



Senior Health Advisor Topic List



Version 2009.1

Clinical Reference Systems

* Topics available in Spanish

A Healthy Lifestyle for Older Adults

Abuse of Older Adults *

Acute Bronchitis

Acute Diarrhea

Acute Diarrhea: Brief Version *

Acute Kidney Failure *

Acute Pancreatitis

Acute Pancreatitis: Brief Version *

Adult Day Care Programs

Adult Immunization Schedule

Advance Directives *

Aerobic Exercise

Age-Related Macular Degeneration *

AIDS and HIV in Older Adults

Alcohol and Aging

Alcohol Dependence (Alcoholism) *

Alcohol Withdrawal

Alcohol: Effects on Health

Allergic Rhinitis *

Allergies

Alternative or Complementary Ways to Control Pain *

Alzheimer's Disease *

Amaurosis Fugax (Episodic Blindness)

Amsler Grid

Amsler Grid (Full Size) (chart)

Amsler Grid As Seen With and Without AMD (chart)

Anaerobic Pneumonia

Anemia

Anemia of Chronic Disease

Anesthesia *

Angina *

Angiograms *

Angioplasty *

Antacids

Anti-Inflammatory Medicines

Antibiotic-Associated Diarrhea *

Antidiarrheal Medicines

Anxiety

Aortic Dissection *

Aortic Dissection: Illustration *

Aortic Valve Stenosis

Appetite

Arrhythmia Overview

Arthritis and Sexuality

Arthritis Overview *

Arthritis: Chores Made Easier

Arthritis: Illustration *

Aspirin and Arthritis

Assisted Living

Assistive Devices (Bathing, Dressing, Eating, Grooming, Toileting, Walking)

Atherosclerosis *

Atrial Fibrillation *

Atrophic Vaginitis

Automobile Safety

Bacteria in Urine, No Symptoms (Asymptomatic Bacteriuria)

Bathroom Safety

Benefits of Quitting Smoking

Bilateral Orchiectomy

Bladder Cancer

Bladder Infection (Cystitis)

Bladder Infection: Brief Version *

Blood Pressure

Blood Vessel Dilatation with Balloon Catheter: Illustration *

Bone Cancer

Bone Mineral Density Testing

Botulism

Bowel Habit

Brain Cancer

Breast Cancer in Women *

Breast Cancer Metastasis in Women

Breast Cancer: Early Detection

Breast Cancer: Follow-up After Surgery

Breast Reconstruction

Breast Removal (Mastectomy)

Breast Self-Exam *

Breast Self-Examination: Illustration *

Breathing Exercises

Bunion (Hallux Valgus)

Bunion: Illustration

Calcium *

Calculating Your Risk Using Your Body Mass Index (chart) *

Cancer after Age 50

Cancer in Men

Cancer in Women

Cancer of the Esophagus

Cancer of the Larynx (Voice Box)

Cancer of the Ovary (Ovarian Cancer) *

Cancer of the Pancreas

Cancer of the Throat

Cancer of the Tongue

Cancer of the Uterus (Endometrial Cancer) *

Caregiver's Guide

Caregiver's Guide: Brief Version *

Caring for Someone with Alzheimer's Disease

Caring for Someone with Progressive Dementia

Carotid Artery Disease *

Carotid Endarterectomy

Cataract *

Cataract Surgery *

Cataract Surgery: Phacoemulsification: Illustration *

Cataract: Illustration *

Cellulitis

Cervical Cancer *

Changes in Sexual Arousal from Aging

Cholecystectomy: Gallbladder Removal with Open Surgery

Cholecystitis *

Chronic Bronchitis *

Chronic Kidney Failure *

Chronic Lymphocytic Leukemia

Chronic Myelogenous Leukemia

Chronic Obstructive Pulmonary Disease (COPD) *

Chronic Pain *

Chronic Pancreatitis

Chronic Venous Insufficiency

Circulatory System: Illustration *

Clean-Catch Urine Sample (Men)

Clean-Catch Urine Sample (Women) *

Colles' Fracture

Colon and Rectal Cancer *

Colon and Rectal Cancer, Metastatic (Spreading)

