Oregon Disability Resources

Affordable Care Act (ACA)

http://www.hhs.gov/healthcare/facts/bystate/or.html

HHS.gov: 5 Years Later: How the Affordable Care Act is Working for Oregon

To get coverage under the ACA, go to https://www.healthcare.gov/ to find out more about the Health Insurance Marketplace and the options available in your state.

Aging Resources

https://www.n4a.org/adrcs
https://www.acl.gov/node/413
http://www.eldercare.gov/Public/About/Aging_Network/ADRC.aspx

Aging and Disability Resource Centers/ No Wrong Door

Call Eldercare Locator Toll-free 1-800-677-1116 to find the ADRC in your area.

The No Wrong Door (NWD) System initiative is a collaborative effort of the ACL, the Centers for Medicare & Medicaid Services (CMS), and the Veterans Health Administration (VHA). The NWD System initiative builds upon the Aging and Disability Resource Center (ADRC) program and CMS’ Balancing Incentive Program No Wrong Door requirements that support state efforts to streamline access to long-term services and support (LTSS) options for older adults and individuals with disabilities. NWD Systems simplify access to LTSS, and are a key component of LTSS systems reform.

The Aging and Disability Resource Center Program (ADRC) is a collaborative effort of the U.S. Administration for Community Living (including AoA as of April 2012) and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term supports and services system for older adults and people with disabilities. Sometimes referred to as “one-stop shops” or “no wrong door” systems, ADRCs address many of the frustrations consumers and their families experience when trying to find needed information, services, and supports. Through integration or coordination of existing aging and disability service systems, ADRC programs raise visibility about the full range of options
that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs. Click on your state to find state and local ADRCs.

The core functions of an ADRC are 1) information, referral and awareness, 2) options counseling, advice and assistance, 3) streamlined eligibility determination for public programs, 4) person-centered transitions, 5) quality assurance and continuous improvement. ADRCs perform these functions by integrating, coordinating, and strengthening different pieces of the existing long term supports and services systems, including Area Agencies on Aging, Centers for Independent Living, state and local Medicaid offices, and other community-based organizations.

Oregon Department of Aging
Oregon Department of Human Services
Seniors and People with Disabilities
500 Summer St. NE E12
Salem, OR 97301
Phone: 503-945-5944
TTY: 800-282-6214
Email: spd.web@state.or.us

www.o4ad.org/
Oregon Association of Area Agencies on Aging
3410 Cherry Ave NE
Salem, OR 97303
Phone: 503-463-8692

Area Agencies on Aging by County

https://ncea.acl.gov/
National Center on Elder Abuse (NCEA)
Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public, and provides technical assistance and training to states and to community-based organizations.

ARTS and CREATIVITY
http://education.kennedy-center.org//education/vsa/

VSA arts
2700 F St. NW
Washington, DC 20566
Phone: 202-467-4600; 800-444-1324 (toll-free)
TTY: 202-416-8524
No affiliates listed in Oregon at the present time.

ASSISTIVE TECHNOLOGY

http://www.accesstechnologiesinc.org
Oregon Technology Access for Life Needs Project (TALN)
Access Technologies, Inc.
2225 Lancaster Dr., NE
Salem, OR 97305
Phone/TTY: 503-361-1201; 800-677-7512
Email: info@accesstechnologiesinc.org

http://nwadacenter.org/
Northwest ADA Center (covers Oregon)
Center for Continuing Education in Rehabilitation
University of Washington
6912 220th St S.W., Suite 105
Mountlake Terrace, WA 98043
Phone: 800-949-4232
TTY: 425-248-2480

CAREGIVERS INFORMATION

http://www.caregiver.com/regionalresources/states/OR/support/index.htm
Oregon Caregiver Support Groups
Phone: 954-893-0550

http://www.wellspouse.org
Well Spouse Association
Please contact them for local info and support groups

COMMUNITY-BASED FITNESS PROGRAMS

http://www.adapttraining.com/
ADAPT Training
9923 SW Arctic Drive
Beaverton, OR 97005
Phone: 503-646-8482
Email: info@adapttraining.com
The ADAPT Advanced training system is offered to people with spinal cord injuries and other neurological disorders.

