



2023
EDITION

PULMONARY DISEASE

QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES





Better informed to live better.

ABOUT

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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VISIT OUR WEBSITE

You will find all of the Biblio-Santé booklets and additional information.

bibliosante.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2023 and will be updated on an annual basis.

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit bibliosante.ca/criteria



CAREGIVERS

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S
DISEASE**



**AUTISM SPECTRUM
DISORDER**



BEREAVEMENT



CANCER



**CHRONIC
PAIN**



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



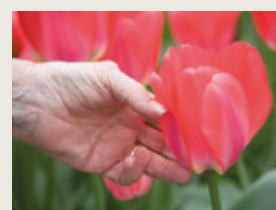
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

General

ASTHMA SOCIETY OF CANADA

Toll free (Asthma and Allergy Helpline)

1 866-787-4050

Website

www.asthma.ca

The Asthma Society of Canada's mission is to help Canadians with asthma lead healthy lives through education, advocacy and research. Its website offers advice and useful information about how to deal with asthma.

CANADIAN LUNG ASSOCIATION

Toll free

1 888 566-5864

Website

www.lung.ca

The Canadian Lung Association promotes lung health, prevention and management of lung disease. Under the "Lung Health" tab, you will find a list of breathing disorders with information on symptoms, causes, treatment and disease management.

CYSTIC FIBROSIS CANADA

Toll free

1 800 378-2233

Website

www.cysticfibrosis.ca

Organization made up of provincial associations, which raises funds for research and support, and advocates for people with Cystic fibrosis. Formerly known as the Canadian Association of Cystic Fibrosis.

CYSTIC FIBROSIS CANADA – QUEBEC CHAPTER

Phone 514 877-6161
Toll free 1 800 363-7711
Website <https://www.cysticfibrosis.ca/about-us/in-your-community/quebec>

Regional offices of Cystic Fibrosis Canada in Montreal and Quebec assist people with cystic fibrosis by supporting research to find a cure, by helping parents who just received their child's diagnosis, and by raising public awareness for the disease.

L'APPUI POUR LES PROCHES AIDANTS

Toll free 1 855 852-7784
Website www.lappui.org/en

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. The goal of the Caregiver Support hotline is to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

LIVING WITH CYSTIC FIBROSIS

Phone 514 288-3157
Toll free 1 800 315-3157
Website <https://vivreaveclafibrosekystique.com/en/>

Living with Cystic Fibrosis is a provincial organization whose mission is to promote and foster the quality and living conditions of people living with cystic fibrosis and dedicated to defending their rights and supporting them. Their website offers several information resources as well as services offered throughout Quebec.

MAISONS DES GREFFÉS LINA CYR

Toll free

1 514 527-8661

Website

<https://maisondesgreffes.com/en/>

The mission of the Maison des greffés Lina Cyr is to house and help people from the regions of Quebec who are waiting for a transplant or who have received one. It provides a safe transition period between the hospital and the family environment after surgery. It aims to encourage exchanges between patients who share the same experience and allows them to be accompanied by a loved one who also benefits from affordable accommodation.

PROCHE AIDANCE QUÉBEC

Phone

514 524-1959

Website

<https://procheaidance.quebec/>

Proche aideance Québec brings together 124 community organizations whose mission is to improve the living conditions of caregivers. You will find the complete list of organizations by region on the Proche aideance website. Website in french.

QUEBEC LUNG ASSOCIATION

Phone

514 287-7400

Toll free

1 888 POUMON 9 (1-888-768-6669)

Website

www.poumonquebec.ca/en

The Quebec Lung Association promotes lung health and helps to prevent lung diseases by supporting research projects, education and direct services. The website of the Association provides information on asthma, COPD, infectious diseases, lung cancer and sleep apnea. The organization also provides services to the population: support groups, conferences, smoking cessation programs.

TRANSPLANT QUÉBEC

Phone

1 855 373-1414

Website

<https://www.transplantquebec.ca/en>

Transplant Québec is an organization at the heart of the collective effort of Québec population to save lives and improve the state of health of people in need of organ transplants. The website provides access to several resources and testimonials for donors, donor families, people awaiting transplants and transplant recipients.

INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

THE QUALITY OF THE INFORMATION SOURCE

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

General

ABOUTKIDSHEALTH

Asthma Learning Hub

www.aboutkidshealth.ca/astmahub

Developed by AboutKidsHealth, a health education resource for children, youth and caregivers that is approved by health-care providers at The Hospital for Sick Children in Toronto, the Asthma Resource Centre provides parents with information about asthma diagnosis, asthma medications, controlling their child's asthma and living with asthma.

Cystic Fibrosis (CF)

www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/GeneticDisorders/Pages/cystic-fibrosis-cf.aspx

This fact sheet provides an overview of cystic fibrosis, including causes, symptoms, diagnosis and treatment.

Cystic Fibrosis: Physical Activity and Exercise

www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/PhysicalActivitySportsandFitness/Pages/Cystic-Fibrosis-Physical-Activity-and-Exercise.aspx

This fact sheet explains physical activity is important for people with cystic fibrosis and provides a variety of exercise suggestions based on age.

Obstructive sleep apnea

www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Sleep/Pages/obstructive-sleep-apnea.aspx

This fact sheet provides an overview of sleep apnea in children, including causes, symptoms, diagnosis and treatment.

AMERICAN ACADEMY OF ALLERGY, ASTHMA AND IMMUNOLOGY – JUST FOR KIDS

www.aaaai.org/conditions-and-treatments/just-for-kids

Developed by the American Academy of Allergy, Asthma and Immunology, this page contains interactive and educational games, puzzles, videos and more to help kids learn about managing their allergies and asthma. See the menu on the right of the page for links to specific games and tools.

AMERICAN THORACIC SOCIETY – PATIENT RESOURCES

www.thoracic.org/patients/patient-resources

This resource includes more than 70 fact sheets on topics ranging from pulmonary function testing in children, bronchoscopy and arterial catheterization to sleep studies, smoking cessation, and pulmonary rehabilitation. This page also includes links to two electronic booklets on asthma and COPD.

ASTHMA CANADA

Asthma Canada Publications

www.asthma.ca/get-help/resources

The ASC offers free educational resources and publications on their website.

CYSTIC FIBROSIS CANADA

Info and Support

www.cysticfibrosis.ca/our-programs/resources

In this section of the website, you will find publications produced by Cystic Fibrosis Canada for patients of all ages (children, teenagers and adults) and their caregivers.

