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COMMUNITY RESOURCES

Lupus Canada

590 Alden Road, Suite 211
Markham, ON L3R 8N2

Tel: 905-513-0004 OR
Toll Free 1-800-661-1468
E-mail: lupuscanada@bellnet.ca
<http://www.lupuscanada.org>

Lupus Ontario

590 Alden Road, Suite 211
Markham, ON L3R 8N2

Tel: 905-415-1099 OR
Toll Free 1-877-240-1099
E-mail: lupusontario@bellnet.ca
<http://www.lupusontario.org>

Lupus Ontario Toronto West Support Group

Tel: 905-501-7795
E-mail: wellness_group@hotmail.com

The Arthritis Society

National Office and Ontario Division
393 University Avenue, Suite 1700
Toronto, ON M5G 1E6

Arthritis Information Line 1-800-321-1433
Tel: 416-979-7228
Email: info@arthritis.ca
<http://www.arthritis.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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Life. We're in it together.

HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Lupus



INTERNET SITES

Lupus Canada

<http://www.lupuscanada.org>

Lupus Canada is a non-profit organization which promotes public awareness and provides general education about the condition. Its web site gives access to several useful fact sheets on living with lupus, along with a twice yearly newsletter, *Lupus Canada Bulletin*. There is also a good list of links to other relevant Internet sources.

Lupus Ontario

<http://www.lupusontario.org>

This is a local member association of Lupus Canada. It has some general information about lupus at its site, but its main advantage is the provision of a list of local support groups and lupus clinics. To access the support groups, click on the tab Lupus Ontario on the top toolbar and then choose Branches from the pull down menu. To access the clinic list, click on the tab Ontario Clinics on the top tool bar and then choose Locations. Other features are an 'Ask the Expert' question and answer forum and a regular newsletter *Lupus Link*.

The Arthritis Society

<http://www.arthritis.ca>

The Arthritis Society, Canada's leading arthritis organization, has comprehensive information on lupus at its website. To access this, click on the tab 'Types of Arthritis' on the top tool bar. Once there, click on the word Lupus in the right hand column. Features include access to an online discussion board, book reviews, and research news.

The Lupus Foundation of America

<http://www.lupus.org>

The LFA is the leading non-profit voluntary health organization in the U.S. dedicated to finding the causes and cure for lupus. The web site features information about the disease and access to a useful series of publications on the topic. In addition, there are links to other lupus sites worldwide, access to the latest research news, and a magazine *Lupus Now* which is published three times a year.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases

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

NIAMS is part of the National Institutes of Health in the U.S. and provides excellent information about lupus at its website. At the homepage, click on 'L' under the Health Information Index and then choose Lupus from the resulting alphabetic display. The information is offered at a variety of levels, from a guide for health professionals to an easy-to-read fast facts version.

MedlinePlus

<http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on lupus, including an Interactive Health Tutorial on the condition which allows the user to follow a slide show with sounds and pictures. At the MedlinePlus homepage, click on Health Topics, the first link listed. Click on 'L' on the resulting alphabetic display and then follow the link for Lupus.

BOOKS

The Lupus Book 3rd ed. by David J. Wallace. New York: Oxford University Press, 2005.

This book is a comprehensive guide to a complicated disease, delivered in easy-to-understand terms. In addition to information on causes, diagnosis, and management of the disease, the third edition discusses the latest breakthroughs in drug treatments and alternative therapies, and updated information on the immune system.

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616.77 WAL Toronto Public Library System

Lupus: the Disease with a Thousand Faces ed. by Sasha Bernatsky and Jean-Luc Sénécal. Toronto: Key Porter, 2004.

The editors offer a comprehensive yet accessible look at a chronic condition which can present a variety of symptoms. Topics include overviews of the disease, drug treatments, complementary therapies, and coping strategies. Featuring the work of more than 15 lupus experts, this invaluable guide includes case studies, diagrams, a glossary, and a resource section.

Availability for loan:

FB 430 B37 2004 Health Information & Wellness Centre, both locations
616.772 LUP Toronto Public Library System

Lupus: the Facts by Graham Hughes. Oxford, UK: Oxford University Press, 2000.

This title is from the popular 'Facts' series which offer practical advice about various conditions in a clear and accessible style, written by a leading authority in the field. Dr. Hughes draws on his years of experience with lupus to provide information on a range of issues, such as symptoms, diagnosis, treatments, pregnancy, and diet.