



Louisiana Disability Resources

Affordable Care Act (ACA)

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

Aging and Disability Resource Centers/ No Wrong Door

<https://www.usaging.org/adrcs>

<https://acl.gov/programs/connecting-people-services/aging-and-disability-resource-centers-program-no-wrong-door>

<https://eldercare.acl.gov/Public/Index.aspx>

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 (<https://acl.gov/>) (including AoA (<https://acl.gov/>) as of April 2012) and the Centers for Medicare & Medicaid Services (CMS) (<https://www.cms.gov/>). 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 a "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.

Louisiana Office of Aging and Adult Services

<https://ldh.la.gov/subhome/12>

Louisiana Department of Health

Physical Address:

628 N 4th Street

Baton Rouge, LA 70802

Mailing Address:

PO Box 629

Baton Rouge, LA 70821-0629

Phone: 866-758-5035, 888-342-6207 (Medicaid Customer Service)

Email: OAAS.Inquiries@la.gov

Governor's Office of Elderly Affairs

<https://goea.la.gov/>

602 North 5th Street, Suite 435 4th Floor

Baton Rouge, LA 70802

Phone: 225-342-7100

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/home#gsc.tab=0>

C/O University of Southern California Keck School of Medicine

Department of Family Medicine and Geriatrics

1000 South Fremont Avenue, Unit 22, Building A-6

Alhambra, CA 91803

Phone: 855-500-3537 (ELDR)

Email: ncea-info@acl.hhs.gov

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.

Assistive Technology

Louisiana Assistive Technology Access Network (LATAN)

<http://www.latan.org>

AT Lab & Demonstration Center
10988 N Harrell's Ferry Rd, Ste 5
Baton Rouge, LA 70816
Phone: 800-270-6185, 225-925-9500

Southwest ADA Center (Covers Louisiana)

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

TIRR Memorial Hermann - ILRU
1333 Moursund
Houston, TX 77030
Phone: 800-949-4232 (Toll-free), 713-797-7171
Email: swdbtac@ilru.org

Community Health Centers

Louisiana Primary Care Association

www.lpca.net

503 Colonial Drive
Baton Rouge, LA 70806
Phone: 225-927-7662

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.

Health Resources and Services Administration (HRSA): Find a Health Center

<http://findahealthcenter.hrsa.gov/>

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

Crime Victims Reparations

<https://lcle.la.gov/>

Louisiana Commission on Law Enforcement and Administration of Criminal Justice
Mailing Address:
PO Box 3133

Baton Rouge, LA 70821
Phone: 225-342-1749, 888-684-2846 (Toll-free), 225-342-1500

Domestic Violence Help

National Domestic Violence Hotline

<https://www.thehotline.org/>

Phone: 800-799-7233

Louisiana Domestic Violence Crisis And Support Resources

Statewide Hotline: 888-411-1333

The Louisiana Coalition Against Domestic Violence

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

PO Box 77308

Baton Rouge, LA 70879

Phone: 225-752-1296, 888-411-1333 (Statewide Hotline)

Louisiana Commission on Law Enforcement and Administration of Criminal Justice

<https://lcle.la.gov/>

Physical Address:

602 North Fifth Street

Baton Rouge, LA 70802

Mailing Address:

PO Box 3133

Baton Rouge, LA 70821

Phone: 225-342-1500

Easterseals Offices

Easterseals Louisiana

<https://www.easterseals.com/louisiana/>

935 Gravier St, Suite 720

New Orleans, LA 70112

Phone: 504-523-7325

Email: info@laeasterseals.com

Easterseals Louisiana strives to offer the best services and programs available to assist children and adults with disabilities to achieve independence in their lives and communities. Supports provided by Easterseals Louisiana include behavioral health services, support coordination, EarlySteps: System Point of Entry (SPOE), camping and recreation, and transitional housing.

