



## Additional Resources for You

### LA LECHE LEAGUE INTERNATIONAL

- Helps new mothers learn to breastfeed through:
  - Mother-to-mother support
  - Encouragement
  - Information
  - Education
- It also explains why breastfeeding is important for the healthy development of your baby and you.
- Visit their Web site at [www.lalecheleague.org](http://www.lalecheleague.org).

### MARCH OF DIMES

- Improve the health of babies by preventing birth defects and infant death through:
  - Research
  - Community services
  - Education
  - Encouragement
- Researchers, volunteers, educators, outreach workers, and advocates work together to help all babies avoid the following problems:
  - Premature birth
  - Birth defects
  - Low birth weight
- Visit their website at [www.marchofdimes.com](http://www.marchofdimes.com).

### SIDELINES

- Provides support, education, and encouragement to women with high-risk pregnancies and their families.
- All volunteers are women like you who have had a difficult pregnancy.

- You can speak with them on the phone.
  - They will show you understanding and may offer some suggestions to help you during this difficult and frightening time.
- If you would like to volunteer with Sidelines after your pregnancy, call the Sidelines national office's toll-free number at (888) 447-4754 (HI-RISK4); direct dial number: (949) 497-2265; fax number: (949) 497-5598; email address: [sidelines@sidelines.org](mailto:sidelines@sidelines.org).
- Visit their website at [www.sidelines.org](http://www.sidelines.org).

#### THE TRIPLET CONNECTION

- Helps expectant parents to have good results with pregnancy.
  - They provide education and resources.
  - They provide expectant parents with a complete package of information and resources.
  - They help expectant parents understand exactly what the problems are.
    - What they can do to avoid premature birth.
  - They give added help through networking, caring, and involvement of members.
  - They make a positive difference in the lives of many families.
  - They allow expectant parents in any location to quickly connect with experienced “resource parents.”
- Contact The Triplet Connection by phone at (209) 474-0885.
- Visit their website at [www.tripletconnection.org](http://www.tripletconnection.org).

#### AMERICAN CANCER SOCIETY (ACS)

- ACS is a nationwide, community-based voluntary health organization.
  - It has state divisions and more than 3,400 local offices.
  - In the United States, you can call them any time at 1-800-ACS-2345 (227-2345) or 1-866-228-4327 for TTY.
- Visit their website at [www.cancer.org](http://www.cancer.org).

#### AMERICAN DIABETES ASSOCIATION (ADA)

- ADA is the nation's leading nonprofit health organization providing diabetes research, information, and encouragement.
  - It helps to prevent and cure diabetes.
  - It helps to improve the lives of all people affected by diabetes.
  - It offers the latest information on diabetes and living with diabetes.
  - ADA conducts programs in all 50 states and the District of Columbia.
- Check your local phone listings.
- Visit their website at [www.diabetes.org](http://www.diabetes.org).

#### AMERICAN DIETETIC ASSOCIATION

- It promotes good public nutrition, health, and well-being.
- It develops standards of quality for professional practice in all areas of dietetic practice.
- It provides a full range of services for its members.
- It asks the government to help with improving the health of the public.
- Call (312) 899-0041 to contact the American Dietetic Association.
- Visit their website at [www.eatright.org](http://www.eatright.org).

#### THE AMERICAN HEART ASSOCIATION

- It is funded by private contributions.
- It helps to reduce disability and death from cardiovascular diseases and strokes. Some of the diseases include:
  - Heart attack
  - Stroke (brain attack)
  - Other related disorders.
- Find additional information on women's health by calling 1-888-MY HEART.
- Visit their website at [www.americanheart.org](http://www.americanheart.org).

#### JUVENILE DIABETES FOUNDATION INTERNATIONAL (JDF)

- JDF is the world's leading nonprofit, nongovernmental funder of diabetes research.
  - It works to find a cure for diabetes and its complications through the support of research.
  - The JDF provides information on care, treatment, and coping with diabetes.
  - It helps to delay the onset of complications.
- Contact the JDF at (212) 785-9595.
- Visit their website at [www.JDF.org](http://www.JDF.org).

#### The AMERICAN LUNG ASSOCIATION

- It is the oldest voluntary health organization in the United States.
- It was founded to fight tuberculosis.
- The American Lung Association fights lung disease in all its forms:
  - Asthma
  - Tobacco control
  - Environmental health
- It is funded by contributions from the public, along with gifts and grants from corporations, foundations, and government agencies.

- The American Lung Association achieves many successes through the work of thousands of committed volunteers and staff.
- Visit their website at [www.lungusa.org](http://www.lungusa.org).

#### The CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

- It was founded in 1946 to help control malaria.
- It is recognized throughout the world for conducting research and investigations.
- It is one of the 13 major operating sections of the Department of Health and Human Services (HHS).
  - The HHS is the principal agency in the United States government for protecting the health and safety of all Americans.
  - The CDC is committed to making improvements in people's health.
- Visit their website at [www.cdc.gov](http://www.cdc.gov).

#### ALCOHOLICS ANONYMOUS (AA)

- AA is a group of men and women who share their experiences so they can solve common problems and help others to recover from alcoholism.
- They offer strength and hope to each other.
  - The only requirement for membership is a desire to stop drinking.
  - There are no dues or fees for AA membership.
  - They are self-supporting through their own contributions.
- Their primary purpose is to stay sober and help other alcoholics become sober.
- You can find the number for the local chapter in the white pages of your telephone book.
- Visit their website at [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org).

#### THE NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE (NCADD)

- NCADD provides education, information, help, and hope to the public.
- It encourages prevention, intervention, and treatment.
- Call 1-800-NCA-CALL (800-622-2255).
- Visit their website at [www.ncadd.org](http://www.ncadd.org).
- You can call the national help and referral line for people suffering from the effects of alcohol and drug abuse at 1-800-ALCOHOL (800-252-6465).

#### NICOTINE ANONYMOUS

- It is a nonprofit, 12-step group of men and women helping each other live nicotine-free lives.

- Nicotine Anonymous offers help to those who want to stop using tobacco and nicotine products in any form.
- Visit their website at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org).

#### NATIONAL DOMESTIC VIOLENCE HOTLINE:

- You can call here for help 24 hours a day, 365 days a year.
- Hotline advocates are available for victims and anyone calling for them to:
  - Provide crisis interventions.
  - Safety planning information.
  - Referrals to agencies in all 50 states, Puerto Rico, and the U.S. Virgin Islands. Assistance is available in English and Spanish and through interpreters in other languages.
- Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.
- Visit their website at [www.ndvh.org](http://www.ndvh.org).

#### BABYCENTER.COM

- This is the leading website for new and expectant parents.
- It is a companion site [ParentCenter.com](http://ParentCenter.com).
- It is for parents of children ages 2 to 8.
  - It helps you find the information and support you need during pregnancy.
  - It helps you in caring for a baby, toddler, or child.
- Visit their website at [www.babycenter.com](http://www.babycenter.com).

#### U.S. DEPARTMENT OF AGRICULTURE

- When President Abraham Lincoln founded the United States Department of Agriculture, he called it the “people’s department.”
  - It helps farmers and ranchers.
  - It is responsible for conservation, and the safety of meat, poultry, and egg products.
  - It leads the federal antihunger effort with the Food Stamp, School Lunch, School Breakfast, and Women, Infant and Children (WIC) Programs.
- Visit their website at [www.usda.gov](http://www.usda.gov) for information and booklets.