



Dr. Stewart, an expert on fibroids, discusses their causes, symptoms, and the different methods used to diagnose them. She includes information on the latest surgical and medical treatments to help women make the best possible decisions about their care.

Availability for loan:

GG 580 S83 2007 Health Information & Wellness Centre, both locations
616.99366 STE Mississauga Library System
616.99366 STE Toronto Public Library System

Polycystic Ovary Syndrome: the Facts by Mohgah Elsheikh & Caroline Murphy. Oxford, UK: Oxford University Press, 2008

Written by two experts in the field, this book aims to help women better understand and manage PCOS, a complex syndrome which relates to a hormone imbalance of the ovaries. It offers information and practical advice on causes, symptoms, diagnosis and treatment.

Availability for loan:

GG 365 E58 2008 Health Information & Wellness Centre, both locations
618.11 ELS Mississauga Library System
618.11 ELS Toronto Public Library System

For more information on women’s health, see our HealthFinder entitled Pregnancy and Childbirth

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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HEALTH INFORMATION
AND WELLNESS CENTRE

HEALTHFINDER

Women’s Health



INTERNET SITES

Women's Health Matters

<http://www.womenshealthmatters.ca>

Health experts from Women's College Hospital and the Centre for Research in Woman's Health developed this site and play an ongoing role in its expansion and review. It provides general information on women's health, diseases and lifestyle trends. Click on A-Z Health Topics to find articles on specific topics, or Le Club to visit a meeting place for women of all ages and backgrounds.

Society of Obstetricians and Gynaecologists of Canada

<http://www.sogc.org>

This site, whilst aimed at health professionals, also offers helpful information for the consumer. Click on Women's Health Information in the left hand column at the homepage to access both the Society's publications and authoritative articles on pregnancy, childbirth, menopause and other related topics.

The Canadian Women's Health Network

<http://www.cwhn.ca>

The CWHN is a network of individuals, groups, organizations and institutions concerned with women's health. Their site provides information on health issues pertinent to women, as well as links to women's organizations and advocacy groups across the country.

Ontario Women's Health Network

<http://www.owhn.on.ca>

The OWHN promotes women's health by linking women to relevant tools and resources. This site offers information on health conditions

specific to women, and has an excellent set of links to recent reports and media releases on relevant issues. There is also a fully searchable directory of women's services throughout the province.

National Women's Health Information Centre <http://www.4women.gov>

The NWHIC is a project of the U.S. Department of Health and Human Services, and its site is a very comprehensive source for women's health matters. The link Health Topics in the left hand column at the homepage gives access to clearly presented information, categorized under subject headings.

BOOKS & DVDs

The Complete Nutrition Guide for Women by Leslie Beck. Toronto: Penguin, 2010

Canada's leading dietitian provides expert nutritional advice for women in this comprehensive resource. It describes which nutrients are essential for optimal health, and how to include them in the diet on a daily basis. Recommendations include specific dietary approaches for a number of common health conditions.

Availability for loan:

GG 260 B32 2010 Health Information & Wellness Centre, both locations
613.2082 BEC Mississauga Library System
613.2082 BEC Toronto Public Library System

Healthy Eating for Life for Women by Physicians Committee for Responsible Medicine. New York & Toronto: Wiley, 2002

This book presents a complete and sensible nutrition program specifically for women. It provides information on how women's bodies

work and how health problems arise, and then gives detailed nutritional guidelines.

Availability for loan:

GG 260 PCRM 2002 Health Information & Wellness Centre, both locations
613.2082 HEA Mississauga Library System
613.2082 HEA Toronto Library System

The Cleveland Clinic Guide to Menopause by Holly L. Thacker. New York: Kaplan, 2009

The useful guide provides solid information to help women handle menopause more effectively. It explains some of the myths and misinformation surrounding hormone replacement therapy, and offers advice on improving vitality, longevity, and quality of life.

Availability for loan:

GG 800 T42 2009 Health Information & Wellness Centre, both locations
618.175 THA Toronto Public Library System

Wellness Solutions for Menopause (DVD) Rochester, MD: Mayo Clinic & Gaiam, 2008. 90 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 minute segment with a Mayo Clinic specialist, information on nutrition, and finally a 40 minutes yoga and meditation session designed to relieve the symptoms of menopause and release tension.

Availability for loan:

GG 800 M29 2008 Health Information & Wellness Centre, both locations
618.175 MAY Mississauga Library System
618.175 MAY Toronto Public Library System

Uterine Fibroids: the Complete Guide by Elizabeth A. Stewart. Baltimore, MD: John Hopkins University Press, 2007