For information on local offices, please go to

<https://www.easterseals.com/louisiana/connect-locally/easterseals-louisiana.html>

Government Offices

Louisiana State Website

<https://www.louisiana.gov/>

Louisiana Workforce Commission: Vocational Rehabilitation Program

http://www.laworks.net/WorkforceDev/LRS/LRS_Rehabilitation.asp

Louisiana Rehabilitation Services State Office

Mailing Address:

1001 N 23rd St

PO Box 91297

Baton Rouge, LA 70821-9297

Phone: 225-219-2225, 800-737-2958

Louisiana Bureau of Health Services Financing (Medicaid)

<http://www.medicaidoffice.net>

<https://ldh.la.gov/subhome/1>

Louisiana Department of Health

Physical Address:

628 N 4th Street

Baton Rouge, LA 70802

Mailing Address:

PO Box 629

Baton Rouge, LA 70821-0629

Phone: 888-342-6207 (Customer Service)

Email: MyMedicaid@la.gov

The Louisiana Children's Health Insurance Program (LaCHIP)

<https://ldh.la.gov/page/lachip>

Louisiana Department of Health

Physical Address:

628 N 4th Street

Baton Rouge, LA 70802

Mailing Address:

PO Box 91278

Baton Rouge, LA 70821-9278

Phone: 877-252-2447 (Toll-free), 800-220-5404 (TTY)

Louisiana Department of Insurance

<http://www.lidi.state.la.us/>

Physical Address:

1702 N Third St

Baton Rouge, LA 70802

Mailing Address:

PO Box 94214

Baton Rouge, LA 70804

Phone: 225-342-5900, 800-259-5300, 800-259-5301

Workers' Compensation

http://www.laworks.net/WorkersComp/OWC_MainMenu.asp

Louisiana Workforce Commission

Physical Address:

1001 North 23rd Street

Baton Rouge, LA 70802

Mailing Address:

PO Box 94040

Baton Rouge, LA 70804-9040

Phone: 225-342-3111, 225-342-7555

Email: owca@lwc.la.gov

Louisiana Commission on Human Rights

<https://gov.louisiana.gov/page/lchr>

Office of the Governor

Physical Address:

1001 N 23rd St, Suite 268

Baton Rouge, LA 70802

Mailing Address:

PO Box 94094

Baton Rouge, LA 70804

Phone: 225-342-6969

The role of the Louisiana Commission on Human Rights is to enforce specific laws pertaining to discriminatory practices in the state of Louisiana.

Governor's Office of Disability Affairs

<http://gov.louisiana.gov/page/disability-affairs>

Office of the Governor

Mailing Address:

PO Box 94004

Baton Rouge, LA 70804

Phone: 225-219-7553, 844-860-1413 (Toll-free)

Email: disability.affairs@la.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.

<https://www.house.gov/representatives/find-your-representative>

<http://whoismyrepresentative.com/>

Louisiana Ombudsman Program

www.louisiana.gov

<https://goea.la.gov/services/louisiana-ombudsman-program/>

Governor's Office of Elderly Affairs

PO Box 61

Baton Rouge, LA 70821-0061

Phone: 225-342-9723, 866-632-0922 (Toll-free)

Email: StateOmbudsman@la.gov

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

U.S Department of Housing and Urban Development (HUD): Louisiana Office

<https://www.hud.gov/states/louisiana>

New Orleans Field Office

Hale Boggs Federal Building

500 Poydras Street, 9th Floor

New Orleans, LA 70130

Phone: 504-671-3000, 800-877-8339 (TTY)

Email: LA_Webmanager@hud.gov

U.S Department of Housing and Urban Development (HUD)

www.hud.gov

451 7th Street, SW

Washington, DC 20410

Phone: 202-708-1112, 202-708-1455 (TTY)

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.

211

www.211.org

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.

