

NIH SeniorHealth

Built with You in Mind

<http://nihseniorhealth.gov>

NIH Senior Health is a user-friendly website for older adults brought to you by the National Institute on Aging and the National Library of Medicine, both part of the National Institutes of Health.

The site is designed for the “senior searcher”.



Brought to you by:

National Institute
on Aging



[Insert Address]



The National Network of Libraries of Medicine, funded by the National Library of Medicine, provides assistance and training nationwide.

To find a local library that provides health information for the public, please go to: <http://nnlm.gov/members> or call us toll free at (800) 338-7657.

This brochure may be freely reproduced.
It is available on the Internet at:

nnlm.gov/ner/training/material/NIHseniorhealth.pdf

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At last!

A free web resource for
older adults from the
National Institutes of Health

*"Good information is the best
medicine for older adults."*

*Dr. Donald Lindbergh, M.D.,
Director, National Library of Medicine*

Site includes 60 topics on senior health including:

- Arthritis
- Balance Problems
- Caring for someone with Alzheimer's Disease
- Cataract
- COPD
- Diabetes
- Exercise for Older Adults
- Hearing Loss
- Heart Failure
- High Blood Pressure
- Low Vision and Macular Degeneration
- Osteoporosis
- Sleep and Aging
- Taking Medications
- And much more!

NIH SeniorHealth

nihseniorhealth.gov

You will find:

- ✓ Reliable, easy-to-understand online health information
- ✓ Videos with captions
- ✓ Exercise stories
- ✓ Quizzes
- ✓ A Toolkit for Trainers



Your Resource for Healthy Aging

Senior-friendly features include:

- Ability to change **text size** with a click of the mouse

Resize Text:

- Ability to change text and background **contrast**

Change Contrast

- Helpful diagrams and informative videos