GOVERNEMENT OF CANADA – AIR QUALITY HEALTH INDEX

www.canada.ca/en/environment-climate-change/services/air-quality-health-index.html

The Air Quality Health Index (AQHI) is a public information tool that helps Canadians protect their health on a daily basis from the negative effects of air pollution. This tool, developed by Health Canada and Environment and Climate Change Canada, in collaboration with the provinces and key health and environment stakeholders, can help you learn more about the AQHI, to get your local AQHI update, or to find out if you are “at risk” from air pollution.

HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. A link to download a copy of the guide is available at the bottom of the page.

HEALTHLINK BC

Asthma

<https://www.healthlinkbc.ca/illnesses-conditions/asthma/asthma>

This web page contains a series of articles on asthma topics for children or adults with asthma and their families. This resource notably provides information on asthma medical tests, medications and other treatment options.

COPD

<https://www.healthlinkbc.ca/illnesses-conditions/copd/copd>

This web page contains a series of articles for patients and their families to learn more about COPD as well as related medical tests and living with the condition.

Sleep Apnea

<https://www.healthlinkbc.ca/illnesses-conditions/fatigue-and-sleep/sleep-apnea>

This fact sheet provides an overview of sleep apnea and provides links to other pages with information about being diagnosed and getting treatment.

LIVING WELL WITH COPD

<https://www.livingwellwithcopd.com/en/home.html>

This Canadian program is designed to help people with COPD to learn about and adopt healthy lifestyle behaviours and obtain necessary skills to better manage their illness. By creating an account on the site, patients can access from a multitude of documents, including general information brochure, leaflets, videos and more. Enjoy this secured content exclusively provided for patients with COPD and their loved ones and specifically designed to help manage the illness and obtain a better quality of life.

LIVING WITH CYSTIC FIBROSIS – SANTÉ VOUS BIEN (SVB)

<https://vivreaveclafibrosekystique.com/en/publications-en/publications-sante-vous-bien-en/>

Santé Vous Bien (SVB), the official journal of Living with Cystic Fibrosis, is published once a year and helps reach people living with CF as well as caregivers and stakeholders involved with them.

PROCHE AIDANCE QUÉBEC

Taking care of yourself... while taking care of your loved one

<http://ranq.qc.ca/wp-content/uploads/2014/02/GuideLavalanglais.pdf>

The need for caregivers to take care of themselves no longer has to be demonstrated. By consulting this guide, you will know that you are not the only ones living with this commitment, and that numerous resources have been set up to help you take care of yourself while taking care of a loved one.

PUBLIC HEALTH AGENCY OF CANADA – CHRONIC RESPIRATORY DISEASES

www.canada.ca/en/public-health/services/chronic-diseases/chronic-respiratory-diseases.html

This fact sheet from the Public Health Agency of Canada provides general information on chronic respiratory diseases. This resource also contains links to further information about asthma, COPD and sleep apnea.

QUIT SMOKING CENTRES

<https://tobaccofreequebec.ca/iqitnow/person-help>

Whether you're a smoker or a former smoker, the Quit Smoking Centres (QSCs) provide free services that are adjusted to your needs. They offer individual and group support in every region of Quebec to help you quit or prevent you from starting up again. Simply contact your local health and social service centre (former CLSC) to meet with or talk to an advisor from a QSC.

REVENU QUÉBEC – TAX CREDITS

This site provides information on different tax credits and on financial support.

Amount for a severe and prolonged impairment in mental or physical functions

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

Disabled individuals

<https://www.revenuquebec.ca/en/citizens/your-situation/disabled-individuals/>

Refundable tax credit for medical expenses

<https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/>

Tax credit for caregivers

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>

Work premium tax credit

<https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/>

SESAME STREET – MANAGING ASTHMA

<https://sesamestreetincommunities.org/topics/asthma/>

Sesame Street offers parents a toolkit to help control kid's asthma and prevent attacks.

TOBACCO-FREE QUEBEC – I QUIT NOW

<https://tobaccofreequebec.ca/iquitnow/>

I Quit Now is an interactive site than can help you quit smoking and free yourself from tobacco. This website has many relevant resources, including a series of information sheets that cover topics including fact sheets about the effects of smoking, tips for quitting smoking, and managing stress while quitting.

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

GOVERNMENT OF CANADA – HEALTH

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

GOUVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.medlineplus.gov

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

READING SUGGESTIONS

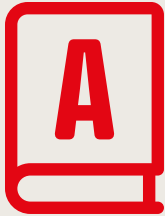
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YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE
FROM ANOTHER LIBRARY.

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LARGE PRINT BOOKS

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



AUDIO AND DIGITAL AUDIO BOOKS

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.

Digital audio books are available on the pretnumerique.ca platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



DIGITAL BOOKS

Digital books are available via the pretnumerique.ca platform.

On the pretnumerique.ca website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:



[Also available on pretnumerique.ca](https://pretnumerique.ca)

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[Pretnumerique.ca](https://pretnumerique.ca) also offers a dedicated free reading application, available in iOS (Apple) and Android format. This allows you to consult the digital catalog of your libraries as well as to borrow, reserve and easily read your digital books and your digital audiobooks from the same application.

Your reading device gives you access to features to promote its accessibility and facilitate your reading.

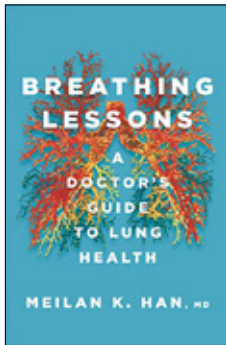
For help borrowing an eBook, visit the **Aide en ligne Prêt Numérique** page.

*The supply of books in different formats varies from one library to another.

Find out what your library has to offer!

NON-FICTION

General works



BREATHING LESSONS: A DOCTOR'S GUIDE TO LUNG HEALTH

MeiLan K. Han. New York, N.Y.: W.W. Norton & Company, 2022, 176 p.

The author explains the wonder of breathing and reveals how the lungs serve as the body's first line of defense. She provides a timely overview of the latest scientific thinking about the leading respiratory risks--including indoor and outdoor pollution, smoking and vaping, wildfire smoke, and viruses like SARS-CoV-2--and offers a practical guide to keeping lungs healthy.



GASPING FOR AIR: HOW BREATHING IS KILLING US AND WHAT WE CAN DO ABOUT IT

Kevin Glynn. Lanham: Rowman & Littlefield, 2017, 270 p.