Independent Living

ILRU: State Independent Living Councils (SILCs)

Louisiana Statewide Independent Living Council

<http://www.ilru.org/projects/silc-net/silc-directory>

1201 North Third Street, Suite G-219

Baton Rouge, LA 70804

Phone: 225-219-7553, 800-579-5611 (Toll-free), 225-219-7550 (TTY)

Independent Living Research Utilization's Directory of Independent Living Centers

<http://www.ilru.org>

National Council on Independent Living (NCIL)

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

PO Box 31260

Washington, DC 20030

Phone: 202-207-0334, 844-778-7961

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

State Library of Louisiana: Talking Books and Braille Library

<https://library.la.gov/>

701 N 4th St

Baton Rouge, LA 70802

Phone: 225-342-4702, 800-543-0035 (Toll-free)

Email: tbbl@library.la.gov

Peer Support Programs

Christopher & Dana Reeve Foundation's Peer & Family Support Program (PFSP)

<https://www.christopherreeve.org/todays-care/get-support/get-a-peer-mentor/>

636 Morris Turnpike, Suite 3A

Short Hills, NJ 07078

Phone: 800-539-7309

Email: Peer@Reeve.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: <https://www.christopherreeve.org/todays-care/get-support/grants-for-non-profits/> for more info on qualifying and applying.

Protection and Advocacy

Disability Rights Louisiana

www.disabilityrightsla.org

8325 Oak Street

New Orleans, LA 70118

Phone: 800-960-7705

Email: info@disabilityrightsla.org

Sports and Recreation

Ainsley's Angels of America

www.ainsleysangels.org

PO Box 6287

Virginia Beach, VA 23456

Email: info@ainsleyangels.org

Ainsley's Angels of America is a non-profit organization that matches runners with people with disabilities who want to compete in races. The "Angel Team" is comprised of at least two Ainsley's Angels. The rider is the core of the team and pulls the runner across the finish line with smiles, cheers and immeasurable inspirational spirit. With the health and well-being of the Rider as of the foremost priority, the 'Angel Team' works together to SAFELY accomplish the mission, while staying together and having fun.

Games Uniting Mind and Body (GUMBO), Inc.

<https://sites.google.com/site/louisianagumboinc/home>

Phone: 318-452-7771, 800-259-7200 x17

Email: Carey33452@aol.com

Games Uniting Mind and Body (GUMBO) is an interscholastic track and field competition designed for children ages 5 to 18 years of age who have physical or visual disabilities. Five main events are held each year. The regional competitions are held each spring in Shreveport, New Orleans, Alexandria, and Lafayette. The GUMBO INVITATIONAL (state competition) is held each fall in Alexandria. A Boccia State Tournament is also held each year.

The Miracle League of Greater New Orleans

<https://www.chnola.org/community/>

Children's Hospital New Orleans

200 Henry Clay Ave

New Orleans, LA 70118

Phone: 504-899-9511

The Miracle League provides eight-week baseball season programs that run from September to November in the fall and March to May in the spring for any person, regardless of their disability, to have the opportunity to play league sports and experience being a part of a team.

United Way Offices

United Way Worldwide

<https://www.unitedway.org/>

National Headquarters

Mailing Address:

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.

Veterans Benefits

U.S. Department of Veterans Affairs: Louisiana Facility Locations

<https://www.va.gov/directory/guide/state.asp?STATE=LA&dnum=ALL>

ALS

The ALS Association

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

1300 Wilson Boulevard, Suite 600

Arlington, VA 22209

Phone: 800-782-4747

Email: alsinfo@als.org

The ALS Association: Louisiana Chapter

<https://www.als.org/support/states/louisiana>

Phone: 225-343-9880

Email: infoLA@als.org

Brain Injury

Brain Injury Association of America

www.biausa.org

Physical Address:

3057 Nutley Street, #805

Fairfax, VA 22031-1931

Mailing Address:

PO Box 7416

Merrifield, VA 22116-7416

Phone: 703-761-0750

Email: info@biausa.org

Brain Injury Association of America's mission is to advance brain injury prevention, research, treatment and education and to improve the quality of life for all individuals impacted by brain injury

Brain Injury Association of Louisiana

<http://www.biala.org>

3433 Highway 190, Suite 270

Mandeville, LA 70471

Phone: 504-982-0685, 800-444-6443 (Toll-free)

Email: info@biala.org

Focuses on creating a better future for Louisiana citizens with brain injury and/or spinal cord injury through education, community support groups, obtaining services, and advocacy.