COMMUNITY HEALTH CENTERS

[Website URL]

Oregon Primary Care Association
310 SW 4th Avenue, 2nd Floor, Suite 200
Portland, OR 97204
Phone: 503-228-8852
Email: info@orpca.gov

Community Health Centers are non-profit organizations providing health care to those with insurance and without. All sites offer primary care and many offer specialty care as well. There is no residency requirement; individuals can receive services at any facility of their choosing, with over 1,200 health centers in 8,000 rural and urban communities across the nation. Sliding-scale fees based on family size, income, and insurance status ensure that anyone who uses a Community Health Center can receive quality care regulated by federal standards. Please call the state association listed above to find a Community Health Center in your local area.

[Website URL]

Health Resources and Services Administration (HRSA): Find a Health Center
HRSA Health Centers care for you, even if you have no health insurance – you pay what you can afford based on your income. Health centers provide services that include checkups when you are well, treatment when you are sick, complete care when you are pregnant, and immunizations and checkups for your children. Some health centers also provide mental health, substance abuse, oral health, and/or vision services. Contact the health center organization directly to confirm the availability of specific services and to make an appointment.

CRIME VICTIM ASSISTANCE

[Website URL]

Oregon Crime Victim’s Services
Crime Victims' Compensation Program/ Crime Victims’ Rights Program
Oregon Department of Justice
1162 Court St. NE
Salem, Oregon 97301-4096
Phone: (503) 378-5348
TDD (503) 378-5938
Email: cvsd.email@doj.state.or.us

[Website URL]

Safe Horizon’s Links for General Crime Victim Resources/Issues
DOMESTIC VIOLENCE HELP

National Domestic Violence Hotline: 1-800-799-SAFE (7233); 800-787-3224 (TTY)
National Resource Center on Domestic Violence: 800-537-2238
Statewide Hotline: 888-235-5333

http://ocadsv.com/
Oregon Coalition Against Domestic & Sexual Violence
9570 SW Barbur Blvd, Suite 214
Portland, OR 97219
Phone: 503-230-1951

Statewide Crisis Line: 1-888-235-5333

EASTER SEALS OFFICES

http://www.easterseals.com/oregon/
Easter Seals Oregon
7300 SW Hunziker St.
Portland, OR 97223
Phone: 503-228-5108
Easter Seals offers services to children and adults with disabilities and special needs. The programs Easter Seals offers include autism, children’s, adult and senior specific services, employment & training, medical rehabilitation, as well as camping & recreation opportunities. Services may vary by location.

Easter Seals Rogue Valley Homeless Veterans Reintegration Program
119 N. Oakdale Ave.
Medford, OR 97501
Phone: 541-776-6060

Salem Job Training and Employment Center
1313 Mill St. SE, Suite 300
Salem, OR 97301
Phone: 503-362-1572

GOVERNMENT OFFICES

http://www.oregon.gov/
Oregon State Website

Oregon: Aging and People with Disabilities
Oregon Department of Human Services: Seniors and People with Disabilities
500 Summer St. NE
Salem, OR 97301
Phone: 503-945-5880; 877-277-0513 (Toll-free)

Oregon Vocational Rehabilitation Office
For contact information see Office of Human Services above

http://www.medicaidoffice.net/oregon-medicaid-office-mo38
Oregon Medicaid Office
500 Summer Street, NE, 3rd Floor
Salem, OR 94310
Phone: 503-945-5772; 800-527-5772

http://www.oregon.gov/oha/healthplan/Pages/about_US.aspx
Oregon SCHIP Program (State Children’s Health Insurance Program)
Oregon Healthy Kids
500 Summer Street NE, E37
Salem, OR 97031-1079
Phone: 503-945-5772
Toll-free: 800-527-5772

http://www.oregonshiba.org/
Oregon SHIIP Program (Senior Health Insurance Information Program)
SHIBA (Senior Health Insurance Benefits Assistance)
350 Winter Street NE
P.O. Box 14480
Salem, OR 97309-0405
Phone: 800-722-4134 (Toll-free)
Email: shiba.oregon@state.or.us

http://www.oregon.gov/oha/OPHP/OMIP/Pages/board.aspx
Oregon Medical Insurance Pool (OMIP)
250 Church St., SE Suite 200
Salem, OR 97301
Phone: 503-378-4674
Email: OMIP.Mail@state.or.us
Oregon High Risk Insurance Plan for eligible people who are unable to get insurance coverage.