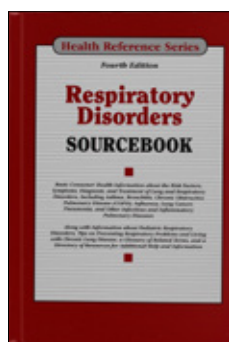
Breathing is a continuous battle between our need for oxygen and forces in nature that attack our lungs. Three hundred thousand Americans will die of respiratory diseases this year. *Gasping for Air* is the dramatic story of how infections, toxins, carcinogens, and air pollution strike against one of our basic body functions. The book also describes how we come into the struggle with diseases like asthma, cystic fibrosis, and sleep apnea, which make us vulnerable to assaults on breathing from without and within.



BREATHE EASY: RELIEVING THE SYMPTOMS OF CHRONIC LUNG DISEASE

Donald A. Mahler. Lebanon: ForeEdge, 2017, 168 p.

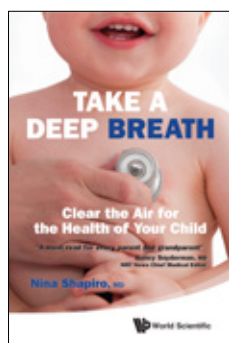
Breathe Easy, written by a pulmonologist, explains what constitutes normal breathing, what causes someone to feel short of breath, and what can be done to improve one's breathing. In chapters on asthma, COPD, and interstitial lung disease, Dr. Donald A. Mahler addresses the origins and treatments of these conditions, and offers advice for both standard and alternative therapies to breathe easy.



RESPIRATORY DISORDERS SOURCEBOOK

Keith Jones. Detroit: Omnigraphics, 2016, 720 p.

This book describes infectious and inflammatory diseases of the respiratory system, including asthma, COPD, influenza, pneumonia, and other conditions that impair breathing. Causes, triggers, diagnosis, and treatments are discussed. The book also includes sections on respiratory problems in children, and living with chronic lung conditions.

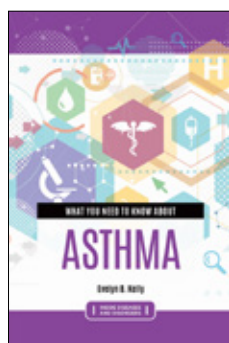


TAKE A DEEP BREATH: CLEAR THE AIR FOR THE HEALTH OF YOUR CHILD

Nina L. Shapiro. Hackensack: World Scientific, 2012, 241 p.

This book is a comprehensive and accessible guide for parents, caregivers, teachers, and healthcare providers on the subject of children's breathing issues. From the uppermost part of the airway – the nose, to the lowermost part – the lungs, Dr. Nina Shapiro explains which problems are truly worrisome, and which are actually normal stages in a child's growth.

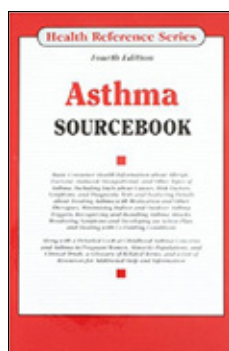
Asthma



WHAT YOU NEED TO KNOW ABOUT ASTHMA

Evelyn B. Kelly. Santa Barbara, California: ABC-CLIO, LLC, 2022, 192 p.

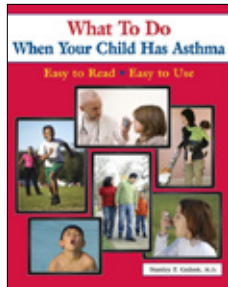
While some individuals with asthma consider the condition only a minor nuisance, for others it significantly interferes with daily activities and may even be life-threatening. This book offers readers a broad introduction to this common respiratory issue.



ASTHMA SOURCEBOOK

Keith Jones. Detroit: Omnigraphics, 2016, 600 p.

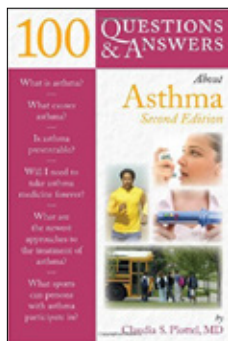
This book provides basic health information about the different types of asthma and how they are diagnosed and treated, including information about the most common asthma triggers and suggestions for minimizing or avoiding them.



WHAT TO DO WHEN YOUR CHILD HAS ASTHMA

Stanley P. Galant. La Habra: Institute for Healthcare Advancement, 2011, 145 p.

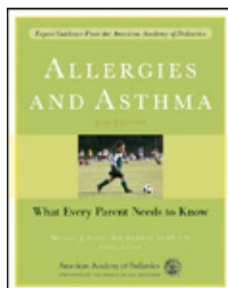
Written in easy-to read language for parents and caregivers of kids with asthma, this book includes the following topics: signs that your child has asthma; triggers for an asthma attack; putting together an Asthma Action Plan; how to use a peak flow meter; different kinds of asthma medicine; how to talk to your child's daycare and teachers about your child's asthma; making sure your child gets enough exercise; and helping your child take their asthma medicine right away.



100 QUESTIONS & ANSWERS ABOUT ASTHMA

Claudia S. Plottel. Sudbury: Jones & Bartlett Learning, 2011, 316 p.

Written by an asthma specialist, this book provides practical answers to your questions about treatment options, coping strategies for both patient and family sources of support, the importance of exercise and nutrition, and much more.

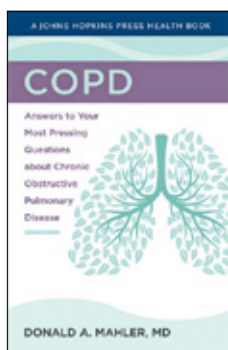


ALLERGIES AND ASTHMA: WHAT EVERY PARENT NEEDS TO KNOW

Michael J. Welch. Elk Grove Village: American Academy of Pediatrics, 2011, 174 p.

This guide to allergies and asthma in children provides information on skin, food, and seasonal allergies; asthma triggers; treatments; lifestyle factors; and other related topics.

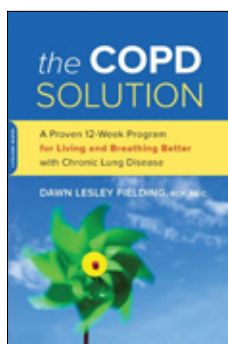
Chronic obstructive pulmonary disease



COPD: ANSWERS TO YOUR MOST PRESSING QUESTIONS ABOUT CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Donald A. Mahler. Baltimore, Maryland: Johns Hopkins University Press, 2022, 212 p.

This book addresses common yet important questions posed by patients that reflect their real-life situations. Overall, this book provides evidence-based and practical information to help those living with COPD breathe easier, be more active, and have fewer “flare-ups.”



