

with pharmaceutical products. There is also general information on quality assurance of herbal products and the laws governing these products in Canada.

**Availability:**

EG 400 CPA 2000 REF Health Information & Wellness Centre, both locations. This book may not be borrowed and must be used in the Centres.  
615.321 HER Mississauga Library System  
615.321 HER Toronto Public Library System

*Overcoming Prescription Drug Addiction* 3<sup>rd</sup> ed. by Rod Colvin. Omaha, NE: Addicus, 2008

This is an invaluable guide for those affected by addictions to prescription drugs. Topics covered include the nature of addiction, information on the most commonly abused prescription drugs, treatment options, recovery, and case histories of former addicts.

**Availability for loan:**

DB 501 C65 2008 Health Information & Wellness Centre, both locations  
362.299 COL Mississauga Library System

## COMMUNITY RESOURCES

**Motherisk General Helpline**

Tel: 416-813-6780

**Canada Vigilance Office (for adverse reaction reporting)**

Toll-free phone: 1-866-234-2345

**Trillium Drug Plan**

Tel: 416-642-3038  
OR 1-800-575-5386

## 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>

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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.*

# Prescription and Over-the- Counter Drugs



## INTERNET SITES

### MedlinePlus

<http://www.medlineplus.gov>

MedlinePlus is a U.S. consumer health database which provides information from the National Library of Medicine. There is a comprehensive drug section at the site, which gives details on usage, precautions, side effects, and reactions with other drugs. Canadian as well as U.S. brand names are supplied. At the homepage, click on Drugs & Supplements, and then select either the generic or brand name of the drug from the resulting alphabetic display.

### Canadian Pharmacists Association

<http://tinyurl.com/2kf859>

The CPhA is the national voluntary organization of pharmacists committed to providing leadership and maintaining standards for the profession. There is some useful patient information at its website including sections on prescription and non prescription drugs, children's health, herbal remedies, and the drug approval process.

### Be MedWise

<http://www.bemedwise.ca/english/index.html>

This site was created with the participation of the Canadian Pharmacists Association and the Drug Information and Research Centre, as part of a campaign to educate users about over-the-counter drug use. Advice is provided on dosages, side-effects, mixing medications and understanding drug labels.

### Health Canada MedEffect

<http://tinyurl.com/y79ket>

MedEffect provides centralized access on the Health Canada web site to the latest advisories, warnings, and recalls concerning therapeutic drugs and other health products and medical

devices. A useful feature is a facility to report adverse reactions you may have experienced to certain drugs. Click on the 'Adverse Reaction Reporting' link in the left hand column at the MedEffect homepage and then follow the instructions provided.

### Institute for Safe Medication Practices

<http://www.ismp.org/consumers/default.asp>

This U.S. based non-profit organization promotes safe medication use. While generally aimed at health professionals, its website does have a section which provides advice to the general public on how to safely use medications and avoid errors.

### Motherisk

<http://www.motherisk.org>

The Motherisk research program at the Hospital for Sick Children in Toronto provides evidence-based information about the safety of drugs, chemicals and disease during pregnancy and lactation. Included at the site are details regarding the risks to the fetus associated with prescribed drug therapy, over-the-counter medication, and naturopathic remedies. Links are provided to Motherisk's published studies on the safety or risk of specific drugs during pregnancy.

### Trillium Drug Plan

<http://www.health.gov.on.ca/english/public/pub/drugs/trillium.html>

The Trillium Drug Plan is administered by the Ontario Ministry of Health and Long Term Care. It helps people who have high drug costs in relation to their income. Once an application is approved, the program covers over 3,500 prescription drugs, as well as some nutritional and diabetic testing products.

### Clinical Trials

Details of Canadian clinical trials for new drugs may be found at the appropriate disease sites, often under the 'Research' section. For example:

Cancer <http://tinyurl.com/enm45>

Arthritis <http://tinyurl.com/otcfm6>

For information on U.S. clinical trials, go to <http://www.clinicaltrials.gov>

## BOOKS

*Canadian Pharmacists Association Guide to Drugs in Canada* 3<sup>rd</sup> ed. editor-in-chief Lalitha Raman-Wilms. Toronto: Dorling Kindersley, 2009.

This is a practical and easy-to-read reference guide to understanding and using prescription and over-the-counter medications. Included are over 290 detailed full-page drug descriptions, with information including adverse effects, special precautions, interactions, and the effects of prolonged use. Other sections of the book provide descriptions of how drugs affect the body's organ systems, and outline the main classes of drugs used in the treatment of particular conditions.

#### Availability:

EA 22 R26 2009 REF Health Information & Wellness Centre, both locations. This book may not be borrowed and must be used in the Centres.  
615.1 CAN Mississauga Library System  
615.1 CAN Toronto Public Library System

*Herbs: Everyday Reference for Health Professionals* edited by Frank Chandler. Ottawa: Canadian Pharmacists Association and Canadian Medical Association, 2000.

This book, although aimed at health professionals, provides easy-to-read information about the safety of 57 commonly used herbs and their possible interactions