http://dfr.oregon.gov/Pages/index.aspx
Oregon Insurance Commissioner
Oregon Insurance Division
350 Winter St. NE, Room 410
Salem, OR 97309
Phone: 503-378-4140; 866-814-9710 (Toll-free)
Oregon Workers Compensation Division
350 Winter Street NE
PO Box 14480
Salem, OR 97309-0405
Phone: 503-947-7810; 503-847-7885
Email: workcomp.questions@oregon.gov

Find your elected officials to contact them on legislation that is important to you. Each member of Congress maintains at least one office in his or her home state or district. Most have multiple offices throughout the state or district. These offices are designed for direct contact with constituents (that's you!). This is your opportunity to advocate and make your voice heard in Congress without traveling to Washington, DC. Congressional offices are also a great resource for handling problems with federal agencies. You have a constitutionally guaranteed right to petition your government, and home offices provide you an opportunity to use that right.

State LTC Ombudsman
Mary Jaeger
Office of the LTC Ombudsman
3855 Wolverine NE, Suite 6
Salem, OR 97305
Phone: 503-378-6533; 800-522-2602 (Toll-fre)
The mission of the state long-term care ombudsman is to protect the health, safety, welfare and rights of the elderly in nursing homes, assisted living facilities and other facilities.

Housing

www.fanniemae.com
Fannie Mae:

Western Regional Office
135 North Los Robles Ave., Suite 400
Pasadena, CA 91101-1707
Phone: 800-232-6643

http://www.hud.gov/local/index.cfm?state=or
Oregon Housing and Urban Development (HUD) Office
1220 SW Third Ave., Suite 400
Portland, OR 97204-2825
Phone: 971-222-2600

www.hud.gov
HUD is the government office which offers information on public housing, buying a home, renting, discrimination, FEMA related housing, and more. HUD also provides a list of housing counselors as well as information on ways to avoid foreclosure. To find your local HUD office, please click on the “State Info” tab across the top bar, then click on your state, then click on “contact my local office”. If you want info on public housing, click here: https://www.hud.gov/program_offices/public_indian_housing/pha/contacts and choose your state from the drop down box.

www.211.org  
http://www.211.org/services/housing-and-utilities  
211  
211 can help people find emergency shelters for individuals and families in crisis. Learn about programs that offer rental assistance, subsidized housing, and housing vouchers that can help families, the elderly and disabled individuals pay for housing.

www.oregon.gov/ohcs/Pages/Contact-us.aspx  
Oregon Housing and Community Services  
Rental Housing Assistance Program  
725 Summer Street NE, Suite B  
Salem OR 97301-1266  
Phone: 503-986-2000  
TTY: 503-986-2100  

Independent Living  

http://www.ilru.org/projects/silc-net/silc-directory  
ILRU: State Independent Living Councils (SILCs)  
Oregon Independent Living Council  
500 Summer Street, NE, Suite E-87  
Salem, OR 97301  
Phone: 503-945-6204  
Email: Oregon.silc@state.or.us  

http://www.ilru.org  
Independent Living Research Utilization’s directory of Independent Living Centers  

http://www.quadinc.org  
Quad Inc. (Quadriplegics United Against Dependency)  
5100 SW Macadam, Suite 130  
Portland, OR 97239  
Phone: 503-287-4260  
A non-profit that sponsors independent living centers in the Portland area.
National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, DC 20006
Phone: 202-207-0334
Toll-free: 877-525-3400
TTY: 202-207-0340
Email: ncil@ncil.org
The National Council on Independent Living is the longest-running national cross-disability, grassroots organization run by and for people with disabilities. Founded in 1982, NCIL represents thousands of organizations and individuals including: individuals with disabilities, Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.

