

Stomach and Bowel Conditions



This report delivers practical advice and current research findings in clear, easy-to-understand language. It contains information on various stomach and bowel conditions, including their symptoms, diagnosis, treatment and management.

Availability for loan:

FK 100 H27 2008 Health Information & Wellness Centre, both locations

Wellness Solutions for Irritable Bowel Syndrome (DVD) Rochester, MD: Mayo Clinic & Gaiam, 2007. 89 min.

This DVD is one of a series of titles produced by the prestigious Mayo Clinic and Gaiam, the Health and Wellness experts. It includes a 30 minutes segment with a Mayo clinic specialist, information on nutrition, and finally a 40 minute yoga and meditation session designed to relieve the symptoms of IBS, improve circulation and release tension.

Availability for loan:

FK 550 M29 2007 Health Information & Wellness Centre, both locations
616.342 MAY Toronto Public Library System

COMMUNITY RESOURCES

Ostomy Toronto

344 Bloor Street West, Ste. 501
Toronto, ON M5S 3A7
Tel: 416-596-7718 OR 1-866-285-5948
e-mail: info@ostomytoronto.com
<http://www.ostomytoronto.com>

Crohn's and Colitis Foundation of Canada

600-60 St. Clair Avenue East,
Toronto ON M4T 1N5
Tel: (416) 920-5035 OR 1-800-387-1479
e-mail: ccfc@ccfc.ca
<http://www.ccfc.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.

INTERNET SITES

Crohn's and Colitis Foundation of Canada

<http://www.ccfc.ca>

The CCFC is a national not-for-profit organization, whose mission is to find the cure for inflammatory bowel disease by raising funds for medical research. The Foundation provides general information about inflammatory bowel disease at the site. It also produces a number of useful brochures on the disorders, which may be downloaded or ordered from the Foundation.

The United Ostomy Association of Canada

<http://www.ostomycanada.ca>

The UOAC helps those who have had ostomies by providing emotional support, practical help, and informational services. The organization produces many useful publications, which may be ordered online. There is also an excellent frequently asked questions section, and a list of support groups across the country, with full contact information.

Canadian Cancer Society

<http://www.cancer.ca>

At the Canadian Cancer Society opening page, choose 'Canada-wide' from the list in the left hand column. Then use the drop down menu under 'Quick Links' in the right hand column to select either Colorectal or Stomach Cancer. You will be presented with comprehensive information about the diseases, including symptoms, diagnosis, staging, and treatment.

National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov>

NDDIC is part of the National Institutes of Health in the U.S. Its function is to disseminate information about digestive diseases to the

general public. Click on 'Digestive Diseases' at the homepage to access a comprehensive list of fact sheets available for all types of digestive disorders. These may be downloaded directly from the site. Larger quantities can be ordered online for a small charge.

The Patient UK

<http://www.patient.co.uk>

This site provides evidence based patient information on a wide range of health, disease and related issues. At the homepage, click on 'Information leaflets', in the left hand column. At the resulting page, select Gut / Bowel / Stomach from the category list to retrieve over 40 different fact sheets on these types of conditions.

BOOKS

Crohn's & Colitis: Understanding and Managing IBD by Hillary Steinhart. Toronto: Robert Rose, 2006.

This straightforward and clearly written book provides help to those living with inflammatory bowel disease. Topics covered include possible causes, symptoms, and effective treatments. Information is provided on dietary management, drug therapy, and surgery.

Availability for loan:

FK630 S83 2006 Health Information & Wellness Centre, both locations
616.344 STE Mississauga Library System
616.344 STE Toronto Public Library System

IBS Relief: a Complete Approach to Managing Irritable Bowel Syndrome 2nd ed. by Dawn Burstall, T. Michael Vallis, and Geoffrey K. Turnbull. Hoboken, NJ: John Wiley, 2006.

This guide is an invaluable help in managing symptoms and limiting the frequency, intensity,

and duration of irritable bowel syndrome episodes. It provides a multidisciplinary approach to managing the condition, including new drug therapies and stress management techniques.

Availability for loan:

FK 550 B87 2006 Health Information & Wellness Centre both locations
616.342 BUR Mississauga Library System
616.342 BUR Toronto Public Library System

Mayo Clinic on Digestive Health 2nd ed. by John King (editor in chief). Rochester, MN: Mayo Clinic, 2004

This clearly written book from the prestigious Mayo Clinic provides information on managing common digestive problems like gas, heartburn, ulcers, constipation and diarrhea. It also covers conditions such as irritable bowel syndrome, celiac disease and colorectal cancer.

Availability for loan:

FK 100 K46 2004 Health Information & Wellness Centre, both locations
616.3 MAY Mississauga Library System
616.3 M138 Toronto Reference Library

Digestive Wellness 3rd ed. by Elizabeth Lipski. New York: McGraw-Hill, 2005

The author, a clinical nutritionist, explains how the digestive system works and what can happen when it doesn't. She covers all the common gastrointestinal disorders and describes the latest advances in diagnosis, nutrition, and natural therapies.

Availability for loan:

FK 280 L54 2005 Health Information & Wellness Centre, both locations
616.3 LIP Mississauga Library System
616.3 LIP Toronto Public Library System

The Sensitive Gut: a Special Health Report from Harvard Medical School Boston, MA: Harvard Medical School, 2008