Colonoscopy *

Colonoscopy/Sigmoidoscopy: Illustration *

Colorectal Cancer Screening *

Colostomy and Ileostomy

Colostomy: Illustration

Coma

Comfort Care

Common Cold *

Community Services for People Age 60 and Older

Compression Fracture of the Vertebrae

Confusion

Congregate Meals

Constipation *

Contact Dermatitis

Contact Dermatitis: Brief Version *

Continuing-Care Retirement Communities

Contractures

Coping with Arthritis

Coronary Artery Disease *

Coronary Artery Stent: Illustration

Coronary Spasm

Cough Medicines, Nonprescription

Creatine Kinase (Total) Test

CT Scanning *

Cystocele and Rectocele Repair

Decisional Capacity

Decongestants and Antihistamines

Deep Heat Treatment

Deep Vein Thrombosis *

Dehydration *

Delirium

Delirium Tremens

Dementia

Dementia: Brief Version *

Dental Care

Denture Care

Depression in Older Adults

Detached Retina: Illustration *

Diabetes and Sexuality in Older Adults

Diabetes Mellitus: Type 1 *

Diabetes Mellitus: Type 2 *

Diabetes: Foot Ulcers and Infections *

Diabetes: Infections *

Diabetes: Nerve Damage (Neuropathy) *

Diabetic Ketoacidosis *

Diabetic Retinopathy *

Diabetic Retinopathy: Illustration *

Dietary Approaches to Stop Hypertension (The DASH Diet)

Difficult Behaviors Associated with Alzheimer's Disease (AD)

