

Chronic Obstructive Pulmonary Disease (COPD)



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.

Availability for loan:

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

COMMUNITY RESOURCES

COPD Canada

555 Burnhamthorpe Road, Ste. 602
Toronto, ON M9C 2Y3
Tel: 416-916-2476 Ext. 104
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>

Breathworks: Help for People with COPD

BreathWorks Helpline 1-888-344-5864
8:30 a.m. – 4:30 p.m. Mon – Fri
Email: copd@on.lung.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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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://www.healthlinkbc.ca/kbaltindex.asp>

HealthLink BC provides easy-to-understand fact sheets on a variety of health and safety topics. There are several dealing with COPD,

providing information on the condition itself as well as related topics like quitting smoking and suitable medications. Click on the Health Topics A-Z link in the left hand column to retrieve the information.

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

Chronic Obstructive Pulmonary Disease (COPD) by Graeme P. Currie. Oxford, UK: Oxford University Press, 2009

This well-written book describes in detail how a diagnosis of COPD is made and what treatments are available. It includes examples of real-life patient experiences, answers the most frequently asked questions and provides advice on how to quit smoking.

Availability for loan:

FN 510 C97 2009 Health Information & Wellness Centre, both locations
616.24 CUR Toronto Public Library System

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 quitting smoking 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

DVDs & VIDEOS

COPD: Take Control 3rd ed. Hunt Valley, MD: Milner-Fenwick, 2010. 14:07 min.

This recently updated DVD covers self-care skills such as lifestyle changes, quitting smoking, use of medications, and oxygen therapy. It explains that by practicing these skills patients can better manage their COPD and stay out of hospital.

Availability for loan:

FN 510 M45 2010 Health Information & Wellness Centre, both locations

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 regain 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