THE COPD SOLUTION: A PROVEN 10-WEEK PROGRAM FOR LIVING AND BREATHING BETTER WITH CHRONIC LUNG DISEASE

Dawn Lesley Fielding. Boston: Da Capo Lifelong Books, 2016, 336 p.

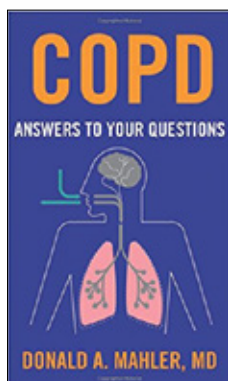
Written by a respiratory therapist, this book offers techniques and tools to make breathing easier and improve your overall health. This guide explains what COPD is and how it affects your breathing, medication and treatment options, how to track symptoms and medications, breathing techniques to improve oxygen intake, strategies for healthy nutrition and gentle exercise and what to eat and what to avoid, with lists of key COPD foods.



A GUIDE FOR PEOPLE WITH CHRONIC LUNG DISEASE

Steven M. Koenig and Peggy Innocenti. Atlanta: Pritchett & Hull Associates, 2015, 80 p.

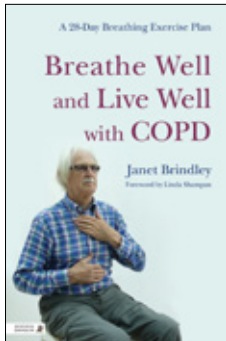
This book is a teaching tool for people with COPD. It provides options for people who may feel that they have very few choices with their current condition and helps them cope with their disease by providing important facts as well as emotional support and encouragement. It also provides step-by-step instructions for performing controlled coughing and pursed lip breathing, as well as other important techniques and information on different medicines and therapies, including using an oxygen concentrator and aerosol therapy.



COPD: ANSWERS TO YOUR QUESTIONS

Donald A. Mahler. Minneapolis: Two Harbors Press, 2015, 95 p.

This book provides answers to questions that are frequently asked by those who have COPD – and their families. Written in simple “question and answer” format and based on real-life scenarios, this book provides evidence-based information about how best to meet the challenges of living with COPD.

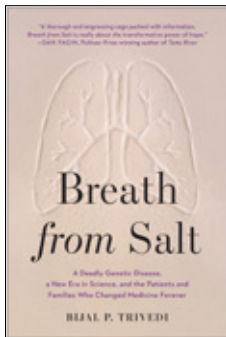


BREATHE WELL AND LIVE WELL WITH COPD

Janet Brindley. London: Singing Dragon, 2013, 96 p.

This is a short, practical and illustrated guide to using a particular set of breathing exercises, the Buteyko Method, which can lessen the effects of breathing difficulties caused by Chronic Obstructive Pulmonary Disease (COPD). They focus on relaxed, nasal, diaphragmatic breathing and are designed to work alongside conventional medical care.

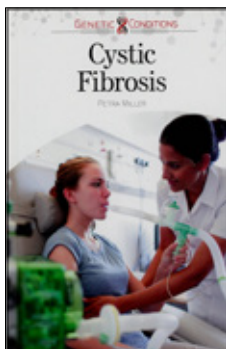
Cystic fibrosis



BREATH FROM SALT: A DEADLY GENETIC DISEASE, A NEW ERA IN SCIENCE, AND THE PATIENTS AND FAMILIES WHO CHANGED MEDICINE FOREVER

Bijal P. Trivedi. Dallas, TX: BenBella Books, inc., 2020, 558 p.

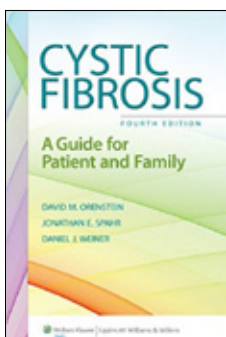
Science writer Bijal P. Trivedi gives a comprehensive look at cystic fibrosis, from its late 1930s discovery to the recent development of breakthrough treatments for 90% of patients, and the way treatments for the previously fatal disease are opening the door for curing other lifethreatening conditions.



CYSTIC FIBROSIS

Petra Miller. New York: Cavendish Square, 2016, 64 p.

This book discusses the history, symptoms, and genetic causes of cystic fibrosis and examines current scientific research aimed at treating it.

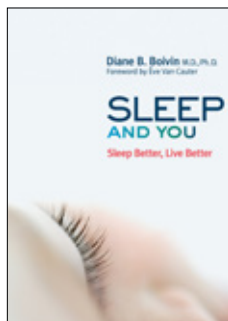


CYSTIC FIBROSIS: A GUIDE FOR PATIENT AND FAMILY

David M. Orenstein, Johnathan E. Spahr and Daniel J. Weiner. Philadelphia: Wolters Kluwer Health. 2012, 460 p.

This guide offers easy-to-understand explanations, advice, and management options for patients or parents of patients with cystic fibrosis. The book explains the disease process, outlines the fundamentals of diagnosing and screening, and addresses the challenges of treatment for those living with CF.

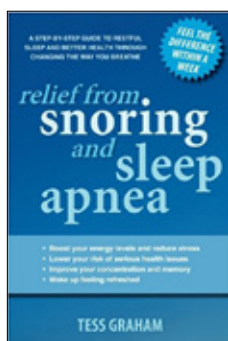
Sleep apnea



SLEEP AND YOU: SLEEP BETTER, LIVE BETTER

Diane B. Boivin. Toronto: Dundurn Press, 2014, 176 p.

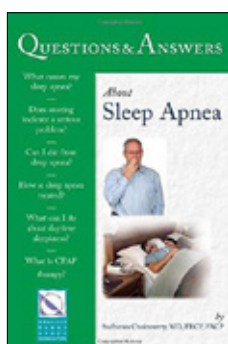
This guide explains why sleeping well is essential to good health. The author explains, in a clear and accessible way, the phenomena associated with sleep: our individual sleep needs; circadian rhythms and problems linked to our biological clocks; the links between insomnia, stress, and obesity; why those suffering from anxiety or depression can have trouble sleeping; snoring; sleep apnea; night terrors; and dreams, among others. This book includes a chapter on sleep apnea in particular.



RELIEF FROM SNORING AND SLEEP APNEA: A STEP-BY-STEP GUIDE TO RESTFUL SLEEP AND BETTER HEALTH THROUGH CHANGING THE WAY YOU BREATHE

Tess Graham. North Charleston: CreateSpace, 2014, 235 p.