Digestive System: Illustration *

Discharge Planning

Diverticulitis *

Diverticulosis *

Diverticulosis: Illustration *

Dizziness *

Double-Contrast Barium Enema *

Drug Allergy

Drug Interactions

Dry Eye Syndrome *

Dry Mouth
 Dry Skin
 Duodenal Ulcer
 Duodenal Ulcer: Brief Version *
 Durable Power of Attorney for Healthcare *
 Ear Surgery: Stapedectomy
 Ear: Illustration *
 Earwax
 Echocardiogram *
 Eczema
 Eczema: Brief Version *
 Electrical Cardioversion *
 Electrocardiogram (ECG or EKG) *
 Electroconvulsive Therapy (ECT)
 Emphysema *
 Epididymitis
 Erectile Dysfunction
 Esophageal Varices
 Essential Tremor
 Excessive Tearing
 Exercise for Older Adults
 Exercise Test *
 Eye Flashes and Floaters *
 Eye: Illustration *
 Fainting (Syncope) *
 Falls
 Fats in the Diet, Good and Bad:
 Recommendations for a Healthy Diet *
 Fecal Incontinence
 Feeling Lonely: Brief Version *
 Female Pelvis: Illustration *
 Fiber in Your Diet
 Finding Services for People Over 60 Years of
 Age: Brief Version *
 Flashes and Floaters: Illustration *
 Flatulence (Gas)
 Flu (Influenza) *
 Flu Shots (Influenza Vaccine)
 Fluid Needs of Older Adults
 Food Guidance System/My Pyramid Plan:
 Illustration *
 Food Labels
 Foot Care
 Frostbite *
 Functional Urinary Incontinence
 Gallstones *
 Gallstones: Illustration *
 Gastrostomy Care
 Gastrostomy Feeding Tube Placement
 Generic and Brand-Name Drugs
 Geriatric Assessment
 Geriatric Care Management
 Getting Your Shots as an Adult: Brief Version *
 Gingivitis
 Glaucoma *
 Glaucoma: Illustration *
 Gout
 Grandparents Raising Grandchildren
 Grief and Loss
 Guillain-Barré Syndrome
 Hay Fever
 Hazards of Smoking *
 Head and Throat: Illustration *
 Health Benefits for Veterans
 Health Changes as You Grow Older: Brief
 Version *
 Health Changes with Aging
 Health Insurance for People with Medicare *
 Health Maintenance: Controlling Cholesterol
 Healthcare Treatment Directive
 Healthy Diet
 Healthy Diet: Brief Version *
 Hearing Aids
 Hearing Impaired: Assistive Listening Devices
 Hearing Loss
 Heart Attack: Brief Version *
 Heart Catheterization *
 Heart Catheterization: Illustration *
 Heart Failure *
 Heart Palpitations *
 Heart: External View: Illustration *
 Heart: Interior View: Illustration *
 Heartburn *
 Helicobacter Pylori *
 Hematuria (Blood in Urine)
 Hemochromatosis
 Hemodialysis: Illustration *
 Hemorrhoids
 Hemorrhoids: Brief Version *
 Hepatitis B *
 Herniated Disk *
 Herniated Disk: Illustration *
 Hiatal Hernia
 Hiatal Hernia: Illustration
 High Blood Pressure (Essential Hypertension) *
 High Blood Pressure Medicines
 High Blood Pressure: Eating Foods Low in Salt:
 Brief Version *
 High Blood Pressure: Keeping a Healthy Weight:
 Brief Version *
 High Blood Pressure: Low-Sodium Diet
 High Blood Pressure: Secondary Hypertension *
 High Blood Pressure: Weight Control
 High Cholesterol (Hypercholesterolemia) *
 Hip Fracture *
 Hip Fracture: Illustration *
 Hip Replacement: Illustration
 Hip Replacement: Rehabilitation after Surgery
 Hives
 Home Healthcare
 Home Remodeling for Comfort and Safety
 Hormonal Changes in Older Men
 Hospice
 Housing Options for Seniors
 How to Choose a Nursing Facility *
 How to Choose a Nursing Home: Brief Version *
 How to Choose a Primary Care Provider
 How to Choose and Use a Cane
 How to Give a Subcutaneous Shot: Illustration *
 How to Use a Cane: Illustration
 Hyperthermia in Older Adults
 Hyperthyroidism
 Hyperthyroidism: Brief Version *
 Hyperventilation Syndrome
 Hypocalcemia
 Hypothermia
 Hypothyroidism
 Hypothyroidism: Brief Version *
 Indwelling Catheter Care
 Information about Your Medicine
 Ingrown Toenail: Illustration
 Insomnia in Older Adults *
 Intermittent Claudication
 Intestinal Adhesions
 Iron Deficiency Anemia *
 Keeping Healthy: Taking Care of Your
 Cholesterol: Brief Version *
 Keeping Your Mind Alert
 Kegel Exercises
 Kegel Exercises: Brief Version *
 Kidney Cancer (Renal Cell Carcinoma)
 Kidney Dialysis *
 Kidney Stones *
 Kidney: Illustration *
 Labyrinthitis and Vestibular Neuritis
 Laparoscopic Cholecystectomy *
 Large Bowel Obstruction
 Laser Surgery for Age-Related Macular
 Degeneration
 Laxatives
 Life After a Stroke
 Liver Cancer
 Liver, Gallbladder, and Pancreas: Illustration *
 Living Will Declaration
 Living with Low Vision
 Loneliness in Older Adults
 Long-Term-Care Insurance
 Low Back Pain *
 Low Back Pain Exercises *
 Low Back Pain Exercises: Illustration *
 Low Back Pain: Illustration *
 Low Back Pain: Brief Version *
 Low Blood Pressure
 Low Blood Sugar (Hypoglycemia) *
 Lung Cancer *
 Macular Degeneration: Illustration *
 Magnetic Resonance Imaging (MRI) *
 Male Pelvis: Illustration *
 Mammogram *
 Meals On Wheels
 Medicaid
 Medicare Coverage for Ambulance Services
 Medicare Coverage for Durable Medical
 Equipment
 Medicare Coverage for Inpatient Physical
 Rehabilitation
 Medicare Coverage for Outpatient Surgery
 Medicare Coverage for Prescription Drugs
 Medicine-Related Problems for Older Adults
 Medicines: Using Them Safely
 Melanoma
 Ménière's Disease
 Menopausal Hormone Therapy
 Menopause *
 Migraine Headache
 Migraine Headache: Brief Version *
 Mitral Valve Prolapse *
 Mitral Valve Stenosis *
 Mitral Valve, Normal and Prolapsed: Illustration *
 Moles *
 Multiple Myeloma
 Myelodysplastic Syndromes
 Myocardial Infarction (Heart Attack)
 Myths about Aging
 Narcotic Drug Dependence *
 Nasal Polyps
 Neurological Exam
 Neuropathic Pain
 Neutropenia
 Nicotine Dependence *
 Nicotine Withdrawal
 Nodes Responsible for Cardiac Rhythm:
 Illustration
 Non-Hodgkin Lymphoma *
 Normal and Diseased Heart Valves: Illustration *
 Normal Pressure Hydrocephalus (NPH)
 Nursing Facilities (Nursing Homes): Medicare
 Coverage
 Nutrition Facts Label (chart)
 Nutrition for the Later Years
 Obesity *
 Occupational Therapy
 Osteoarthritis *
 Osteoporosis in Men
 Osteoporosis in Women *
 Osteoporosis: Illustration *
 Overdose of Sedatives *
 Overflow Incontinence
 Pain with Sexual Relations in Older Women
 Pancreas: Illustration *
 Parkinson's Disease *
 Parkinsonian Tremors
 Patient Rights
 Penetration and Perforation of Ulcers
 Periodontal Disease
 Peritoneal Dialysis: Illustration *
 Personal Emergency Response Systems
 Pets and Older Adults
 Physical Therapy
 Plaque Buildup in Arteries: Illustration *
 Pneumococcal Pneumonia Shot *
 Pneumonia *
 Polymyalgia Rheumatica
 Polymyositis and Dermatomyositis

