



Availability for loan:

FO 600 D29 2005 Health Information & Wellness Centre, both locations
616.53 DAY Mississauga Library System
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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.

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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
<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
<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>

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INTERNET SITES

Canadian Dermatology Association

<http://www.dermatology.ca>

This site provides authoritative information for patients on the major types of skin diseases. 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 the 'Skin, Hair & Nails' link on the top toolbar at the homepage.

The Canadian Skin Patient Alliance

<http://www.skinpatientalliance.ca>

This is a patient driven organization which provides support for those dealing with skin diseases and disorders. It has basic information about a variety of conditions, plus online discussion forums for exchanging information and resources. There is also a list of current relevant clinical trials in Canada.

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 on the top toolbar 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, and 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 Disease

Database. 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

Psoriasis 2nd ed. by Richard G.B. Langley. Toronto: Key Porter, 2010

Dr. Langley is an international expert on psoriasis and in this readable book he presents a detailed look at this common problem. He offers insight into the nature of the disease, and assesses the relative benefits and risks of potential treatments. Features include a drug table, case studies, glossary of terms and a comprehensive reference section.

Availability for loan:

FO 350 L26 2010 Health Information & Wellness Centre, both locations

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.