This book, written by a qualified and experienced physiotherapist, outlines a simple, rational explanation for what is making you snore and have sleep apnea, shows you how to identify what faulty breathing patterns you have and teaches you how to change them, step-by-step, to a more normal breathing pattern.

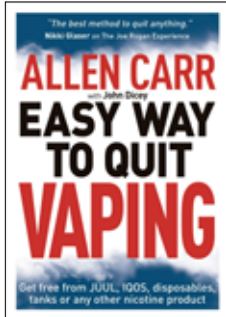


QUESTIONS & ANSWERS ABOUT SLEEP APNEA

Sudhansu Chokroverty. Sudbury: Jones and Bartlett Publishers, 2008, 112 p.

Including both the doctor's and patient's views, this book provides authoritative, practical answers to your questions about treatment options and post-treatment quality of life and provides sources of support.

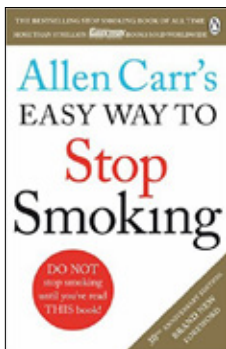
Healthy living



EASY WAY TO QUIT VAPING

Allen Carr, with John Dicey. London: Sirius, 2021, 285 p.

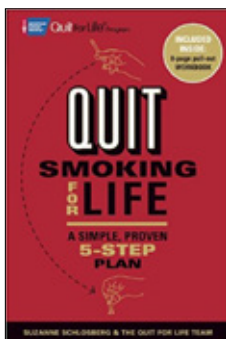
First used as an internationally renowned and incredibly successful stop-smoking method, this cutting-edge approach now addresses the fastest-growing nicotine delivery system in the world: vaping. The Easyway method tackles addiction from an entirely different angle. Rather than employing scare-tactics and enforcing painful restrictions on your vaping habits, it unravels the cognitive brainwashing behind your addictive behavior. In this way, it removes the desire to vape altogether. Whether you use e-cigarettes, JUUL, tanks or pens, or any kind of mod or pod, this method is for you.



ALLEN CARR'S EASY WAY TO STOP SMOKING: BE A HAPPY NON-SMOKER FOR THE REST OF YOUR LIFE

Allen Carr. London: Penguin Books, 2015, 218 p.

This book explains in commonsense language how to free yourself from the “nicotine trap” without having to use willpower, without gaining weight and without any withdrawal pangs.

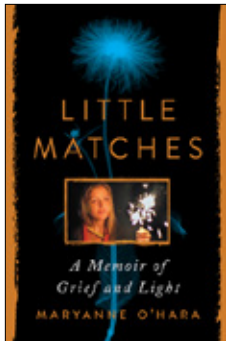


QUIT SMOKING FOR LIFE: A SIMPLE, PROVEN 5-STEP PLAN

Suzanne Schlosberg. Pasadena: Raymond Press, 2014, 223 p.

This book provides straight forward instructions for a five-step plan to quit smoking that is backed by the American Cancer Society.

LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



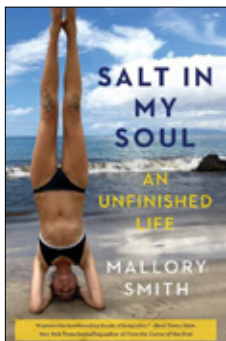
LITTLE MATCHES: A MEMOIR OF GRIEF AND LIGHT

Maryanne O'Hara. New York: HarperOne, an imprint of HarperCollins Publishers, 2021, 150 p.

When their only child was diagnosed with cystic fibrosis at the age of two, O'Hara and her husband were told that Caitlin could live a long life or be dead in a matter of months. Thirty-one years later, Caitlin lost her battle with this devastating disease following an excruciating two-year wait on the transplant list and a last-minute race to locate a pair of healthy lungs. Left in an existential crisis, O'Hara began to notice signs—poignant, persistent synchronicities that seemed to lean toward proof of Caitlin's enduring presence. Her book is a reflection on life and death, motherhood, the pain of chronic uncertainty, and finding inspiration in the unexpected sparks that light our way through the darkness.



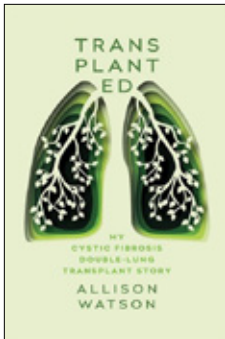
Also available on prenumerique.ca



SALT IN MY SOUL: AN UNFINISHED LIFE

Mallory Smith. New York: Spiegel & Grau, 2019, 303 p.

The diaries of a remarkable young woman who was determined to live a meaningful and happy life despite her struggle with cystic fibrosis and a rare superbug – from age fifteen to her death at the age of twenty-five.



TRANSPLANTED: MY CYSTIC FIBROSIS DOUBLE-LUNG TRANSPLANT STORY

Allison Watson. Halifax: Nimbus Publishing, 2019, 232 p.

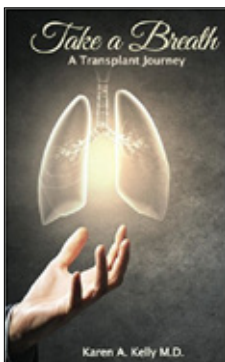
When Allison Watson awoke that day, she knew she was in a hospital bed. That's all. She had no idea how much time had passed since she had seen her family. When she tried to focus, her vision was blurry, and when she tried to wave someone down, she became so exhausted she thought she was dying. Hours later, when Watson was able to communicate, she asked a nurse if the news was good or bad. "It's good news," the nurse replied. "You had your lung transplant four days ago." About 4,100 people in Canada have cystic fibrosis, and many are living longer today, thanks, in part, to transplants. CF mainly affects the digestive system and lungs, and there is no cure. In this candid memoir, Watson describes living with the disease and her life-altering surgery in 2014.



SAVING SARAH

Janet Murnaghan. New York: St. Martin's Press, 2018, 246 p.

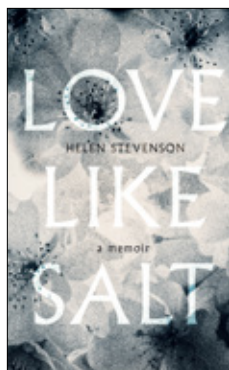
When her daughter desperately needed a lung transplant to survive, Janet Murnaghan rallied against the outdated restrictions in healthcare that would limit her daughter's options. The injustice of her daughter's fate spurred Janet to start a public battle against outdated health care regulations and a battle to save Sarah's life.



