

**Availability for loan:**

FO 350 C72 2000 Health Information & Wellness Centre, both locations  
616.526 CRA Mississauga Library System  
616.526 C27 Toronto Reference Library

*Eczema-Free for Life* by Adnan Nasir and Priscilla Burgess. New York: HarperCollins, 2005.

This comprehensive and up-to-date resource is written by a practicing dermatologist. Topics covered include skin care routine, management of flares, and making your home 'eczema-friendly'. There is also a section on ways to cope with the psychological impact, and on caring for children with the condition.

**Availability for loan:**

FO 350 N28 2005 Health Information & Wellness Centre, both locations  
616.51 NAS Mississauga Library System  
616.51 NAS Toronto Public Library System

**COMMUNITY RESOURCES**

**Psoriasis Society of Canada**

Tel: 1-800-656-4494  
<http://www.psoriasisociety.org>

**The Eczema Society of Canada**

Tel: 905-535-0776  
Email: [director@eczemahelp.ca](mailto:director@eczemahelp.ca)  
<http://www.eczemahelp.ca>

**Canadian Cancer Society**

Tel: 416-488-5400  
1 800 268-8874  
<http://www.cancer.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**

417-393-7131 (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, June 2005. Last Updated 2009



*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

**HEALTHFINDER**

**Skin Disorders**



## INTERNET SITES

### Canadian Dermatology Association

<http://www.dermatology.ca>

This site provides authoritative information on sun safety and the prevention of skin damage. It also has a very useful list of organizations, support groups, and web sites for the different types of skin conditions. To access this, click on for 'For Patients and Public' link in the left hand column on the homepage.

### 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 comprehensive information about a variety of skin disorders at its site. Click on the link Health Information at the homepage and you will be presented with a list of health topics, including acne, psoriasis, rosacea and many other lesser known skin disorders. The information is generally available for download in .pdf format. It is also possible to order the printed booklets, free of charge.

### American Osteopathic College of Dermatology

<http://www.aocd.org>

At the homepage, click on the link Skin Diseases. This gives access to a searchable database containing information about dozens of skin conditions. The site also has articles on sun damage, and the prevention of skin cancer, as well as a good list of links to other dermatology sites.

### Psoriasis Society of Canada

<http://www.psoriasisociety.org>

This is the leading national association dedicated to those affected by this skin

disorder. The site provides brief information on the condition itself, and also tips from others with psoriasis on how it can be successfully managed. Membership benefits include a regular newsletter, details of local support groups, and the ability to attend conferences and workshops on psoriasis.

### The Eczema Society of Canada

<http://www.eczemahelp.ca>

The Eczema Society is a not for profit Canadian organization run by volunteer patients, parents of patients, and doctors. It includes general information about the condition, as well as tips for management, news and articles, and a frequently asked questions section.

### Canadian Cancer Society

<http://www.cancer.ca>

The Canadian Cancer Society provides information on skin cancer at this site, including symptoms, diagnosis, treatment, and prevention. Choose Canada-wide and then click on the Prevention tab at the top of the homepage to access a section on protection from the sun and how to reduce your risk for this type of cancer.

## BOOKS

*Skin Care and Repair* 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 includes information on skin, its functions, and how it ages, along with an overview of some common skin conditions. It will help you make informed choices about skin

protection, procedures, products, and treatments.

#### Availability for loan:

FO 150 H27 2007 Health Information & Wellness centre, both locations

*Sauer's Manual of Skin Diseases* by John C. Hall. Philadelphia: Lippincott Williams & Wilkins, 2000.

This is a practical manual covering a vast number of different types of skin disorders, including those which are less common. It is extensively illustrated throughout.

#### Availability for loan:

FO 100 HAL 2000 Health Information & Wellness Centre, West Toronto.

616.5 HAL Ref Toronto Public Library System

*100 Questions & Answers about Acne* by Doris J. Day. Boston: Jones & Bartlett, 2005

This comprehensive guide offers authoritative advice for those dealing with the physical and emotional turmoil of acne, from the mildest to the most severe cases. The author is a clinical dermatologist and an expert in the field.

#### Availability for loan:

FO 600 D29 2005 Health Information & Wellness Centre, both locations

616.53 DAY Mississauga Library System

616.53 DAY Toronto Public Library System

*Coping with Psoriasis: a Patient's Guide to Treatment* by David L. Cram. Omaha, NB: Addicus, 2000.

This clearly written book by an expert on the disease addresses many issues faced by those diagnosed with psoriasis. It covers progression, treatment options, emotional symptoms, diets and alternative therapies.