Polyps in the Colon and Rectum (Colonic and Rectal Polyps)
 Positional Vertigo *
 Post-Herpetic Neuralgia
 Post-Polio Syndrome
 Postmenopausal Bleeding
 Presbyopia *
 Pressure Ulcers
 Preventing a Broken Hip
 Preventing Heart Disease *
 Preventing Pressure Ulcers
 Problems to Watch for When You Take Medicine: Brief Version *
 Prostate Cancer *
 Prostate Cancer Metastases (Spread)
 Prostate Problems
 Prostate Specific Antigen Screening *
 Protecting Yourself from Cancer
 Pseudogout
 Psoriasis *
 Pulmonary Embolism *
 Pulmonary Function Tests
 Pyelonephritis (Kidney Infection) *
 Raynaud's Phenomenon
 Rectal Bleeding *
 Reducing the Risk for Stroke (Cerebrovascular Accident)
 Reflux Esophagitis *
 Removal of Ingrown Toenail
 Resource List: AIDS (HIV Infection)
 Resource List: Alcoholism
 Resource List: Alzheimer's Disease
 Resource List: Arthritis
 Resource List: Cancer
 Resource List: Diabetes
 Resource List: Digestive Disease
 Resource List: Hearing Problems
 Resource List: Heart Problems
 Resource List: Housing
 Resource List: Incontinence
 Resource List: Kidney and Urologic Disease
 Resource List: Lung Disease
 Resource List: Mental Health
 Resource List: Nutrition
 Resource List: Pain
 Resource List: Parkinson's Disease
 Resource List: Stroke
 Resource List: Vision Problems
 Respiratory System: Illustration *
 Respite Care
 Restless Legs Syndrome (RLS)
 Restraints
 Retinal Detachment *
 Rheumatoid Arthritis *
 Risk Factors and Warning Signs of Type 2 Diabetes
 Routine Healthcare for Older Men *
 Routine Healthcare for Older Women *
 Safe Driving for Older Adults
 Salmonellosis
 Salt in the Diet *
 Sciatica
 Sciatica: Illustration
 Scleroderma
 Sedatives (Tranquilizers)
 Seizures
 Seizures: Brief Version *
 Self-Esteem in Older Adults
 Senior Centers
 Senior Resource Guide
 Septic Arthritis
 Serum Iron Studies
 Sex After a Heart Attack
 Sexual Problems and Aging
 Sexuality in the Later Years
 Shigellosis
 Shingles (Herpes Zoster) *
 Shots for Travel

Sigmoidoscopy
 Sjögren's Syndrome
 Skin Cancer *
 Skin Care and Protection
 Skin or Soft Tissue Abscess
 Skin: Cross Section: Illustration *
 Sleep Apnea *
 Sleeping Pills
 Small Bowel Obstruction
 Smell Disorders
 Smoking: Ways to Quit
 Soft Tissue Sarcoma
 Speech Therapy
 Stomach and Duodenal Ulcers: Illustration *
 Stomach Cancer (Gastric Cancer)
 Stomach Cancer Metastasis (Spreading)
 Stomach Ulcer (Gastric Ulcer)
 Stomach Ulcer: Brief Version *
 Streptococcal Pneumonia
 Stress
 Stress Echocardiogram
 Stress Incontinence in Women
 Stroke (Cerebrovascular Accident)
 Stroke Rehabilitation
 Stroke: Brief Version *
 Suicide in Older Adults
 Superficial Thrombophlebitis *
 Surgery for Glaucoma
 Swallowing Difficulty (Dysphagia)
 Systemic Lupus Erythematosus *
 Talking to Your Healthcare Provider
 Taste Disorders
 Telephone Assistive Devices
 Temporal Arteritis
 Tension Headache *
 Tetanus
 Tetanus Vaccine *
 The Role of Exercise in Treating Obesity *
 Therapeutic Recreation
 Thyroid and Parathyroid Glands: Illustration *
 Tinnitus
 Total Ankle Replacement
 Total Cholesterol Test
 Total Hip Replacement Surgery
 Total Knee Replacement
 Total Shoulder Replacement
 Transient Ischemic Attack (TIA) *
 Transurethral Bladder Biopsy
 Transurethral Bladder Tumor Resection
 Transurethral Resection of the Prostate (TURP)
 Trigeminal Neuralgia
 Triglycerides
 Tube Feeding
 Tuberculosis *
 Types of Stroke: Illustration *
 Types of Therapy for Mental Health
 Unexplained Weight Loss
 Upper Gastrointestinal Bleeding (Hematemesis)
 Urethral Syndrome
 Urethritis
 Urge Incontinence
 Urinary Incontinence *
 Urinary System: Illustration *
 Urinary Tract Cancer Metastasis
 Urinary Tract Infection in Men *
 Urinary Tract Infection in Women *
 Urination Problems
 Urine Culture
 Using Oxygen at Home
 Varicose Veins
 Vegetarian Diet (Adults)
 Vestibular Neuritis and Labyrinthitis: Illustration
 Viral Meningitis
 Viral Sore Throat
 Vital Signs
 Vitamins
 Walkers
 Warning Signs of Cancer

Warning Signs of Heart Disease *
 Weight Loss Diets *
 Widowhood and Widowerhood
 Working after Retirement
 Yoga for Older Adults
 You Can Quit Smoking: Brief Version *