

*My Grandpa had a Stroke* by Dori Hillestad Butler.  
Washington, DC: Magination Press, 2007

This beautifully illustrated book is a resource for families with young children. The story of Ryan and his Grandpa offers age-appropriate information about strokes, and helps children understand and maintain special family bonds.

**Availability for loan:**

FM 350 B88 JUV 2007 Health Information & Wellness Centre, both locations

## COMMUNITY RESOURCES

**Heart and Stroke Foundation Toronto**

2300 Yonge Street Ste. 1300  
Toronto, ON M4P 1E4  
Tel: 416-489-7111

**Heart and Stroke Foundation Peel Region**

201 County Court Boulevard Ste. 306  
Brampton, ON L6W 4L2  
Tel: 905-451-0021  
<http://www.heartandstroke.ca>

**Ontario March of Dimes - Stroke Recovery**

Tel: 1-800-263-3463  
A peer support toll-free line for those affected by stroke.

**Trillium Health Centre, Mississauga**

Regional Secondary Stroke Prevention Clinic

Provides assessments, appropriate interventions and education for patients with TIA or minor stroke. Must be referred by an Emergency department or a family physician in West GTA region.

## 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>

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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HEALTH INFORMATION  
AND WELLNESS CENTRE

HEALTHFINDER

# Stroke



## INTERNET SITES

### Heart and Stroke Foundation of Canada

<http://www.heartandstroke.ca>

Heart and Stroke Foundation of Canada plays a leadership role in the study, prevention and reduction of disability and death from heart disease and stroke in Canada. Click on the link for Stroke in the left hand column to find sections devoted to prevention, treatment, rehabilitation, and many other aspects of this often disabling event.

### Stroke Recovery Canada

<http://www.strokerecoverycanada.com>

Stroke Recovery Canada is a national service offering post-recovery support, education and programs for stroke survivors, their families and health care providers. The website includes articles, fact sheets, a list of peer support groups across the country, and a comprehensive list of links to other internet resources on the topic.

### Prevent Stroke

<http://www.preventstroke.ca/en/index.php>

This website was the Prevent Stroke Team, under the auspices of the Health Nexus (formerly the Ontario Prevention Clearinghouse) and the Ontario Ministry of Health and Long Term Care. The site focuses on stroke prevention and provides extensive information on how to lower or eliminate risk factors by lifestyle changes and other methods. The different types of strokes and their effects are also clearly explained, along with illustrative case histories.

### National Stroke Association

<http://www.stroke.org>

This is a U.S. site which provides guidance on

prevention, treatment and rehabilitation. It makes available a series of clearly written fact sheets on a variety of relevant topics, as well as a free bi-monthly magazine, *Stroke Smart*. Overall the site is a good resource for learning about stroke and its after effects in straightforward language.

## BOOKS

*Stroke* by Richard I. Lindley. Oxford, UK: Oxford University Press, 2008

This title is one of the Facts series, which offer practical advice about a condition in a clear and accessible style, written by leading authorities in the field. It features explanations of the different types of stroke and their causes, treatment options, and rehabilitation. It also describes lifestyle changes which can help prevent stroke in the first place.

#### Availability for loan:

FM 340 L46 2008 Health Information & Wellness Centre, both locations  
616.81 LIN Toronto Public Library System

*Stroke* by Louis R. Caplan. New York: Demos & American Academy of Neurology Press, 2006

Written by a leading expert and professor at Harvard Medical School, this clear, jargon-free guide offers useful information for stroke survivors and their families. Topics covered include types of stroke and their causes, prevention, risk factors, treatments, and the recovery process.

#### Availability for loan:

FM 340 C27 2006 Health Information & Wellness Centre, both locations

*The Stroke Book: a Guide to Life After Stroke for Survivors and Those Who Care for Them* by June Biermann and Barbara Toohey. New York: Penguin 2005

This is an essential resource for those recovering from a stroke and their caregivers. It offers analyses of new developments in stroke therapy, advice on rehabilitation needs, suggestions for preventing future strokes, and help for caregivers.

#### Availability for loan:

FM 350 B43 2005 Health Information & Wellness Centre, both locations  
616.8103 BIE Toronto Public Library System

*Stroke: a Comprehensive Guide to "Brain Attacks"* by Vladimir and Larissa Hachinski. Toronto: Key Porter, 2003

This guide provides information on one of the leading causes of death and disability in Canada. Topics covered include, prevention, how to recognize symptoms of a stroke, and the importance of immediate treatment in preventing serious disability.

#### Availability for loan:

FM 340 H22 2003 Health Information & Wellness Centre, West Toronto  
616.81 HAC Mississauga Library System  
616.81 HAC Toronto Public Library System

*Brain Attack: the Journey Back* ed. by Liz Pearl. Toronto: Kope Associates, 2005

The inspirational book features 33 essays written by stroke survivors that focus on hope, courage and determination in the challenging process of their recovery.

#### Availability for loan:

FM 357 P72 2005 Health Information & Wellness Centre, both locations