

# Arthritis



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

This book offers help in minimizing the effects of this chronic illness. It deals realistically with issues such as evaluating available therapies, medication, diet, exercise, and emotional health.

**Availability for loan:**

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

*Wellness Solutions for Arthritis* (DVD)  
Rochester, MD: Mayo Clinic & Gaiam, 2008. 91 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaiam, the Health and Wellness experts. It includes a 30 minutes segment with a Mayo clinic specialist, information on nutrition, and finally a 40 minute yoga and meditation session designed to relieve the symptoms of arthritis.

**Availability for loan:**

FB320 M29 2008 Health Information & Wellness Centre, both locations  
616.72206 MAY 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](mailto: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](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

### **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, or to order an information package directly from 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 select different types of arthritis such as Osteoarthritis etc.

## BOOKS & DVDs

*The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis and Fibromyalgia*, by Kate Lorig and James F. Fries. Cambridge, MA: Perseus, 2006. 6<sup>th</sup> edition

This book, now in its sixth 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.

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

FB325 L67 2006 Health Information & Wellness Centre, both locations.  
616.722 LOR Mississauga Library System  
616.722 LOR Toronto Public Library System

616.722 THO Mississauga Library System  
616.722 THO Toronto Public Library System

*Arthritis: Keeping Your Joints Healthy* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2009.

This report delivers practical advice in clear, easy-to-understand language. Information is provided on the various types of arthritis, along with advice on protecting the joints, reducing discomfort, and improving mobility to successfully live with the disease.

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

FB 320 H27 2009 Health Information & Wellness Centre, both locations.

*Arthritis*, 3<sup>rd</sup> ed. by John Marcus Thompson. Toronto: Key Porter, 2005

This book is a comprehensive resource which offers information on causes, diagnosis and treatment of the various forms of arthritis, including segments on fibromyalgia, Lyme disease and osteoporosis.

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

FB320 T46 2005 Health Information & Wellness Centre, both locations.  
616.722 THO Toronto Public Library System

*The Cleveland Clinic Guide to Arthritis* by John D. Clough. New York: Kaplan, 2009

Dr. Clough offers expert medical advice to help manage arthritis and maintain quality of life. The many different types of arthritis are described, along with treatment options to give the most positive outcomes. Recommendations about diet and exercise are also provided.

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

FB 320 C56 2009 Health Information & Wellness Centre, both locations  
616.722 CLO Toronto Public Library System

*Osteoarthritis: the Facts* by Elizabeth Arden, Nigel Arder, and David Hunter. Oxford, UK: Oxford University Press, 2008

This book, written by experts in the field, helps patients better understand osteoarthritis and manage it successfully. As well as covering causes and symptoms, the book provides advice on managing the condition through exercise, diet, medication, alternative therapies, and surgery.

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

FB340 A73 2008 Health Information & Wellness Centre, both locations