

Women's Health

Information Center

(NAPSA)—Health information today is constantly changing, and is often confusing or contradictory. Fortunately, women now have a free source of reliable, non-biased information on the health topics that matter most to them—even if they don't have access to the Internet.

The toll-free information and referral service of the National Women's Health Information Center (NWHIC) is the federal government's source for trustworthy women's health information.



Getting accurate information about women's health issues has just gotten easier.

The service, accessed by calling 1-800-994-WOMAN (1-888-220-5546 for the hearing impaired), is staffed by trained English- and Spanish-speaking specialists who find and order free health information or provide organizational referrals to assist with any health questions.

The NWHIC provides information on such topics as pregnancy, breast cancer, eating disorders, heart disease, nutrition, exercise, diet, mammography, cancer, menopause, hormone replacement therapy and osteoporosis.

The phone lines are open Monday through Friday, 9 a.m. to 6 p.m. EST (excluding federal holidays). All information is provided free of charge, and is sent directly from the referral organization. Women with access to the Internet can get similar information and referrals at www.4woman.gov.