



**Availability for loan:**

FK 783 E83 2006 Health Information and Wellness Centre, both locations  
362.19636 EVE Mississauga Library System  
362.19636 EVE Toronto Public Library System

*Hepatitis C: Everything You Need to Know* by Jenny Heathcote and others. Toronto: Key Porter, 2002.

This highly readable guide explains what hepatitis C is and how it can be prevented and treated. It discusses the medical aspects of the disease and the practical concerns of living with it. Topics covered include effects on the liver, diagnostic tests, drugs and other treatments, and the effects of drinking and other lifestyle habits. There are also chapters on transplantation and how family and friends can support the affected person.

**Availability for loan:**

FK 783 HEA 2002 Health Information and Wellness Centre, both locations  
616.3623 HEP Mississauga Library System  
616.3623 HEP Toronto Public Library System

**COMMUNITY RESOURCES**

**Canadian Liver Foundation**

National Office and Toronto Chapter  
Ste 1500 2235 Sheppard Avenue East  
Toronto, ON M2J 5B5

Tel: 416-491-3353  
Toll Free: 1-800-563-5483  
Email National: [clf@liver.ca](mailto:clf@liver.ca)  
Email Toronto Chapter: [gta@liver.ca](mailto:gta@liver.ca)

<http://www.liver.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](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>

© Trillium Health Centre, Dec 2007. Last Updated 2009



*Life. We're in it together.*

## INTERNET SITES

### Canadian Liver Foundation

<http://www.liver.ca>

The Canadian Liver Foundation is a national nonprofit organization. It has an excellent website, which provides general information about maintaining liver health and also the various diseases which may affect this organ. The organization publishes several helpful brochures which can be ordered or downloaded at the site, and there is information concerning community support and education programs across Canada. Some brochures are available in several languages other than English.

### Canadian Cancer Society

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

The CCS is a national organization whose purpose is the eradication of cancer and improving the quality of life for people living with the disease. As well as comprehensive information about primary liver cancer, the site provides facts on support, risk reduction and the latest research.

### American Liver Foundation

<http://www.liverfoundation.org>

The ALF is the U.S. leading nonprofit organization promoting liver health and disease prevention. A pull-down menu in the left hand column at the homepage provides access to comprehensive information about the different types of liver disease. A number of brochures are available for downloading in several languages and there is a useful section on current clinical trials.

### British Liver Trust

<http://www.britishlivertrust.org.uk>

This is a national UK charity for adults with

liver disease. It has a well designed and easy to navigate website which provides information about liver diseases, research, and sources of support. In addition there are excellent sections on diagnosis, diet, and transplants. Brochures are available in English, Bengali, Hindi, and Chinese.

### National Digestive Diseases Information Clearinghouse

<http://tinyurl.com/k4nvv>

This is part of the U.S. National Institutes of Health, and its mandate is to distribute information on digestive diseases. At the alphabetic display, click on Liver to access comprehensive information on the different forms of liver disease, which includes causes, symptoms, diagnosis, and treatment options. Alternatively, at the alphabetic display click on a specific heading such as Cirrhosis or Hepatitis.

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

This authoritative site has links to articles and features on the liver. At the Medline homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on L and then follow the link for Liver Diseases, Liver Cancer, or Liver Transplantation. You can also look under alternative headings like Cirrhosis, Hepatitis, Reye Syndrome, Wilson Disease etc.

## BOOKS

*The Cleveland Clinic Guide to Liver Disorders* by Nizar N. Zein and Kevin M. Edwards. New York: Kaplan, 2009.

This is a clearly written and authoritative guide

to the liver and the diseases which may affect it. These include hepatitis, fatty liver disease, cirrhosis, Wilson's disease, and others. The authors provide extensive information on underlying causes, new treatments, medications and alternative therapies.

### Availability for loan:

Fk 750 Z34 2009 Health Information & Wellness Centre, both locations  
616.632 ZEI Mississauga Library System  
616.632 ZEI Toronto Public Library System

*The Liver Disorders and Hepatitis Sourcebook* by Howard J. Worman. New York: McGraw-Hill, 2006.

Dr. Worman's comprehensive book explains how to take care of this vital organ and live well when dealing with liver disease. Topics covered include the various types of viral hepatitis, cirrhosis, fatty liver, inherited liver disease, and transplantation. There is also an extensive section how various drugs and toxins affect the liver.

### Availability for loan:

FK 750 W67 Health Information and Wellness Centre, both locations  
616.362 WOR Mississauga Library System  
616.362 WOR Toronto Public Library System

*Living with Hepatitis C: a Survivor's Guide*

4<sup>th</sup> ed. by Gregory T. Everson and Hedy Weinberg. New York: Hatherleigh Press, 2006

This is a useful guide which takes the patient step-by-step through the process of diagnosis and ongoing care for hepatitis C. The nature of the disease and its effects on the body are described, as well as nutritional information and treatment options. There is also a section on transplants and advice on how to avoid infecting others.