



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 happening and respond appropriately to prevent further damage.

**Availability for loan:**

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

*Wellness Solutions for Heart Health* (DVD)  
Rochester, MD: Mayo Clinic & Gaiaam, 2008. 95 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaiaam, 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 of Ontario**

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

**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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## INTERNET SITES

### Heart and Stroke Foundation of Canada

<http://www.heartandstroke.com>

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.

### Public Health Agency of Canada

<http://tinyurl.com/23lu336>

This federal government site has a good section on cardiovascular disease. It includes information on the types of conditions, risk factors, and disease management. Access is also provided to publications, statistics, research updates, policies, and programs.

### 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 360, an interactive program which will help you track and manage your heart health.

### National Heart, Lung, and Blood Institute

<http://tinyurl.com/dox25>

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. 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 Cleveland Clinic Guide to Heart Attacks* by

Curtis Mark Rimmerman. New York: Kaplan, 2009

Dr. Rimmerman, one of America's foremost authorities on heart health, provides important information on how to avoid a heart attack or survive and thrive after suffering one. Topics covered include understanding of risk factors,

treatment options, the impact of diet and exercise, and the latest research into heart attack prevention.

#### Availability for loan:

FD 450 R46 2009 Health Information & Wellness Centre, both locations  
616.1237 RIM Mississauga Library System  
616.12302 RIM Toronto Library System

*Living with Coronary Heart Disease* by Jerome E. Granato. Baltimore, MD: Johns Hopkins University Press, 2008

This is an authoritative and accessible guide to a common condition. The author describes the basic science of the disease, in which arteries become clogged and damaged. He also covers diagnosis, treatment options, and the needs of specific populations.

#### Availability for loan:

FD 300 G72 2008 Health Information & Wellness Centre, both locations  
616.123 GRA Mississauga Library System  
616.123 GRA Toronto Public Library System

*Living with Heart Failure* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report provides an explanation of how the healthy heart works and how these mechanics break down in heart failure, and goes on to describe the different types, causes, and stages of the disease. Finally, it gives advice on how to maintain the best quality of life now and in the future.

#### Availability for loan:

FD 780 H27 2008 Health Information & Wellness Centre, both locations

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