

iHATEheadaches

iHATEmigraines

Website Accessibility, Nondiscrimination and Government Compliance with ADA Policies

Accessibility:

We continue to work on improving the accessibility of content on the website. Below, you'll find a few recommendations to help make the browsing experience more accessible if you desire visual, audio, or navigational assistance.

For the Visually Impaired: If you have trouble seeing websites and the content therein, the [U.S. Social Security Administration](#) offers tips for optimizing your computer and browser to improve your experience:

Use your computer to [read web pages](#) out loud

Use the keyboard to [navigate screens](#) and [forms](#)

[Increase text size](#)

[Magnify your screen](#)

[Change background and text colors](#)

[Make your mouse pointer more visible \(Windows only\)](#)

Audio Assistance – Closed Captioning for videos or audio files: Closed captioning provides a transcript for the audio track of a video presentation that is synchronized with the video and audio tracks. Captions are generally visually displayed over the video, which benefits people who are deaf and hard of hearing and anyone who cannot hear the audio due to noisy environments. Most of our video content is hosted on YouTube and includes captions. [Learn how to turn captioning on and off in YouTube.](#)

Audio Assistance – Volume Controls: Your computer, tablet, or mobile device has volume control features. Each video and audio service has its own additional volume controls. Try adjusting both your device's volume controls and your media players' volume controls to optimize your listening experience.

Keyboard and Mouse Alternatives: If you are looking for mouse and keyboard alternatives, speech recognition software such as Dragon Naturally Speaking may help you navigate web

pages and online services. This software allows the user to move focus around a web page or application screen through voice controls.

Additional Assistance: If the recommendations above do not meet your needs, we invite you to contact us for assistance by calling our practice at the phone number listed on our website.

Notice of Nondiscrimination:

Nondiscrimination statement for significant publications and signification communications that are small-size:

Think Better Life | I Hate Headaches complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Think Better Life | I Hate Headaches does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Think Better Life | I Hate Headaches:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need services, contact Ira L. Shapira, DDS.

If you believe that Think Better Life | I Hate Headaches has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with Dr. Shapira at 1-800-865-6468.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, DC 20201

Toll-Free: 1-800-368-1019
TDD: 800-537-7697

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Governmental Compliance Notice:

This dental practice complies with applicable federal civil rights laws and does not discriminate on grounds of race, color, national origin, age, disability, or sex. This dental practice does not exclude or treat people differently because of their race, color, national origin, age, disability, or sex. Language assistance is available without charge by contacting the dental practice.

Spanish

Esta práctica dental cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. Esta práctica dental no excluye ni trata a las personas de manera diferente debido a su raza, color, origen nacional, edad, discapacidad o sexo. La asistencia lingüística está disponible sin cargo contactando a la clínica dental.

Polish

Ta praktyka dentystyczna jest zgodna z obowiązującymi federalnymi przepisami dotyczącymi praw obywatelskich i nie dyskryminuje ze względu na rasę, kolor skóry, pochodzenie narodowe, wiek, niepełnosprawność lub płeć. Ta praktyka stomatologiczna nie wyklucza ani nie traktuje ludzi inaczej ze względu na ich rasę, kolor skóry, pochodzenie narodowe, wiek, niepełnosprawność lub płeć. Pomoc językowa jest dostępna bezpłatnie, kontaktując się z gabinetem stomatologicznym.

Chinese

该牙科诊所符合适用的联邦民权法律，不会因种族，肤色，国籍，年龄，残疾或性别而歧视。这种牙科诊所不会因种族，肤色，国籍，年龄，残疾或性别而对人不同。语言协助可通过联系牙科诊所免费获得。

Korean

이 치과 진료는 적용 가능한 연방 민권 법을 준수하며 인종, 피부색, 국적, 연령, 장애 또는 성별을 이유로 차별하지 않습니다. 이 치과 진료는 인종, 피부색, 국적, 연령, 장애 또는 성별로 인해 사람들을 다르게 배제하거나 치료하지 않습니다. 언어 지원은 치과 진료소에 연락하여 무료로 제공됩니다.

Filipino

Ang tanggapan ng dentista na ito ay sumusunod sa mga angkop na batas sa batas ng mga karapatang pederal at hindi nakikita ang mga batayan ng lahi, kulay, bansang pinagmulan, edad, kapansanan, o sex. Ang tanggapan ng dentista na ito ay hindi nagbubukod o itinuturing ang mga tao nang naiiba dahil sa kanilang lahi, kulay, bansang pinagmulan, edad, kapansanan,

o sex. Ang tulong sa wika ay magagamit nang walang bayad sa pamamagitan ng pakikipag-ugnay sa tanggapan ng dentista.

Arabic

تتوافق ممارسة طب الأسنان هذه مع قوانين الحقوق المدنية الفيدرالية المعمول بها ولا تميز على أساس العرق أو اللون أو الأصل القومي أو العمر أو الإعاقة أو الجنس. هذه الممارسة السنوية لا تستثني الناس أو تعاملهم بشكل مختلف بسبب العرق أو اللون أو الأصل القومي أو العمر أو الإعاقة أو الجنس. المساعدة اللغوية متوفرة دون مقابل عن طريق الاتصال بممارسة طب الأسنان.