TAKE A BREATH: A TRANSPLANT JOURNEY

Karen A. Kelly. Richter Publishing, 2016, 119 p.

In this true story, Dr. Karen A. Kelly shares her husband's journey through a life-saving lung transplant following a diagnosis of idiopathic pulmonary fibrosis. Learning about his courageous battle can help any patient or caregiver understand the extensive responsibilities required for a successful organ transplant. As a pediatrician, Dr. Kelly found herself in a different role as caretaker not as provider. Her experience highlights the vital importance of taking care of oneself in order to adequately care for a sick loved one. She also stresses the importance of stopping: to rest, to take a deep breath, to laugh, and to rejuvenate.



LOVE LIKE SALT: A MEMOIR

Helen Stevenson. London: Virago, 2016, 289 p.

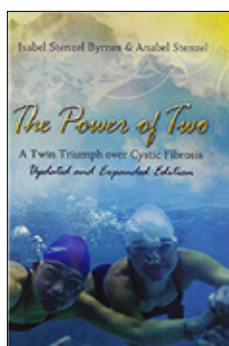
“Did Clara taste salty when I kissed her? She did. She tasted of mermaids, of the sea.” This deeply affecting memoir is about mothers and daughters, music and illness, genes and inheritance, writing and storytelling. It is about creating joy from the hand you’ve been dealt and following its lead – in this case to rural France, where the author and her family lived for seven years.



BREATHING ROOM

Beth Gobeil. Regina: Hagios Press, 2015, 79 p.

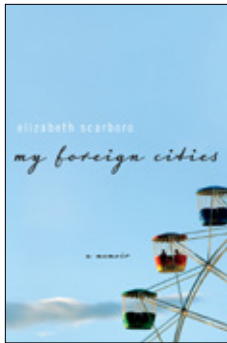
This book of poetry is a mother’s story, a son’s story and the story of a family’s journey through cystic fibrosis. *Breathing Room* begins at the point Beth Gobeil’s son Donovan is diagnosed with cystic fibrosis. Through her compelling narrative poems she provides striking insights as a family struggles with illness and imminent loss. Then a crisis takes a turn that casts new light on a moving journey and how a single life can make us all stronger – more human.



THE POWER OF TWO: A TWIN TRIUMPH OVER CYSTIC FIBROSIS

Izabel Stenzel Byrnes and Anabel Stenzel. Columbia: University of Missouri Press, 2014, 341 p.

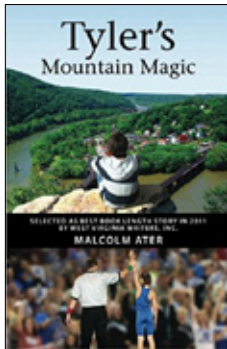
Born in 1972, twins who share this life-threatening disease give an honest portrayal of their struggle to live normal lives, their interdependence, day-to-day health care, the impact of chronic illness on marriage and family, and the importance of a support network to continuing survival.



MY FOREIGN CITIES

Elizabeth Scarborough. New York: Liveright Publishing, 2013, 269 p.

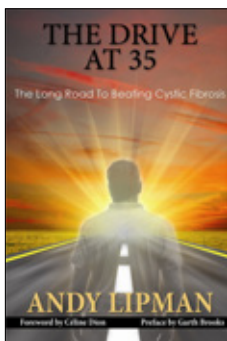
When she was just seventeen, independent and ambitious Elizabeth Scarborough fell in love with irreverent and irresistible Stephen. She knew he had cystic fibrosis, that he was expected to live only until the age of thirty or so, and that soon she'd have a choice to make. She could set out to travel, date, and lead the adventurous life she'd imagined, or she could be with Stephen, who came with an urgency of his own. In choosing him, Scarborough embraced another kind of adventure – simultaneously joyous and heartrending – staying with Stephen and building a life in the ten years they'd have together. The illness would be present in the background of their lives and then evermore insistently in the foreground. Scarborough tells her story of fierce love and its limitations.



TYLER'S MOUNTAIN MAGIC

Malcolm Ater. Shepherdstown: Blue Ridge Mountain Books, 2011, 224 p.

This novel is based on a true story about a boy from Harpers Ferry with cystic fibrosis and the most magical sports ride in West Virginia history.

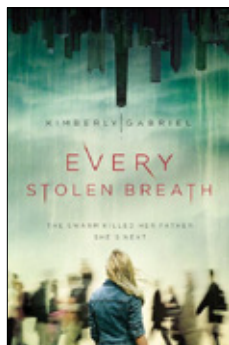


THE DRIVE AT 35: THE LONG ROAD TO BEATING CYSTIC FIBROSIS

Andy Lipman. Nashville: Dunham Books, 2011, 240 p.

This is an inspiring account of life with cystic fibrosis and the candid story of a young man finding his way in the world, despite great challenges. This is the story of a person with hopes and dreams, just like everyone else, who must also deal with extraordinary circumstances.

NOVELS



EVERY STOLEN BREATH

Kimberly Gabriel. Grand Rapids: Blink, 2019, 336 p.

As the city of Chicago tries to recover from the violent gang rule of the Death Mob, Lia Finch, a sixteen-year-old girl with severe asthma, works with an unexpected network of strangers to discover the truth behind her father's murder.



ASTHMATICA

Jon Paul Fiorentino. London: Insomniac Press, 2015, 137 p.

Asthmatica is the debut collection of short fiction by Jon Paul Fiorentino. A young man finds true love in a household appliance; a wise aunt teaches her nephew how to drive drunk; two juvenile delinquents stalk the milkman; an angst-ridden asthmatic makes an urgent plea to be your alpha male.



THREE AMAZING THINGS ABOUT YOU

Jill Mansell. London: Headline Review, 2015, 378 p.

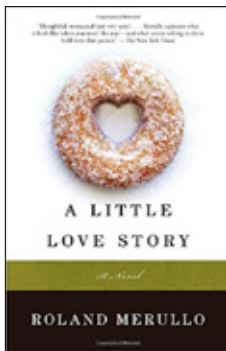
Tasha, Hallie and Flo live in the UK; they don't know each other. Hallie is a cystic fibrosis patient waiting for a lung transplant. Flo likes Zander, but his sister doesn't approve of the relationship. Tasha's new boyfriend is the adventurous type – maybe too adventurous. As their lives gradually entwine there is tragedy and joy; heartbreak and hope. And from loss comes life and new beginnings, friends and families.



FINDING HOME: A NOVEL

Melanie Rose. New York: Bantam Books, 2011, 407 p.

