

HEALTH *essentials*

web resources

The Internet is a valuable resource, but finding reliable health information can be a challenge. So we've done the research for you. Listed below are some non-profit educational sites loaded with up-to-date medical information specifically for Canadians.

The best way to improve your health is to take charge and become an active participant in your care. Learn more about what ails you and take steps towards a healthier life.

GENERAL HEALTH

Health Essentials: Now online!
www.healthessentialsmagazine.com

Public Health Agency of Canada:
www.phac-aspc.gc.ca

Health Canada: www.hc-sc.gc.ca

Canadian Health Network:
www.canadian-health-network.ca

Dietitians of Canada: www.dietitians.ca

DIGESTIVE HEALTH

Canadian Digestive Health Foundation:
www.cdhf.ca

About GERD: www.aboutgerd.org

CARDIOVASCULAR HEALTH

Canadian Hypertension Society:
www.hypertension.ca

Heart and Stroke Foundation:
www.heartandstroke.ca

Canadian Cardiovascular Society:
www.ccs.ca

Canadian Diabetes Association:
www.diabetes.ca

RESPIRATORY HEALTH

Asthma Society of Canada: www.asthma.ca

The Lung Association: www.lung.ca

Canadian Network for Asthma Care:
www.cnac.net

The Children's Asthma Education centre:
www.asthma-education.com

FOLLOW YOUR HEART

www.healthcorner.ca

Dr. Curnew's Health Corner provides the information you need to stay heart healthy and a workbook to help you keep track of your vitals. Download the forms to record your progress in exercise, diet and other lifestyle measures and note the medications you're taking. Bring the workbook to appointments to help your doctor do his or her part in keeping you healthy.

CLINICAL PRACTICE GUIDELINES

www.hypertension.ca/chep

The CHEP website has Canadian Hypertension Society 2008 recommendations for the diagnosis and treatment of high blood pressure in both patient and physician versions.

Dyslipidemia guidelines were last updated in 2006. If you want to read through the doctor-oriented summary published in the Canadian Medical Association Journal, go to <http://www.cmaj.ca/cgi/content/full/169/9/921>

The Heart and Stroke Foundation website (<http://www.heartandstroke.on.ca>) features a booklet entitled *Living with Cholesterol* that will explain cholesterol tests, targets, lifestyle measures and medications. Go to the Heart and Stroke website and search for "Living with Cholesterol" to download your copy.

<http://www.diabetes.ca>

The Canadian Diabetes Guidelines were just updated in the fall of 2008. The Canadian Diabetes Association invites everyone to consult the guidelines on their website. However, note that they are primarily intended for use by health care professionals working in diabetes-related fields.