

# Allergies



Written by an eminent paediatric allergist, this book explains how the allergy works, how to prevent reactions, and how to manage the social and developmental issues food allergies can cause in a child's life.

**Availability for loan:**

FF 470 Y68 2001 Health Information & Wellness Centre, both locations  
616.975 YOU Mississauga Library System  
616.975 YOU Toronto Public Library System

*What to Eat When You Can't Eat Anything* by Chupi and Luke Sweetman. New York: Marlowe, 2004

Chupi Sweetman has multiple food allergies, and has found a way to cook the foods she loves and that her body can tolerate. This book is the result, and contains over 120 recipes for meals which even the most sensitive eaters can enjoy.

**Availability for loan:**

FF 470 S93 2004 Health Information & Wellness Centre, both locations  
641.56318 SWE Toronto Public Library System

## COMMUNITY RESOURCES

**Anaphylaxis Canada**

2005 Sheppard Avenue East, Suite 800  
Toronto, ON M2J 5B4  
Tel: (416) 785-5666  
Email: [info@anaphylaxis.ca](mailto:info@anaphylaxis.ca)  
<http://www.anaphylaxis.ca>

**Allergy Asthma Information Association**

111 Zenway Boulevard, Unit 1  
Vaughan, ON L4H 3H9  
Tel: (905) 265-3322 OR  
1-800-611-7011  
Email: [admin@aaia.ca](mailto:admin@aaia.ca)  
<http://www.aaia.ca>

## CONTACT

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**  
100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**  
150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**  
905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**  
416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

## INTERNET SITES

### **Anaphylaxis Canada**

<http://www.anaphylaxis.ca>

This organization provides support and advocacy for individuals and families living with life-threatening allergies. General information about severe reactions is provided, along with a list of the most common allergens. Also featured is a helpful frequently asked questions section, and a list of support groups across Canada.

### **Allergy Asthma Information Association**

<http://www.aaia.ca>

The AAIA is a registered Canadian charity dedicated to helping individuals and their families cope with everything from hay fever to life-threatening food allergies and asthma. The site provides access to many informative articles on the topic, and makes available its products, which range from educational posters to EpiPen carriers and cookbooks.

### **American Academy of Allergy, Asthma & Immunology**

<http://www.aaaai.org>

This is the website of the major U.S. professional medical specialty organization dealing with allergy, asthma and related conditions. Click on the 'Patients and Consumers' tab on the homepage to access extensive information about all types of allergies.

### **National Institute of Allergy and Infectious Diseases**

<http://www.niaid.nih.gov>

NIAID, part of the U.S. National Institutes of Health, conducts and supports research to better understand, treat, and ultimately prevent infectious, immunologic, and allergic

diseases. Click on 'Publications' in the left hand column at the homepage to access a number of excellent fact sheets.

### **The Food Allergy & Anaphylaxis Network**

<http://www.foodallergy.org>

FAAN is a U.S. based international organization which aims to raise awareness of food allergy and anaphylaxis and the issues surrounding these conditions. The site provides useful information on each of the most common food allergens.

## BOOKS

### *The Complete Kid's Allergy and Asthma Guide*

ed. by Milton Gold. Toronto: Robert Rose, 2003

Developed in collaboration with the Hospital for Sick Children, this is a comprehensive guide which delivers recommendations for dealing with many different types of allergy and asthma problems. Food, drug, insect, latex and skin allergies are covered, along with information about medications and environmental controls which can help prevent the allergic reaction.

#### **Availability for loan:**

FN 405 G65 2003 Health Information & Wellness Centre, Mississauga  
618.9297 COM Mississauga Library System  
618.9297 COM Toronto Public Library System

### *Action Plan for Allergies* by William Briner.

Champaign, Ill: Human Kinetics, 2007

This is an easy-to-read resource on managing allergies through exercise and physical activity. It provides safe approaches to designing an exercise program to suit

individual needs and reduce or eliminate the need for medication.

#### **Availability for loan:**

FF 400 B74 2007 Health Information & Wellness Centre, both locations.  
616.9706 BRI Mississauga Library System  
616.9706 BRI Toronto Public Library System

### *Caring for Your Child with Severe Food Allergies*

by Lisa Cipriano Collins. New York: John Wiley, 2000

This book deals with both the practical and emotional aspects of raising a child at risk for severe food reactions. Topics covered include identifying allergies, finding treatment, working with schools, restaurant and travel concerns, encouraging independence and promoting the child's normal development.

#### **Availability for loan:**

FF 470.5 COL 2000 Health Information & Wellness Centre, Mississauga.  
618.92975 Toronto Public Library System

### *Food Allergy Survival Guide* by Vesanto Melina et al.

Summertown, TN: Healthy Living Publications, 2004

Three leading authorities in dietetics and vegetarian cooking give invaluable advice for those with food sensitivities and their families. The authors offer a combination of scientific research, culinary expertise, and practical tips to help plan nutritionally sound and satisfying meals.

#### **Availability for loan:**

FF 470 M35 2004 Health Information & Wellness Centre, both locations  
616.97506 MEL Toronto Public Library System

### *The Peanut Allergy Answer Book* by Michael C.

Young. Gloucester, MA: Fair Winds Press, 2001