Friedreich's Ataxia

National Ataxia Foundation (NAF)

<https://www.ataxia.org/>

Physical Address:

600 Hwy 169 S, Ste 1725

Minneapolis, MN 55426

Mailing Address:

PO Box 27986

Golden Valley, MN 55427

Phone: 763-553-0020

Email: naf@ataxia.org

Guillain-Barré Syndrome/CIDP

Guillain-Barré Syndrome/CIDP Foundation International

<http://gbs-cidp.org/>

Mailing Address:

375 East Elm St, Suite 101

Conshohocken, PA 19428

Phone: 866-224-3301 (Toll-free), 610-667-0131

Call for information in your area

Multiple Sclerosis

National Multiple Sclerosis Society

www.nationalmssociety.org

Phone: 800-344-4867

National Multiple Sclerosis Society: Alabama-Louisiana-Mississippi Chapter

<https://www.nationalmssociety.org/resources/get-connected/in-your-area/alc>

Physical Address:

2200 Woodcrest Place, Suite 230

Birmingham, AL 35209

Mailing Address:
PO Box 88540
Carol Stream, IL 60188
Phone: 800-344-4867

Multiple Sclerosis Association of America

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

National Headquarters
375 Kings Highway North, Suite B
Cherry Hill, NJ 08034
Phone: 800-532-7667
Email: msaa@mymsaa.org

MSAA South-Central Regional Office

<https://mymsaa.org/publications/improving-lives/offices/>

Phone: 800-532-7667, ext. 137
Email: southcentral@mymsaa.org

Muscular Dystrophy

Muscular Dystrophy Association

<https://www.mda.org/>

National Headquarters
1016 W Jackson Blvd, #1073
Chicago, IL 60607
Phone: 800-572-1717
Email: ResourceCenter@mdausa.org

Enter your zip code in the “Find MDA in your Community” section of the website to find the clinics that treat MD in your area.

Post-Polio Syndrome

Post-Polio Health International (PHI)

www.post-polio.org

50 Crestwood Executive Center, Suite 440
Saint Louis, MO 63126
Phone: 314-534-0475
Email: info@post-polio.org

<https://post-polio.org/wp-content/uploads/2024/08/PDIR-2024.pdf>

Directory lists support groups by state.

Spina Bifida

Spina Bifida Association

<http://www.spinabifidaassociation.org>

1600 Wilson Blvd Suite 800
Arlington, VA 22209

Phone: 800-621-3141

Email: sbaa@sbaa.org

Please contact them for info in your area.

For information on clinics, please go to <https://www.spinabifidaassociation.org/clinics/>

Spina Bifida of Louisiana

<https://www.sblouisiana.org/>

Mailing Address:

PO Box 1346

Kenner, La. 70063

Phone: 504-737-5181

Email: sbla@sblouisiana.org

Spinal Cord Injury

Louisiana Traumatic Head and Spinal Cord Injury Trust Fund Program

<https://ldh.la.gov/page/traumatic-head-spinal-cord-injury-trust-fund-program>

Mailing Address:

PO Box 2031, Bin #14

Baton Rouge, LA 70821-2031

Phone: 888-891-9441, 225-219-2410

Stroke

American Stroke Association

<https://www.stroke.org/>

National Center

7272 Greenville Avenue

Dallas, TX 75231

Phone: 888-478-7653

Please call them for the stroke support group in your area

Syringomyelia/Chiari Malformation

American Syringomyelia and Chiari Alliance Project

www.asap.org

PO Box 1586

Longview, TX 75606-1586

Phone: 903-236-7079, 800-272-7282

Email: info@ASAP.org

Transverse Myelitis

Siegel Rare Neuroimmune Association

<http://wearesrna.org>

Physical Address:

1787 Sutter Parkway

Powell, OH 43065-8806

Mailing Address:

PO Box 826962
Philadelphia, PA 19182-6962
Phone: 855-380-3330 (EST)
Please contact them for info in your area.

