

A Simple Guide to Thyroid Disorders from Diagnosis to Treatment by Paul Ruggieri and Scott Isaacs. Omaha, NB: Addicus, 2004.

This useful book provides information about the complex function of the thyroid gland in an easy to understand format. Topics covered include diagnostic tests, hypothyroidism, hyperthyroidism, thyroid-related weight problems, thyroid cancer, and medications and surgery for thyroid disorders.

Availability for loan:

FL 200 R84 2004 Health Information & Wellness Centre, both locations
616.44 RUG Toronto Public Library System

COMMUNITY RESOURCES

Thyroid Foundation of Canada

263 MCG Building
Labrosse Avenue
Pointe-Claire, QC H9R 1A3
Toll Free: 1-800-267-8822

Thyroid Foundation – Toronto Chapter

416-398-6184

Thyroid Cancer Canada

PO Box 23007
550 Eglinton Ave. W.
Toronto, Ontario M5N 3A8
Tel: 416-487-8267

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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Thyroid Disorders



INTERNET SITES

Thyroid Foundation of Canada

<http://www.thyroid.ca>

The Foundation is a national non-profit organization which promotes awareness and education about thyroid disease. It publishes a number of informative fact sheets on the different types of thyroid conditions, all of which are available at its website. Articles and other educational materials may be ordered at a nominal cost.

MyThyroid.com

<http://www.mythyroid.com>

This is an evidence-based, patient-centred web site devoted to diseases of the thyroid. It is authored by Dr. Daniel Drucker, a prominent endocrinologist at Toronto General Hospital. The site provides comprehensive descriptions of the different thyroid disorders, along with treatment information and options. There is an extensive section on thyroid cancer.

Thyroid Cancer Canada

www.thyroidcancercanada.org

Thyroid Cancer Canada is a non-profit group which provides information and support regarding thyroid cancer to patients and their families. The group's online forum is its main avenue for providing support, and instructions for joining may be found at the site. There is also a resource list, access to the group's publications, and a news and upcoming events section, as well as good general information about thyroid cancer.

The American Thyroid Association

<http://www.thyroid.org>

The ATA is a professional society of physicians and scientists who specialize in the research

and treatment of thyroid diseases. The website provides good patient information, including access to a series of brochures giving an in-depth look at each thyroid condition. There is also an FAQ section, a list of recommended books and articles, and a set of links to other relevant websites.

Medline Plus

<http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on thyroid diseases, including an Interactive Health Tutorial which allows the user to follow a slide show with sounds and pictures. At the Medline Plus homepage, click on Health Topics, the first link listed. This will take you to a alphabetic display - click on T and then follow the links for Thyroid Diseases or Thyroid Cancer.

BOOKS

The Thyroid Sourcebook, 5th ed. by M. Sara Rosenthal. New York: McGraw-Hill, 2009.

This well-established guide provides accurate and easily understood information and guidance about thyroid conditions, from hypothyroidism to cancer. Topics covered include symptoms, diagnosis, treatment, and maintaining a healthy lifestyle while managing thyroid disease. This revised and updated edition includes the latest treatment options and complementary therapies.

Availability for loan:

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Thyroid Disease 4th ed. by Mark P.J. Vanderpump & W. Michael G. Tunbridge. Oxford, UK: Oxford University Press, 2008

This updated 4th edition of this useful guide is a straightforward source of information and reassurance for those with thyroid disorders and their families. It covers a wide range of conditions associated with thyroid dysfunction, from simple goitre to more complex disorders like Graves' disease and Hashimoto's thyroiditis.

Availability for loan:

FL 200 V26 2008 Health Information & Wellness Centre, both locations
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Thyroid Disease: Understanding Hypothyroidism and Hyperthyroidism 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. Topics covered include risk factors, symptoms, diagnosis, and treatment.

Availability for loan:

FL 200 H27 2007 Health Information & Wellness Centre, both locations

The Thyroid Sourcebook for Women 2nd ed. by M. Sara Rosenthal. New York: McGraw-Hill, 2005.

The revised and updated second edition of this valuable guide includes the latest research and addresses women's specific concerns about symptoms and treatment. It answers questions on how thyroid diseases interact with pregnancy, menopause, emotional health, and weight gain.

Availability for loan:

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