

The Dash Diet Bethesda, MA: National Heart, Lung, and Blood Institute, 2001

This is a fact sheet on the low sodium DASH diet used to lower blood pressure. It describes how to follow the diet, reducing the amount of sodium consumed. Included are a week of menus and some recipes, given for two levels of daily sodium consumption.

Availability for loan:

FD 176 NIH 2001 Health Information & Wellness Centre, both locations.

High Blood Pressure: an Introduction to Treatment 3rd ed. Timonium, MD: Milner-Fenwick, 2003. 15:43 min. (video)

This video helps patients make a commitment to controlling their blood pressure through changing their lifestyle. Topics covered include quitting smoking, losing weight, reducing sodium, reducing alcohol consumption, and becoming more physically active.

Availability for loan:

FD 150 H44 2003 Health Information & Wellness Centre, both locations.

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>

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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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

High Blood Pressure



INTERNET SITES

Canadian Hypertension Society

<http://hypertension.ca/>

This organization promotes better management of hypertension, encourages research, and distributes relevant information to health professionals and the general public. It has comprehensive information on the topic at its website, enhanced with clear illustrations. Click on the Public tab on the top toolbar to access this.

Public Health Agency of Canada

<http://tinyurl.com/265jwb>

The Healthy Heart Kit, which provides information on the risk factors for heart disease, is co-sponsored by Health Canada and the Heart and Stroke Foundation. It includes a clearly written eight page publication on high blood pressure which describes various ways to control it.

Heart and Stroke Foundation of Canada

<http://www.heartandstroke.ca>

The Heart and Stroke Foundation provides general information on high blood pressure, which is a major risk factor for heart disease and stroke. Click on Blood Pressure in the left hand column at the homepage to access this.

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/health/dci/index.html>

This US site offers information about high blood pressure, including causes, prevention, symptoms, diagnosis, and treatments. Click on High Blood Pressure which is listed under the Browse tab to access this.

American Heart Association

<http://www.americanheart.org>

At the homepage, click on Diseases and Conditions

in the left hand column, and then choose High Blood Pressure from the resulting sub menu. As well as information on the condition and how to manage it, the site offers quizzes, risk calculators, and the latest news on blood pressure treatments.

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

This authoritative site has a very long list of links to articles and features on high blood pressure. At the Medline Plus homepage, click on Health Topics, the first link listed. At the resulting page click on H from the alphabetic display and then follow the link for High Blood Pressure.

BOOKS & VIDEOS

Hypertension: Controlling the 'Silent Killer' A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2007

This report delivers practical advice and current research findings in clear, easy-to-understand language. It describes a step-by-step lifestyle program aimed at lowering blood pressure, and also covers blood pressure monitoring and medication.

Availability:

FD 150 H27 2007 Health Information and Wellness Centre, both locations.

Mayo Clinic on High Blood Pressure 2nd edition. Edited by Sheldon G. Sheps. Rochester, MN: Mayo Clinic, 2002

A practical, easy-to-understand guide from the prestigious Mayo Clinic which provides information on preventing and managing high blood pressure. Topics covered include tips on controlling salt intake, suitable recipes, alcohol and tobacco, medications, stress, issues for women and treatment options.

Availability for loan:

FD 150 S43 2002 Health Information & Wellness Centre, both locations.

616.132 MAY Mississauga Library System

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High Blood Pressure at Your Fingertips by Julian Tudor Hart and others. Sydney, Aus: McGraw-Hill, 2003

This is a practical guide to the everyday issues of high blood pressure. The authors are medical experts who have collected together the questions most commonly asked by their patients, and answered them in straightforward, non-medical terms. Topics covered include types of high blood pressure, causes, symptoms, and diagnosis. There is also advice on diet, exercise and lifestyle.

Availability for loan:

FD 150 H27 2003 Health Information & Wellness Centre, both locations.

The Harvard Medical School Guide to Lowering Your Blood Pressure by Aggie Casey and Herbert Benson. New York: McGraw-Hill, 2006

Written by experts from the Harvard Medical School, this book emphasizes lifestyle approaches to controlling blood pressure. Topics covered include diet, exercise, relaxation techniques, medications, and tips on how to talk to your doctor about your blood pressure.

Availability for loan:

FD 150 C28 2006 Health Information and Wellness Centre, both locations

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