General Disability Resources

Louisiana Yellow Pages for Kids with Disabilities

<http://www.yellowpagesforkids.com/help/la.htm>

Louisiana Developmental Disabilities Council

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

Physical Address:

5615 Corporate Blvd, Suite 500B

Baton Rouge, LA 70808

Mailing Address:

PO Box 14148

Baton Rouge, LA 70898

Phone: 225-342-6804, 800-450-8108 (Toll-free)

Families Helping Families of Greater Baton Rouge

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

Region 2: Serving East and West Baton Rouge, East and West Feliciana, Iberville, Pointe Coupee, and Ascension

2356 Drusilla Lane

Baton Rouge, LA 70809

Phone: 225-216-7474, 866-216-7474 (Toll-free)

Email: info@fhfgbr.org

Bayou Land Families Helping Families

www.blfhf.org

Region 3: Serving Assumption, Lafourche, St Charles, St James, St John, St Mary, Terrebonne

286 Highway 3185

Thibodaux, LA 70301

Phone: 985-447-4461, 800-331-5570

Email: bayoulandfhf@gmail.com

Families Helping Families of Acadiana

www.fhfacadiana.org

Region 4: Serving Acadia, Evangeline, Iberia, Lafayette, St Landry, St Martin, and Vermillion

100 Benman Road

Lafayette, LA 70506

Phone: 337-984-3458, 855-984-3458 (Toll-free)

Email: info@fhfacadiana.org

Families Helping Families of Southwest Louisiana

<https://fhfswla.org/>

Region 5: Serving Allen, Beauregard, Calcasieu, Cameron, and Jeff Davis

324 West Hale Street

Lake Charles, LA 70601

Phone: 337-436-2570, 800-894-6558 (Toll-free)

Email: info@fhfswla.org

Families Helping Families Region 7

www.fhfregion7.com

Region 7: Serving Bienville, Bossier, Caddo, Claiborne, Desoto, Red River, Natchitoches,

Sabine, and Webster

215 Bobbie St, Ste 100

Bossier City, LA 71112

Phone: 318-226-4541, 877-226-4541 (Toll-free)

Email: info@fhfregion7.com

Families Helping Families of Northeast Louisiana, Inc.

www.fhfnela.org

Region 8: Serving Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, and West Carroll

5200 Northeast Road

Monroe, LA 71203

Phone: 318-361-0487, 888-300-1320 (Toll-free)

Email: info@fhfnela.org

Northshore Families Helping Families

www.fhfnorthshore.org

Region 9: Serving Livingston, St Helena, St Tammany, Tangipahoa, Washington

108 Highland Park Plaza

Covington, LA 70433

Phone: 985-875-0511, 800-383-8700 (Toll-free)

Email: info@fhfnorthshore.org

Families Helping Families of Greater New Orleans

www.fhfofgno.org

Region 10: Serving Jefferson Parish

700 Hickory Avenue

Harahan, LA 70123

Phone: 504-888-9111, 800-766-7736 (Toll-free)

APTA Louisiana: Chapter of the American Physical Therapy Association

<https://aptala.org/>

8550 United Plaza Blvd

Suite 1001

Baton Rouge, LA 70809

Phone: 225-922-4614

Email: office@lpta.org

Louisiana Occupational Therapy Association (LOTA)

<https://www.lota.org/>

PO Box 14806

Baton Rouge, LA 70898

Phone: 225-291-2806

Email: Linda@rivermgt.com

ThinkFirst National Injury Prevention Foundation

www.thinkfirst.org

Phone: 630-961-1400

Email: thinkfirst@thinkfirst.org

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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