

Wellness Solutions for High Blood Pressure (DVD). Rochester, MD: Mayo Clinic & Gaiam, 2008. 93 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 minute segment with a Mayo clinic specialist, information on nutrition, and finally a yoga and meditation session designed to help manage high blood pressure, improve circulation and release tension.

Availability for loan:

FD 150 M29 2008 Health Information & Wellness Centre, both locations
616.132 MAY Toronto Public Library System

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 and 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
<http://www.heartandstroke.ca>

Hypertension Canada

3780 14th Avenue
Markham, ON L3R 9Y5
Tel: 905-943-9400

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.

Heart and Stroke Foundation of Canada

<http://tinyurl.com/3alh2nc>

The Heart and Stroke Foundation now provides an interactive online tool, developed by experts, to help manage your blood pressure. The program is personalized to the individual and free of charge.

College of Family Physicians of Canada

<http://tinyurl.com/5cq4e6>

This professional association website provides some easy-to-understand health information. There is an excellent section on high blood pressure, featuring treatment options and advice on lifestyle changes to control this often dangerous condition.

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.

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. Also available at this site is a 64 page guide entitled *Your Guide to Lowering your Blood Pressure with Dash*. This can be found directly at <http://tinyurl.com/dc87q>

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, DVDs, and 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.

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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