

happening and respond appropriately to prevent further damage.

**Availability:**

FD 450 M45 2007 Health Information & Wellness Centre, both locations

Wellness Solutions for Heart Health (DVD)

Rochester, MD: Mayo Clinic & Gaiam, 2008. 95 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 help keep you active, improve circulation, and release tension.

**Availability for loan:**

FD 200 M30 2008 Health Information & Wellness Centre, both locations  
616.1205 MAY Toronto Library System

## COMMUNITY RESOURCES

**Heart and Stroke Foundation Toronto**

2300 Yonge Street Ste. 1300  
Toronto, ON M4P 1E4  
Tel: 416-489-7111

**Heart and Stroke Foundation Peel Region**

201 County Court Boulevard Ste. 306  
Brampton, ON L6W 4L2  
Tel: 905-451-0021

<http://www.heartandstroke.ca>

**Trillium Health Centre – Cardiac Wellness and Rehabilitation Centre**

416-521-4068  
Doctor referral necessary

## 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>

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

### **Heart and Stroke Foundation of Canada**

<http://www.heartandstroke.ca>

The Heart and Stroke Foundation is the major Canadian organization dedicated to preventing and reducing disability and death from heart disease and stroke. Along with factual details on heart disease and types of stroke, the web site provides extensive information on healthy lifestyles, eating habits and exercise which can prevent the development of these disorders.

### **American Heart Association**

<http://www.americanheart.org>

A nicely laid out site with good content in English and Spanish. The emphasis is on prevention, and the site is packed with information about diet, exercise, and heart-healthy lifestyle choices. An interesting feature of the site is Heart Profilers, which will provide a free personalized report to help you fully participate in treatment decisions

### **National Heart, Lung, and Blood Institute**

<http://www.nhlbi.nih.gov>

This informative site provides information for both patients and health care professionals. The site is well organized with easy to follow links to information on every aspect of cardiovascular disease, its treatment and prevention. The NHLBI is a U.S. organization which provides leadership for a national program in diseases of the heart, blood vessels, lungs and blood.

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

This authoritative site has a very long list of links to articles and features on all aspects of heart disease and heart health, including several Interactive Health Tutorials which allow the user to follow slide shows with words and pictures. At

the MedlinePlus homepage, click on Health Topics. This will take you to a page where you can select your topic from an alphabetic display – click on H and follow the appropriate links.

## BOOKS & DVDs

### *Guide to Preventing and Treating Heart Disease*

by American Medical Association. Hoboken, NJ: John Wiley, 2008

This authoritative and up to date guide explains the most common forms of heart and blood vessel disease. It provides practical strategies for improving health and cutting risk of cardiovascular disease. Topics covered include controlling cholesterol levels, medications, blood pressure, and exercise. There is also a section dealing with problems specific to women.

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

FD 200 L47 2008 Health Information & Wellness Centre, both locations  
616.12 AME Mississauga Library System  
616.12 AME Toronto Public Library System

### *The Healthy Heart: Preventing, Detecting, and*

*Treating Coronary Artery Disease* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. Topics covered include management of risk factors, diagnosis, dealing with a heart attack, medications, surgery, and lifestyle changes to protect the heart.

#### **Availability:**

FD 300 H27 2008 Health Information & Wellness Centre, both locations

*How to Keep from Breaking your Heart: What Every Woman Needs to Know about Cardiovascular Disease* by Barbara H. Roberts. Sudbury, MA: Jones & Bartlett, 2004

There are differences in symptoms, testing, treatment and frequently attitudes regarding female heart disease. Dr. Roberts presents a practical resource to help women to improve their cardiac health and find the best possible treatment. Topics covered include risk factors, symptoms, and the latest on hormone replacement therapy.

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

FD 200.8 R62 2004 Health Information & Wellness Centre, both locations

### *So You're Having Heart Bypass Surgery*

by Tracey J.F. Colella & others. Toronto: Script Medical Press, 2003

This easy to understand guide provides details of all aspects of heart bypass surgery, from the first hospital visit, through the surgery itself, to recovery. Real-life patient stories, self-help sections, and detailed illustrations fully explain the procedure and its effects.

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

FD 334 C26 2003 Health Information & Wellness Centre, both locations  
617.412 COL Mississauga Library System  
617.412 COL Toronto Public Library System

*Signs and Symptoms of a Heart Attack* 2<sup>nd</sup> ed. (DVD) Timonium, MD: Milner-Fenwick, 2007. 14:42 min.

This DVD reviews the signs and symptoms of a heart attack, what happens to body during the attack, and possible treatments at the hospital. The emphasis is on how to recognize what is