LIBRARY SERVICES

Talking Book and Braille Services
Oregon State Library
250 Winter Street Northeast
Salem, OR 97301
Phone: 503-378-5389
Toll-free: 800-452-0292
Email: talkingbooks.info@state.or.us

NeuroRecovery Network (NRN)
The NRN is a network of rehab programs designed to provide locomotor (treadmill) training to promote functional recovery and improve the health and quality of life for people living with paralysis. The program is for people with spinal cord injuries. The NRN is a program of the Reeve Foundation. There is no NRN center in this state but if you are interested in finding one outside of this state, please go to www.ChristopherReeve.org/NRN.

Peer Support Programs

www.ChristopherReeve.org/Peer
Christopher & Dana Reeve Foundation’s Peer & Family Support Program (PFSP)
636 Morris Turnpike, Suite 3A
Short Hills, NJ 07078
Phone: 800-539-7309
Email: Peer@ChristopherReeve.org
The Peer & Family Support Program (PFSP) is the Reeve Foundation’s national peer-to-peer mentoring program. The goal of PFSP is to provide critical emotional support, as well as, local and national information and resources to people living with paralysis, and their families and caregivers. When possible, the program matches people with paralysis with certified peer mentors who are of similar age, location, gender, and level of injury or type of paralyzing condition. The Reeve Foundation’s Quality of Life Grants program gives out grants to peer support groups (amongst other groups) that are associated with a non-profit organization. If you represent a non-profit organization looking for a Quality of Life grant, please see: www.ChristopherReeve.org/qol for more info on qualifying and applying.

http://www.spinalcord.org/spinal-network/grant-details/
**United Spinal Association’s Spinal Network** support group program
Phone: 800-962-9629
Email: info@unitedspinal.org
The Spinal Network is dedicated to establishing and managing a nationwide network of support groups. Grants to peer support programs of $500 each can be applied for here: http://www.spinalcord.org/spinal-network/grant-details/spinal-network-grant-application/

**PROTECTION and ADVOCACY**

https://droregon.org/
**Disability Rights Oregon**
610 SW Broadway
Suite 200
Portland, OR 97205
Phone: 503-243-2081
Toll-free: 800-452-1694
Oregon Protection and Advocacy/Client Assistance Program

**SERVICE DOGS**

http://www.kingsvalleycolliers.com
**Kings Valley Collies**
Eva & Leslie Pappaport
39968 Ward Road
Kings Valley, OR 97361
Phone: 541-760-6564
Email: leslie@kingsvalleycolliers.com

**SPORTS and RECREATION**
Adaptive Sports Northwest
4840 SW Western Ave., Suite 500
Beaverton, OR 97005
Phone: 503-241-0850
Email: info@adaptivesportsnw.org
Adaptive Sports Northwest seeks to empower people with physical disabilities through sport and fitness.

Adventures Without Limits
1341 Pacific Avenue
Forest Grove, OR 97116
Phone: 503-359-2568

Oregon Adaptive Sports
63025 O.B. Riley Road, Suite 12
Bend, OR 97703
Phone: 541-848-9390; 541-306-4774
Email: info@oregonadaptivesports.org

Horses of Hope Oregon
2895 Cloverdale Drive SE
Turner, OR 97392
Phone: 503-743-3890
Adaptive Riding Institute provides equine assisted therapy services, personal development, therapeutic riding, and related services for people of all abilities.

Oregon Department of Fish and Wildlife
4034 Fairview Industrial Dr. SE
Salem, OR 97303
Phone: 503-947-6000; 800-720-6339
Email: odfw.info@state.or.us

Tamarack Wellness Center (dba Tamarack Aquatic Center)
3575 Donald St., Suite 300
Eugene, OR 97405
Phone: 541-686-9290
Email: info@tamarackaquatic.org
Tamarack Pool is the only public therapeutically heated saltwater pool in the Eugene/Springfield area. They serve people throughout Lane County and beyond. The pool is fully accessible: ramp into the pool; Hoyer lift between pool and spa; saltwater tolerant wheelchairs, saltwater tolerant...
walkers; a wide variety of floatation equipment; and caregivers/attendants are never charged whether in dressing rooms, on deck, or in pool with their clients. We have fully accessible dressing rooms (men's and women's) as well as family changing areas for cross-gender caregivers/clients. The pool offers open times for people to do their own activities in the pool, as well as instructed classes ranging from Tai Chi to arthritis classes to more active Up Tempo classes, as well as Aqua Yoga and private or semi-private swimming lessons for ages 6 months and older. Increased mobility, pain reduction, socialization, and overall exercise opportunities are possible in the pool's 92-degree saltwater. Two lifeguards are on duty at all times.

