright.org/nfs/#Spanish>

ORAL HEALTH

National Oral Health Information Clearinghouse

<http://www.nohic.nidcr.nih.gov/>

http://www.nohic.nidcr.nih.gov/cgi-bin/ohpubgen_new

Excellent publications including baby teeth care, healthy snacks, and others

American Dental Association

www.ada.org

Crest

www.dentalcare.com

order free samples monthly

CULTURAL AWARENESS/CIVIL RIGHTS/LEP

Cultural Competencies

www.omhrc.gov/CLAS

<http://www.sunyit.edu/library/html/culturedmed/bib/hispanic/index.html>

Office for Civil Rights

<http://www.os.dhhs.gov/ocr/lep/>

Transcultural and Multicultural Links

<http://www.iun.edu/~libemb/trannurs/trannurs.htm>

Traditional Home Remedies from Mexico

<http://web2.kpix.com/xtra/remedios/>