

Navigating Canada's Health Care: a User Guide to Getting the Care You Need by Michael Decter and Francesca Grosso. Toronto: Penguin Group, 2006

This is an indispensable, practical guide to getting the best care within Canada's existing health care system. It offers much-needed information about what the system does and does not provide, and outlines strategies for you to become a better advocate for yourself and for your loved ones.

Availability for loan:

FA 100 D32 2006 Health Information & Wellness Centres, both locations
362.10971 DEC Mississauga Library System
362.10971 DEC Toronto Public Library System

The Medical Advisor: the Complete Guide to Alternative & Conventional Treatments, 2nd ed. Alexandria, VA: Time Life Books, 2000

This book is unique in that it provides information on both conventional and alternative treatments for a large number of ailments. Over 60 consultants in a variety of health care fields have contributed to its content. It is clearly arranged, and for each disease discussed lists symptoms, causes, and conventional and alternative treatments.

Availability:

EG 100 TL 2000 Health Information & Wellness Centre, West Toronto. For use in Centre only.
610.3 MED Mississauga Library System

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
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<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

Ontario Ministry of Health Promotion

<http://www.mhp.gov.on.ca>

This site focuses on disease prevention and the promotion of a healthy lifestyle. Click on the links in the left hand column to access extensive information on healthy eating, active living, quitting smoking and general disease prevention. Policy and strategy documents from the Ministry are also included at the site.

Health Canada <http://www.hc-sc.gc.ca>

Here you can find information about a variety of issues relating to health in Canada. The 'Healthy Living' and 'Food & Nutrition' sections contain details on how to protect and improve your health by lifestyle changes, diet and exercise. Click on the links in the left hand column at the homepage to access these. It also includes news on health care policy and initiatives.

Toronto Public Health

<http://www.toronto.ca/health>

Peel Public Health

<http://www.peelregion.ca/health>

Public health departments offer a wide range of services to prevent illness and improve the overall health of residents in their communities. Both Peel and Toronto provide information and assistance on numerous topics such as active living, air quality improvement, immunization, nutrition, and quitting smoking programs among many others.

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

Medline Plus is a reliable and trustworthy source of good health information from the world's largest medical library, the National Library of Medicine. There is also a medical dictionary and

encyclopaedia, information on drugs, and links to thousands of clinical trials.

Mayo Clinic <http://www.mayoclinic.com>

An excellent site from the world renowned Mayo Clinic in the United States. Choose from an alphabetical subject list of diseases and conditions, and you will be presented with a comprehensive summary of the condition, including description, causes, treatment and management.

Up to Date

<http://www.uptodate.com/patients/index.html>

This authoritative site has long offered clinical information to physicians and health care professionals. It now has a patient education section where you can learn more about a medical condition and better understand treatment and management options.

Ask NOAH (New York Online Access to Health) <http://www.noah-health.org>

This is an award winning site produced jointly by several medical and public libraries in New York, along with a number of local and national health care providers. It is aimed at consumers, clearly laid out and easy to navigate, and offers full text access to information in English and Spanish on a wide variety of health topics.

BOOKS

The Human Body Book by Steve Parker. New York: Dorling Kindersley, 2007

This comprehensive guide to anatomy reveals the complexity of the human body using computer generated 3-D images and lavish illustrations. Each bodily system is detailed, showing structure and function. There is also a

section on what can go wrong, showing more than 200 common diseases and disorders.

Availability:

AC 200 P27 2007 REF Health Information & Wellness Centre, both locations. For use in the Centres only.
612 PAR Toronto Public Library System

Guide to Drugs in Canada 3rd ed. by Lalitha Raman-Wilms. Toronto: Canadian Pharmacists Association & Dorling Kindersley, 2009

An excellent resource for the consumer, this book presents the essential facts on hundreds of the most common drugs in use today in Canada. For each drug, there is information on proper use, how it works, dosage guidelines, precautions, side effects, special precautions, and interactions with other drugs.

Availability:

EA 22 R26 2009 REF Health Information & Wellness Centre, both locations. For use in Centre only.
615.1 CAN Mississauga Library System
615.1 CAN Toronto Public Library System

Living with a Long-Term Illness: the Facts by Frankie Campling & Michael Sharpe. Oxford, UK: Oxford University Press, 2006

All long-term illnesses, whatever their diagnosis, have much in common. This practical and comprehensive guide identifies the challenges posed by illness and suggests a wide variety of ways in which they might be met. It encourages readers to become an expert in managing their own illness and learn how best to deal with it.

Availability for loan:

FA 100 C26 2006 Health Information & Wellness Centre, both locations
616.044 CAM Mississauga Library System
616.044 CAM Toronto Public Library System