UNITED WAY OFFICES

http://national.unitedway.org/
United Way (National Office)
701 North Fairfax Street
Alexandria, VA 22314
Phone: 703-836-7112
Enter postal code for a United Way office in your area
United Way focuses on education, financial stability and health to impact the lives of millions. United Way raises awareness surrounding key issues, provides financial and one-on-one assistance to those who need it most, and promotes social and policy change that helps strengthen people and their communities.

VETERAN BENEFITS

http://www.portland.va.gov/
Portland VA Medical Center

http://www.oregonpva.org
Oregon Chapter Paralyzed Veterans of America Office
3700 Silverton Road NE
Salem, OR 97305
Phone: 503-362-7998
Toll-free: 800-333-0782
Email: oregonpva@oregonpva.org

ALS

www.alsa.org
ALS Association (ALSA) (National Headquarters)
Oregon and SW Washington Chapter of the ALS Association
700 NE Multnomah St., Suite 870
Portland, OR 97232
Phone: 503-238-5559
Toll-free: 800-681-9851
Email: info@alsa-or.org

BRAIN INJURY

http://biaoregon.org/
Brain Injury Association of Oregon
PO Box 549
Molalla, OR 97038
Phone: 800-544-5243
Email: biaor@biaoregon.org

CEREBRAL PALSY

http://www.ucp.org
United Cerebral Palsy (UCP) National Office

https://www.facebook.com/UCPAORWA
UCP of Oregon & SW Washington
305 NE 102nd Ave
Portland, OR 97220
Phone: 503-777-4166
Email: ucpa@ucpaorwa.org

FRIEDREICH’S ATAXIA

http://www.ataxia.org/
National Ataxia Foundation (NAF) National Office
600 Hwy 169 S, Ste 1725
Minneapolis, MN 55426
Phone: 763-553-0020
Email: naf@ataxia.org

NAF’s Willamette Valley Ataxia Support Group
Jason Wolfer
PO Box 544
Gervais, OR 97026
Phone: 503-502-2633
Email: wolfer.jason@gmail.com

GUILLAIN-BARRÉ SYNDROME / CIDP

http://gbs-cidp.org/
Guillain-Barré Syndrome / CIDP Foundation International
The Holly Building
104 1/2 Forrest Avenue
Narberth, PA 19072
Phone: 610-667-0131
Toll-free: 866-224-3301
Please contact them for information in your area

MULTIPLE SCLEROSIS

http://nationalmssociety.org/chapters/ORC/index.aspx
National Multiple Sclerosis Society
Oregon State Chapter
5331 SW Macadam Avenue, Suite 290
Portland, OR 97239
Phone: 503-223-9511
  800-344-4867
Email: info@orcnmss.org

http://www.mymsaa.com
Multiple Sclerosis Association of America Headquarters
375 Kings Highway N.
Cherry Hill, NJ 08034
Phone: 800-532-7667

MSAA Western Regional Office
1700 7th Ave., #116201
Seattle, Washington, 98101
Phone: 415-260-6420
  800-532-7667 ext.155
Email: western@mymsaa.org

MUSCULAR DYSTROPHY
POST-POLIO SYNDROME

http://www.post-polio.org
Post-Polio Health International (PHI)
4207 Lindell Blvd. #110
St. Louis, MO 63108-2930
Phone: 314-534-0475
Email: info@post-polio.org
http://www.post-polio.org/net/poldir.pdf
Directory lists Health Professionals, Clinics, and Support Groups by state.