Russian

Эта стоматологическая практика соответствует применимым федеральным законам о гражданских правах и не допускает дискриминации по признаку расы, цвета кожи, национального происхождения, возраста, инвалидности или пола. Эта стоматологическая практика не исключает и не относится к людям по-разному из-за их расы, цвета кожи, национального происхождения, возраста, инвалидности или пола. Языковая помощь предоставляется бесплатно, обратившись к стоматологу.

Gujarati

આ ડેન્ટલ પ્રેક્ટિસ લાગુ ફેડરલ નાગરિક અધિકાર કાયદાઓનું પાલન કરે છે અને જાતિ, રંગ, રાષ્ટ્રીય મૂળ, ઉંમર, અપંગતા અથવા સેક્સના આધારે ભેદભાવ કરતું નથી. આ દંત પ્રથા લોકોની જાતિ, રંગ, રાષ્ટ્રીય મૂળ, ઉંમર, અપંગતા અથવા સેક્સના કારણે અલગ રીતે બાકાત અથવા ઉપચાર કરતું નથી. દંતની પ્રેક્ટિસનો સંપર્ક કરીને ચાર્જ વગર ભાષા સહાય ઉપલબ્ધ છે.

Urdu

یہ دانتوں کا علاج قابل اطلاق وفاقی شہری حقوق کے قوانین کے مطابق ہوتا ہے اور نسل، رنگ، قومی آبادی، عمر، معذوری یا جنسی کے میدانوں میں فرق نہی ہوتا۔ یہ دانتوں کی پریکٹس ان کی نسل، رنگ، قومی آبادی، عمر، معذوری یا جنسی کی وجہ سے لوگوں کو الگ الگ یا علاج نہی کرتی ہے۔ دانتوں کی مشق سے رابطہ کر کے زبان کی مدد کے بغیر چارج دستیاب ہے۔

Vietnamese

Thực hành nha khoa này tuân thủ luật pháp dân quyền liên bang hiện hành và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, tuổi tác, khuyết tật hoặc giới tính. Thực hành nha khoa này không loại trừ hoặc đối xử với mọi người khác nhau vì chủng tộc, màu da,

nguồn gốc quốc gia, tuổi tác, khuyết tật hoặc giới tính của họ. Hỗ trợ ngôn ngữ có sẵn mà không mất phí bằng cách liên hệ với thực hành nha khoa.

Italian

Questo studio dentistico è conforme alle leggi federali sui diritti civili applicabili e non discrimina in base a razza, colore, origine nazionale, età, disabilità o sesso. Questo studio dentistico non esclude né tratta le persone in modo diverso a causa della loro razza, colore, origine nazionale, età, disabilità o sesso. L'assistenza linguistica è disponibile gratuitamente contattando lo studio dentistico.

Hindi

यह दंत प्रथा लागू संघीय नागरिक अधिकारों के कानूनों का अनुपालन करती है और नस्ल, रंग, राष्ट्रीय मूल, आयु, विकलांगता या सेक्स के आधार पर भेदभाव नहीं करती है। यह दंत अभ्यास लोगों को उनकी नस्ल, रंग, राष्ट्रीय मूल, उम्र, विकलांगता या सेक्स के कारण अलग-अलग तरीके से बाहर नहीं करता है या उनका इलाज नहीं करता है। दंत चिकित्सा अभ्यास से संपर्क किए बिना भाषा सहायता उपलब्ध है।

French

Cette pratique dentaire est conforme aux lois fédérales sur les droits civils applicables et ne fait aucune discrimination fondée sur la race, la couleur, l'origine nationale, l'âge, le handicap ou le sexe. Cette pratique dentaire n'exclut ni ne traite différemment les personnes en raison de leur race, leur couleur, leur origine nationale, leur âge, leur handicap ou leur sexe. L'assistance linguistique est disponible sans frais en contactant le cabinet dentaire.

Greek

Αυτή η οδοντιατρική πρακτική συμμορφώνεται με τους ισχύοντες ομοσπονδιακούς νόμους για τα πολιτικά δικαιώματα και δεν εισάγει διακρίσεις λόγω φυλής, χρώματος, εθνικής προέλευσης, ηλικίας, αναπηρίας ή φύλου. Αυτή η οδοντιατρική πρακτική δεν αποκλείει ή αντιμετωπίζει τους ανθρώπους διαφορετικά λόγω της φυλής, του χρώματος, της εθνικής προέλευσης, της ηλικίας, της αναπηρίας ή του φύλου. Η γλωσσική βοήθεια διατίθεται χωρίς χρέωση, επικοινωνώντας με την οδοντιατρική.

German

Diese Zahnarztpraxis entspricht den geltenden Bundesgesetzen zum Schutz der Bürgerrechte und diskriminiert nicht aufgrund von Rasse, Hautfarbe, nationaler Herkunft, Alter, Behinderung oder Geschlecht. Diese Zahnarztpraxis schließt Menschen aufgrund ihrer Rasse, Hautfarbe, nationalen Herkunft, ihres Alters, ihrer Behinderung oder ihres Geschlechts nicht aus oder behandelt sie anders. Die Sprachunterstützung ist kostenlos, wenn Sie sich an die Zahnarztpraxis wenden.