



PATIENT RESOURCE LIST

Asthma

Asthma and Allergy Foundation of America:

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

1-800-7-ASTHMA

Baltimore City Childhood Asthma Program:

<http://www.baltimorehealth.org/asthma.html>

410-361-9645

Breastfeeding

American College of Nurse-Midwives breastfeeding support:

www.gotmom.org

Breastfeeding.com

La Leche League International:

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

1-800-LALECHE

Dental Health

Baltimore City Health Department, Oral Health Services:

<http://www.baltimorehealth.org/dental.html>

410-396-4501

Exercise & Weight Management

American Academy of Family Physicians, Americans in Motion:

<http://www.aafp.org/online/en/home/clinical/publichealth/aim.html>

Center for Disease Control and Prevention, Physical Activity for Everyone:

<http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/>

1-800-232-4636

President's Council on Physical Fitness and Sports:
www.fitness.gov

General Health

American College of Obstetricians and Gynecologists:
www.acog.org

Baltimore City Health Department, Clinics and Health Services:
<http://www.baltimorehealth.org/healthservices.html>

Centers for Disease Control:
www.cdc.gov
1-800-232-4636

Centros para el Control y la Prevencion de Enfermedades:
<http://www.cdc.gov/spanish/>
1-800-311-3435

Discovery Health, Adult Obesity:
<http://discoveryhealthcme.discovery.com/adultobesity/adultobesity.html>

The Family Doctor- a site from the American Academy of Family Physicians:
www.familydoctor.org

www.HealthierUS.gov

www.kidshealth.org

Medline Plus:
www.medlineplus.gov

National Women's Health Resource Center:
www.healthywoman.org.

US Department of Health and Human Services:
Healthfinder.gov

Women's Health Information:
<http://www.4woman.gov/>

Espanol:
http://smallstep.gov/esp/esp_index.html

Genetics

March of Dimes, Genetics and Pregnancy:
http://www.marchofdimes.com/pnhec/4439_1126.asp

Heart Health

5 Keys to a Healthy Heart, A Guide for African Americans (American College of Physicians):
http://www.acponline.org/patients_families/pdfs/health/5keyshealthyheart.pdf

Health Insurance

Baltimore HealthCare Access:
<http://www.bhca.org/>
410-649-0521

HIV/STIs

Centers for Disease Control and Prevention, Sexually Transmitted Diseases:
<http://www.cdc.gov/STD/>

Infertility

Resolve: The National Infertility Organization:
www.resolve.org

Men's Health

Mayo Clinic, Men's Health Center:
<http://www.mayoclinic.com/health/mens-health/MC99999>

Medline Plus, Men's Health:
<http://www.nlm.nih.gov/medlineplus/menshealth.html>

Web MD, Men's Health:
<http://men.webmd.com/>

Mental Health

Baltimore Mental Health Services, Inc.:
<http://baltimorecity.md.networkofcare.org/mh/home/index.cfm>
410-837-2647

National Institute of Mental Health:
<http://www.nimh.nih.gov/>

Nutrition

Baltimore City Health Department, Women, Infants and Children (WIC) Program:
<http://www.baltimorehealth.org/wic.html>

Centers for Disease Control and Prevention, Nutrition:
http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/

www.mypyramid.gov

National Council on Folic Acid:
www.folicacidinfo.org

The President's Council on Fitness and Sports:
www.nutrition.gov

For details on which fish are safe to eat in Maryland if you are pregnant or trying to get pregnant:
www.womenshealth.gov/pregnancy/mom-to-be-tools/fish-facts.pdf

Occupational/Environmental Health

Baltimore City Health Department, Lead Poisoning Prevention Programs:
<http://www.baltimorehealth.org/lead.html>
443-984-2470

March of Dimes, Environmental Risks and Pregnancy:
http://www.marchofdimes.com/aboutus/681_9146.asp

