

Arthritis



Rheumatoid Arthritis: Plan to Win by Cheryl Koehn, Taysha Palmer and John Esdaile. New York: Oxford University Press, 2002

This book offers inspiring, scientifically based help in minimizing the effects of this chronic illness. It deals realistically and accurately with the many issues that confront people with rheumatoid arthritis. Included is information on therapies, medication, diet, exercise, emotional health, and how to deal with the disease at home and in the workplace.

Availability for loan:

FB330 K63 2002 Health Information & Wellness Centre, both locations.
616.7227 Toronto Public Library System

Exercise Arthritis (video) Time Life Medical. Patient Education Media 1996 75 min.

This provides easy-to-follow and motivating routines for people of all ages to help manage arthritis and control joint swelling and pain. Experienced instructors guide you through the exercises, with concern for safety, ease and enjoyment.

Availability for loan:

FB327 TLM 1996 Health Information & Wellness Centre, both locations
616.72 EXE HU Toronto Library System

COMMUNITY RESOURCES

The Arthritis Society

National Office and Ontario Division
393 University Avenue, Suite 1700
Toronto, Ontario M5G 1E6
Tel: 416-979-7228

Arthritis Information Line 1-800-321-1433
E-mail: info@arthritis.ca
<http://www.arthritis.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

<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>

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

The Arthritis Society

<http://www.arthritis.ca>

This is the site of the major Arthritis organization in Canada. It includes general information on the various types of arthritis, extensive tips for living with the disease, and news on the latest research. There are also many links to programs and services across the country. There is a good search facility which helps quickly locate the subject required.

Arthritis Foundation

<http://www.arthritis.org>

This U.S. site offers very full descriptions of the various forms of arthritis and their treatments. The Foundation also produces many helpful publications, from free pamphlets to books, magazines and full multi-media kits. All of these can be ordered online.

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

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

The purpose of this organization is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases. Click on the link Health Information for details on a variety of topics connected with Arthritis. NIAMS also produces information packages on some of these topics which can be ordered directly at the site.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Arthritis, including

an Interactive Health Tutorial on the disease which allows the user to follow a slide show with sounds and pictures. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on A and then follow the link for Arthritis. You can also use the alphabetical display to find the various types of arthritis, such as Osteoarthritis, etc.

BOOKS & VIDEOS

The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia, by Kate Lorig and James F. Fries. Cambridge, MA: Perseus, 2000. 5th edition

This book, now in its fifth edition, has been helping people cope with joint pain for over twenty years. It is successful because of its tested advice, its hundreds of useful hints, and its emphasis on self-management. Amongst the many topics covered are techniques to reduce pain and increase dexterity, advice on diet and exercise, and reviews of gadgets which may help with mobility problems. Information about medicines and surgery is also provided.

Availability for loan:

FB325 LOR 2000 Health Information & Wellness Centre, both locations.
616.722 LOR Mississauga Library System
616.722 LOR Toronto Public Library System

Arthritis, revised ed. by John Marcus Thompson. Toronto: Key Porter, 2000

This easy to read book is a comprehensive resource for those who wish to learn more about this very common group of illnesses.

The revised edition offers up-to-date information on causes, diagnosis and treatment of the condition, with updated segments on fibromyalgia, Lyme disease and osteoporosis.

Availability for loan:

FB320 T46 2000 Health Information & Wellness Centre, both locations.
616.722 Mississauga Library System
616.722 Toronto Public Library System

Arthritis: Keeping your Joints Healthy a special report by Harvard Medical School. Boston, MA: Harvard Health Publications, 2002

This report delivers practical advice and current research on the major types of arthritis in clear, easy-to-understand language. Topics covered include diagnosis, physical therapy, diet, exercise and the emotional impact of the condition.

Availability for loan:

FB320 H27 2002 Health Information & Wellness Centre, both locations.

Overcoming Arthritis: How to Relieve Pain and Restore Mobility through a Unique Tai Chi Program by Paul Lam and Judith Horstman. New York: DK Publishing, 2002

This is a practical guide which includes an innovative tai chi program to relieve symptoms and promote better joint health. Outlines of conventional and complementary treatments are provided, from the latest drugs to dietary supplements and meditation.

Availability for loan:

FB327 LAM 2002 Health Information & Wellness Centre, both locations
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616.722 LAM Toronto Public Library System