

*Cataracts: a Patient's Guide to Treatment* by David F. Chang and Howard Gimbel. Omaha, NE: Addicus, 2004

The authors, both ophthalmologists, explain the process of cataract surgery and tell readers what to expect from diagnosis to treatment.

**Availability for loan:**

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**Foundation Fighting Blindness**  
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Toronto ON M4W 3P4  
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Email: [info@ffb.ca](mailto:info@ffb.ca)

## CONTACT

### Health Information & Wellness Centres

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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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# The Eye



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## INTERNET SITES

### Canadian National Institute for the Blind

<http://www.cnib.ca>

The CNIB is a national non-profit agency which provides services to individuals with vision problems which cannot be corrected by ordinary lenses. The site offers information about all the CNIB services, including counselling, referral, rehabilitation, technical aids and library services. Access is also given to a wide range of CNIB publications.

### Canadian Ophthalmological Society

<http://www.eyesite.ca>

The Canadian Ophthalmological Society is recognized as the authority on eye care in Canada. At the homepage, click on 'Public Information' in the left hand column to access fact sheets and other information on various eye disorders, conditions, and treatments. All are downloadable directly from the site.

### Foundation Fighting Blindness

<http://www.ffb.ca>

This is a Canadian eye research foundation which supports and promotes research into retinitis pigmentosa, macular degeneration and related retinal disease. The site has some excellent information on these eye disorders, as well as details on the latest research in the field. Other features are a listing of local chapters which offer mutual support and sharing of resources, and an excellent newsletter *Vision Quest*, downloadable directly from the site.

### Canadian Association of Optometrists

<http://www.opto.ca>

This site provides information about vision and eye health. It includes a section on common vision conditions, diseases and related issues. There are also guides on vision and aging, contact lenses, vision and computers, and vision and nutrition. Other features are details on eye safety in the workplace, and a searchable database of optometrists across Canada.

### The Macula Foundation

<http://www.macula.org>

This is a non-profit U.S. organization which supports research into vitreous, retinal, and macular diseases. The site provides comprehensive information about macular degeneration, in large print and well illustrated.

## BOOKS

*Mayo Clinic Guide to Better Vision* edited by Sophie J. Bakri. Rochester, MN: Mayo Clinic, 2007

This is a practical, comprehensive guide from the prestigious Mayo Clinic. It offers the latest developments in the prevention, diagnosis, and treatment of many eye conditions, including macular degeneration, glaucoma, cataracts, diabetic retinopathy, and retinal detachment. Tips and advice on basic eye care are also provided.

#### Availability for loan:

FH 100 B25 2007 Health Information & Wellness Centre, both locations

*The Aging Eye: a Special Health Report from Harvard Medical School* Boston, MA: Harvard Medical School, 2003

This report delivers practical advice on treatment and current research findings in clear, easy-to-understand language. The common eye disorders of later life are covered - cataracts, glaucoma, and macular degeneration – along with information on more minor problems like presbyopia, floaters, and dry eye.

#### Availability for loan:

FH 100.7 H27 2003 Health Information and Wellness Centre, both locations

*Macular Disease: Practical Strategies for Dealing with Vision Loss* by Peggy R. Wolfe. Minneapolis, MN: Park Publishing, 2008

This is a practical guide for living with vision loss, printed in large type on glare-resistant paper. The author has lived with macular degeneration for a number of years, and offers reassurance, hope, and hundreds of proven techniques, strategies, and tips for coping well with diminishing vision.

#### Availability for loan:

FH 930 W65 2008 Health Information & Wellness Centre, both locations

*Glaucoma: a Patient's Guide to the Disease* 3<sup>rd</sup> ed. by Graham E. Trope. Toronto: University of Toronto Press, 2004

Essential information about glaucoma is presented here in a simple question and answer format. Dr. Trope, an expert on the condition, has provided a valuable guide to help patients make informed decisions and successfully maintain their vision.

#### Availability for loan:

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