Oregon Post-Polio Support Groups

MEDFORD
www.ippso-world.org
International Post-Polio Support Organizations (IPPSO)
2252 Table Rock RD, #40
Medford, OR 97501
Phone: 541-772-1102; 541-282-3944

SPINA BIFIDA

http://www.spinabifidaassociation.org
Spina Bifida Association of America
P.O. Box 17427
Arlington, VA 22209
Phone: 800-621-3141 (Toll-free)
Email: sbaa@sbaa.org
Please contact them for info in your area

SBAA Oregon Clinics

Child Development & Rehabilitation Center
Oregon Health & Science University
Spina Bifida Program  
901 East 18th Avenue  
Eugene, OR 97403  
Phone: 541-346-2606

Deombecher Children’s Hospital  
Child Development & Rehabilitation Center  
Spina Bifida Clinic  
707 SW Gaines  
Portland, OR 97201  
Phone: 503-494-8085

Shriners Hospital-Portland (pediatric only)  
Myelodysplasia Clinic  
3101 SW Sam Jackson Park Road  
Portland, OR 97206  
Phone: 503-944-1169

SBAA Support Group  
2344 Banyonwood Ave NW  
Salem, OR 97304  
Phone: 503-362-8062  
Email: sbaoforegon@yahoo.com

**SPINAL CORD INJURY**


**St. Charles Medical Center SCI Support Group**

Meeting Place:  
St. Charles Medical Center  
2500 NE Neff Rd.  
Bend, Oregon 97701  
Contact: Amy King at (541) 382-4921, Ext. 2682  
This group meets on the third Tuesday of the month from 6:00 pm to 7:30 pm. It is led by a Recreational Therapist.

**STROKE**


**American Stroke Association**

National Center  
7272 Greenville Avenue
Dallas, TX 75231
Phone: 1-888-478-7653
Please call them for the stroke support group in your area

SYRINGOMYELIA/CHIARI MALFORMATION

http://www.asap.org
American Syringomyelia Alliance Project
PO Box 1586
Longview, TX 75606-1586
Phone: 903-236-7079
800-ASAP-282
Email: info@ASAP.org

TRANSVERSE MYELITIS

http://www.myelitis.org/
Transverse Myelitis Association
1787 Sutter Parkway
Powell, OH 43065-8806
Phone: 855-380-3330
Please contact them for info in your area.

http://transmyelitis.meetup.com/
TM MeetUp
Enter your postal code for a MeetUp in your area.
Meetings are usually held in local restaurants.

GENERAL DISABILITY RESOURCES

http://www.yellowpagesforkids.com/help/or.htm
Oregon Yellow Pages for Kids with Disabilities

http://www.otao.com
Oregon chapter of the American Occupational Therapy Association Oregon
OTAO
147 SE 102nd Avenue
Portland, OR 97216
Phone: 503-235-2981
Email: info@otao.com

http://www.opta.org/
Oregon chapter of the American Physical Therapy Association
147 SE 102nd
Portland, OR 97216
Phone: 503-262-9247
Toll-free: 877-452-4919
Email: info@opta.org

http://www.apse.org/
Association of People Supporting EmploymentFirst (ASPE)
Phone: 301-279-0060
Email: apse@apse.org
Please contact them for local info.

http://www.clearviewmdrc.org/contact-us/our-mission.html
Clearview Mediation and Disability Resource center
307 SW 6th street
Pendleton, OR 97801
Phone: 541-276-1130
Their mission is to provide the community with training and understanding of people with disability. They provide a free service to individuals with a disability. They provide resource and referral to people who want to live a more productive life and need resources in order to accomplish this.

www.destinationrehab.org
Destination Rehab
3155 NE Elizabeth Ct
Bend, OR 97701
Phone: 541-241-6837
Physical therapy based community and outdoor adventures promoting independence and quality of life.

www.211.org
First Call 2-1-1
Phone: 211
Provides callers with information about and referrals to human services for every day needs and in times of crisis. Can offer access to the following types of services: adult day care, respite care, home health care, transportation, support groups, Medicaid/Medicare, etc. The caller is provided with phone numbers, programs and services provided, location, hours of operation, and any other relevant information for the inquiry. All calls are confidential.

Healthboards.com – message boards on health related topics. Topics include SCI, CP, Stroke, and more.
They aim to unlock the potential of people with disabilities by providing employment and education services.

ThinkFirst offers evidence-based injury prevention programs for students of all ages through their network of healthcare-based chapters. Health educators and people who have experienced brain or spinal cord injuries help students understand the importance of making safe choices related to vehicles, sports, violence and falls. To find chapter information in your area, please go to their website and click on the “Chapter Site” tab.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

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