When a car crash during a blizzard leaves a woman stranded in the New England country with no memory, she's taken in by a banker whose adorable young daughter has cystic fibrosis – and hasn't spoken since her sister died and her mother disappeared two years ago.



A LITTLE LOVE STORY: A NOVEL

Roland Merullo. New York: Vintage, 2006, 288 p.

Jake Entwhistle is smart and handsome, but living with a shadow over his romantic history. Janet Rossi is a bright, witty aide to the governor of Massachusetts, but Janet suffers from an illness that makes her, as she puts it, “not exactly a good long-term investment.” After meeting by accident late one night, they begin a love affair filled with humor, startling intimacy, and a deep, abiding connection.



EMPHYSEMA: A LOVE STORY

Janet Munsil. Winnipeg: Signature Editions, 2000.

In 1978, bad-boy British theatre critic Kenneth Tynan interviews his screen idol – the silent film siren Louise Brooks – now 71 and living in Rochester, NY. Their meetings form a kind of romance between two sensualists, overseen by the spirit of the amoral Lulu.

COMICS



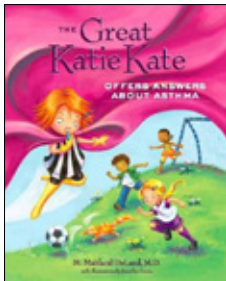
THINGS TO DO IN A RETIREMENT HOME TRAILER PARK: WHEN YOU'RE 29 AND UNEMPLOYED

Aneurin Wright. Brighton: Myriad Editions, 2012, 320 p.

In this graphic novel, the author documents his reconciliation with his father, dying of emphysema, as he cares for him in hospice.

YOUTH LITERATURE

Asthma

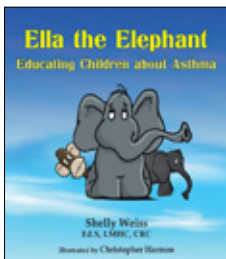


AGES 4 TO 8

THE GREAT KATIE KATE OFFERS ANSWERS ABOUT ASTHMA

M. Maitland DeLand and Jennifer Zivoin (ill.). Austin: Greenleaf Book Group, 2014, 30 p.

When Julie, Andrew, and Claire have trouble breathing, they worry about what is going on with their bodies. As they sit together in the allergist's office, the Great Katie Kate swoops in and takes them on a journey of discovery through the human body as she explains the nature and treatment of asthma and allergies. Along the way, the youngsters learn about their condition and its triggers and cause the Worry Wombat to disappear.

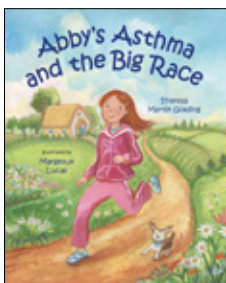


AGES 4 TO 8

ELLA THE ELEPHANT: EDUCATING CHILDREN ABOUT ASTHMA

Shelly Weiss. Wilkes-Barre: ChildsWork ChildsPlay, 2013, 16 p.

This story explains asthma in kid-friendly language, demystifying perceived differences to readers so they can comfortably and freely interact with others who are unlike themselves without fearing the unknown. This book includes discussion questions for children who have asthma as well as discussion questions for children who do not.

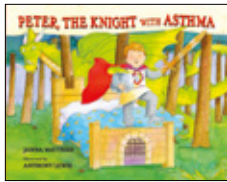


AGES 4 TO 8

ABBY'S ASTHMA AND THE BIG RACE

Theresa Martin Golding and Margeaux Lucas (ill.). Park Ridge: Albert Whitman & Company, 2009, 32 p.

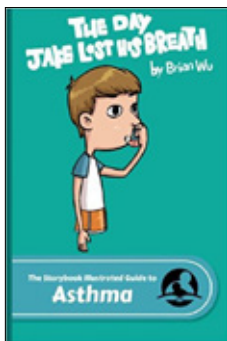
Abby has asthma, but that doesn't stop her from wanting to run in the big race. Although she is pretty fast, sometimes she may cough or wheeze and have an asthma attack. Jason, a boy in her class, teases her about her asthma and suggests she enter the pie-eating contest instead. But Abby is determined not only to run in the race, but to win it as well. With her doctor's approval and recommendations, she exercises every day with her father, takes her medicine, and does her breathing exercises in anticipation of the big day. When that day arrives, Abby is ready. Will she beat Jason to the finish line? A note about exercising with asthma appears at the end of the book.

**AGES 4 TO 8**

PETER, THE KNIGHT WITH ASTHMA

Janna Matthies and Anthony Lewis (ill.). Park Ridge: Albert Whitman & Company, 2009, 24 p.

Brave Peter, a young knight, stands on the lookout, protecting the castle. A ferocious dragon creeps out of the woods! Brave Peter charges after him – until wheeze, wheeze, sputter, sputter – it's time for My Lady, his mother, to bring the rescue inhaler. Soon a trip to the doctor follows, and Brave Peter learns how to manage his asthma and keep fit for fighting dragons.

**AGES 5 TO 9**

THE STORYBOOK ILLUSTRATED GUIDE TO ASTHMA: THE DAY JAKE LOST HIS BREATH

Brian W. Wu. San Bernardino: SiGuides, 2014, 46 p.

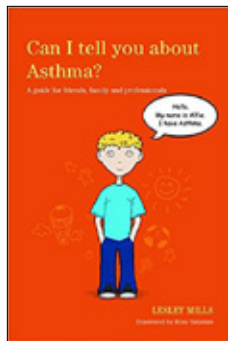
While Jake is playing with his friends, he begins to have difficulties when breathing and is whisked away to the emergency room. He is diagnosed with asthma, as so many children are today, and must learn all about the condition and how to take care of himself. This guide allows children to learn about asthma through a kid-friendly, entertaining story.

**AGES 7 TO 10**

ASTHMA AND ALLERGIES

Joanna Brundle. New York: Greenhaven Publishing, 2021, 24 p.

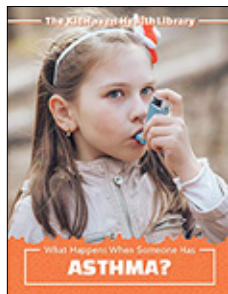
Asthma and allergies are very common childhood ailments. Sometimes, kids grow out of them, but others might have very serious situations occur before that happens, if it happens at all. In this book, readers are introduced to what causes asthma and allergies and what to look for if they or a friend is experiencing them. Helpful diagrams and labels on full-color photographs complement the age-appropriate explanations and directions given to young readers, who will be ready to act should someone around them have a serious health situation arise.

