

Availability for loan:

FN 270 E93 2002 Health Information and Wellness Centre, both locations

Managing your chronic obstructive pulmonary disease. 2nd ed. Timonium, MD: Milner-Fenwick, 2001. Running time 16.51 minutes.

This video helps patients manage their COPD effectively, in order to reduce symptoms and improve their quality of life. Topics covered include quitting smoking, breathing retraining, medications, diet, and managing excess mucus. Demonstrations of metered dose inhalers are included.

Availability for loan:

FN 510 MF 2001 Health Information and Wellness Centre, both locations

COMMUNITY RESOURCES

COPD Canada

555 Burnhamthorpe Road, Ste. 602
Toronto, ON M9C 2Y3
Tel: 416-916-2476 Ext. 110
Email: copdcanada@gmail.com
<http://www.copdcanada.info>

Ontario Lung Association, Toronto & GTA West

1550 Enterprise Rd, Ste 208,
Mississauga, ON, L4W 4P4
Tel: 905-696-0077 OR 1-866-525-5864
Email: peel@on.lung.ca
<http://www.on.lung.ca>

Lung Health Information Line: 1-800-972-2636

Breathworks: Help for People with COPD

BreathWorks Helpline 1-866-717-2673
9:00 a.m. – 4:30 p.m. Mon – Fri

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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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

**Chronic
Obstructive
Pulmonary
Disease
(COPD)**



INTERNET SITES

Canadian Lung Association: COPD Page

<http://tinyurl.com/pgpuy>

The COPD section of the Canadian Lung Association provides excellent information about the condition including symptoms, diagnosis, treatment, medications, and day-to-day management. It also offers links to 'BreathWorks', the Lung Association's national COPD program, which helps patients and families cope with the emotional hurdles and physical challenges of living with the condition.

COPD Canada

<http://www.copdcanada.info>

This is a non-profit, educational association whose aim is to assist Canadians who have COPD and act as an advocacy group on their behalf. Membership is free and offers access to online discussion groups, and eligibility to participate in all COPD Canada events. There is a regular newsletter *Living with COPD* available at the site.

COPD International

<http://www.copd-international.com/index.htm>

COPD-International is a nonprofit organization whose purpose is to provide information and interactive support for COPD patients, caregivers, families and concerned individuals. The site is organized and staffed by those affected by condition and by other interested individuals.

BC Health Guide - Chronic Obstructive Pulmonary Disease

<http://tinyurl.com/rraje>

COPD is one of the topics featured in the British Columbia Ministry of Health HealthGuide program. It provides excellent information on

the condition, including prevention, risk factors, symptoms, diagnosis, treatment, medications, surgery and disease management. The text is enhanced by clear illustrations.

Medline Plus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on COPD, including an Interactive Health Tutorial on the disease which allows the user to follow a slide show with sounds and pictures. At the Medline Plus 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 C and then follow the link for COPD, where you will be presented with a list of links to a vast array of articles on the topic.

BOOKS & PAMPHLETS

Every Breath I Take: a Guide to Living with COPD by Rick Hodder with Susan Lightstone. Toronto: Key Porter Books, 2003

Written by a respirologist and professor of medicine, this book uses stories of real people to show how to live with a chronic illness and still enjoy quality of life. Topics covered include description, diagnosis and treatment options for the condition, as well as practical tips on everything from smoking cessation to dealing with flare-ups.

Availability for loan:

FN 510 H63 2003 Health Information and Wellness Centre, both locations
616.24 HOD Toronto Public Library System
616.24 HOD Mississauga Library System

Living with COPD Canada: The Lung Association

This booklet is a helpful guide for people with COPD and their families. It presents straightforward information about the condition, enhanced with amusing illustrations. Topics covered include self-help, medication, nutrition, intimacy, breathing control, and exercise.

Availability for loan:

FN 200 LUN Health Information and Wellness Centre, West Toronto

VIDEOS

Stress and Relaxation Techniques for Pulmonary Patients by American Association of Cardiovascular and Pulmonary Rehabilitation. Timonium, MD: Milner-Fenwick, 2002. Running time 14:46 minutes.

This video examines the stress caused by physical symptoms of lung disease. It shows patients how to get back in control, particularly when they feel short of breath and anxiety or panic-stricken. The techniques of mental imagery, muscle relaxation and deep chest breathing are covered.

Availability for loan:

FN 270 S87 2002 Health Information and Wellness Centre, both locations

Exercise for Pulmonary Patients by American Association of Cardiovascular and Pulmonary Rehabilitation. Timonium, MD: Milner-Fenwick, 2002. Running time 12:10 minutes.

This video explains the benefits of exercise and encourages patients to integrate it into their daily activities. Several techniques for monitoring the activity are demonstrated, including shortness of breath scale, perceived level of exertion, and target heart rate.