Medline Plus, Preconception care:
<http://www.nlm.nih.gov/medlineplus/preconceptioncare.html#cat10>

Pregnancy

American College of Nurse Midwives:
www.myMidwife.org

Baltimore City Health Department, Maternal and Infant Nursing Program:
<http://www.baltimorehealth.org/maternalandinfant.html>
410-396-9404

Baltimore City Healthy Start:
<http://www.baltimorehealthystart.org/>
410-396-7318

Centers for Disease Control and Prevention, Having a Healthy Pregnancy ABCs:
<http://www.cdc.gov/ncbddd/bd/abc.htm>

Center for Health Care Strategies, Improving Birth Outcome Toolkit:
http://www.chcs.org/usr_doc/TowardImprovingBirthOutcomes.pdf

Eunice Kennedy Shriver National Institute of Child Health and Human Development:
http://www.nichd.nih.gov/womenshealth/research/pregbirth/prenatal_care.cfm

March of Dimes:
www.marchofdimes.com (English)
www.nacersano.org (Spanish)

Medications in Pregnancy

Centers for Disease Control and Prevention, Medication Use During Pregnancy and Breastfeeding:

<http://www.cdc.gov/ncbddd/meds/>

Reproductive Life Plan

Every Woman California: Make a Reproductive Life Plan:

<http://www.everywomancalifornia.org/content.cfm?categoriesID=33>

Smoking Cessation

Maryland Resource Center For Quitting Use & Initiation of Tobacco:

MDQuit.org

1-800-QUITNOW

The National Partnership for Smoke-Free Families:

<http://www.smokefreefamilies.tobacco-cessation.org/>

National Tobacco Cessation Collaborative:

<http://www.tobacco-cessation.org/resources.htm>

US Department of Health and Human Services, QUIT NOW:

www.smokefree.gov

1800quitnow.cancer.gov

1-800-QUIT-NOW

US Department of Health and Human Services, Treating Tobacco Use and Dependence:

<http://www.ahrq.gov/path/tobacco.htm>

Stress Management

Discovery Health, Stress Management Center:

<http://health.discovery.com/centers/stress/stress.html>

March of Dimes, Stress & Pregnancy:

http://www.marchofdimes.com/pnhec/159_527.asp

MedicineNet.com, Stress Management:

http://www.medicinenet.com/stress_management_techniques/article.htm

Stress Management from Mind Tools:

<http://www.mindtools.com/stress/Defenses/Rest.htm>

Substance Abuse

Baltimore City Health Department:

Needle Exchange Program

<http://www.baltimorehealth.org/nep.html>

410-947-5700

Staying Alive Drug Overdose Prevention and Response Program
<http://www.baltimorehealth.org/stayingalive.html>
410-396-4439

Baltimore Substance Abuse Systems:
<http://www.bsasinc.org/>
410-637-1900

National Organization on Fetal Alcohol Syndrome:
www.nofas.org

US Department of Health and Human Services, Alcohol & Drug Information:
<http://www.ncadi.samhsa.gov/>

Violence: Intimate Partner Violence/Sexual Assault

Centers for Disease Control and Prevention, Dating Violence:
<http://www.chooserespect.org/scripts/index.asp>

National Domestic Violence Hotline:
<http://www.ndvh.org/>
1-800-799-SAFE

National Teen Dating Abuse Hotline:
<http://www.loveisrespect.org/>
1-866-331-9474

Rape, Abuse and Incest National Network:
www.rainn.org

National Sexual Assault Hotline:
1.800.656.HOPE

Vaccines

Baltimore City Health Department, Immunizations:
<http://www.baltimorehealth.org/immunization.html>
410-545-3048

Centers for Disease Control and Prevention, Vaccines and Immunizations:
<http://www.cdc.gov/vaccines/>

Additional Resources

Every Woman California: Easy to Read Printable Fact Sheets on Preconception Health Care:
http://www.everywomancalifornia.org/content_display.cfm?contentID=35&categoryID=14