**AGES 7+**

CAN I TELL YOU ABOUT ASTHMA? A GUIDE FOR FRIENDS, FAMILY AND PROFESSIONALS

Lesley Mills and Rosy Salaman (ill.). London: Jessica Kingsley, 2012, 54 p.

Meet Alfie – a young boy with asthma. Alfie invites readers to learn about asthma from his perspective, describing how it feels to have an asthma attack and what the common triggers are. He talks about the challenges of having asthma and how important it is that his friends and the people around him can recognize the signs when he starts feeling short of breath and know how to help. Alfie also gives simple instructions on using asthma inhalers and other medical treatments.

**AGES 8 TO 11**

WHAT HAPPENS WHEN SOMEONE HAS ASTHMA?

Katie Kawa. New York: KidHaven Publishing, 2020, 32 p.

An asthma attack can be a frightening thing to experience or to witness, but knowing the facts about asthma can help people prepare themselves as thoroughly as possible. These facts include detailed information about what causes asthma and what can be done to treat it, which readers learn through exploring detailed main text, sidebars, and graphic organizers. Readers discover that people with asthma can still lead active and exciting lives, which helps to erase the stigma surrounding this medical condition.

**AGES 10 TO 14**

WHAT'S UP WITH TIM? MEDIKIDZ EXPLAIN SEVERE ASTHMA

Kim Chilman-Blair and Shawn DeLoache. New York: Medikidz, 2012, 32 p.

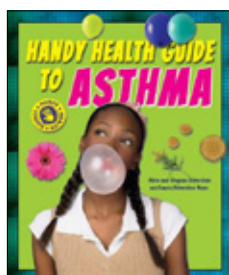
Tim has just come home from hospital, where he has been many times recently. He is trying to sneak out to see his friends when his mum catches him! Tim does not understand why his asthma keeps coming back, stopping him from doing the things he enjoys. The Medikidz come to the rescue and whisk him off on an exciting adventure to Mediland, a planet shaped like the human body, where he gets to find out all about the lungs and asthma. Join Tim inside the lungs where he learns what happens in these organs that can trigger an asthma attack. Along the way he meets the oversensitive immune system army defending his body, and by the end of Tim's visit he knows just how to be prepared for the next attack.

**AGES 10 TO 14**

WHAT'S UP WITH MAX? MEDIKIDZ EXPLAIN ASTHMA

Kim Chilman-Blair and John Taddeo. New York: Rosen Pub Group, 2010, 48 p.

Join the Medikidz on an attention-grabbing tour of Mediland to learn all about asthma.

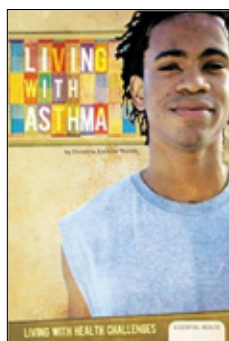
**AGES 10+**

HANDY HEALTH GUIDE TO ASTHMA

Alvin Silverstein, Virginia Silverstein and Laura Silverstein Nunn.

Berkeley Heights: Enslow Publishers, 2013, 48 p.

An overview of asthma for children in grades 5 and up. Find out what asthma is, what triggers attacks, and how to treat and prevent asthma attacks.

**AGES 11 TO 18**

LIVING WITH ASTHMA

Christine Zuchora-Walske. Minneapolis: ABDO Publishing Company, 2014, 112 p.

This book features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with asthma during adolescence. Topics include causes and risk factors, complications, tests and diagnosis, treatment methods, coping strategies, and giving and getting support. Throughout the book, "Ask Yourself This Question" encourage discussion.



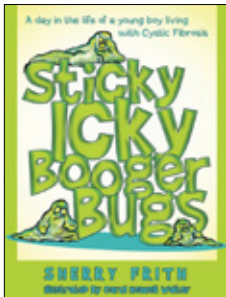
AGES 13+

ACNE, ASTHMA, AND OTHER SIGNS YOU MIGHT BE HALF DRAGON

Rena Rocford. Reston: Curiosity Quills Press, 2015, 228 p.

Allyson fights acne, not trolls. As an inhaler-carrying member of the asthma society, she just wants to meet the father who turned her mother into a paranoid, move-across-the-nation freak. Now she's trying to fit in at yet another school, but for the first time in her life, she has a best friend, Beth. When Allyson accidentally spits fire at kidnappers in the mall, she realizes why her father isn't in the picture: she's half dragon. Her acne? Emerging scales. Her asthma? The side effects of her dragon's fire breath. Instead of freaking out, unflappable Beth reveals her own troll heritage and explains how things work with the supernatural creatures hiding within the modern world of smartphones and skyscrapers.

Cystic Fibrosis

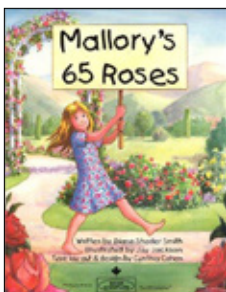


AGES 4 TO 8

STICKY ICKY BOOGER BUGS

Sherry Frith and Carol Newell Walter (ill). Bloomington: Archway, 2013, 34 p.

This is the tale of a boy's battle with cystic fibrosis as he attempts to avoid the hospital. Kory is just like any other child. He loves recess, playing soccer and exploring his neighborhood with his best friend. With every puff, cough, and sneeze, Kory keeps the sticky icky booger bugs away so he can have fun every day!



AGES 4 TO 8

MALLORY'S 65 ROSES

Diane Shader Smith and Jay Jackson. Beverly Hills: D.S. Smith, 1997, 22 p.

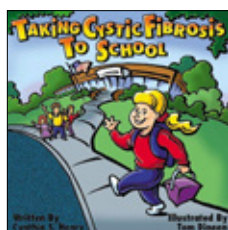
Mallory explains how she and her family cope with her cystic fibrosis, a disease of the lungs, that is sometimes more easily pronounced as "65 roses."

**AGES 4+**

CHARLIE AND ME

Kathryn Archambault and William E. Hamilton (ill.). Edina: Beaver's Pond Press, 2011, 32 p.

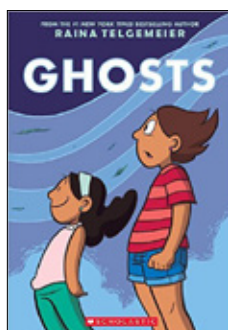
The heartwarming true story of Charlie, a boy who was born with cystic fibrosis, and his best friend Kathryn.

**AGES 5+**

TAKING CYSTIC FIBROSIS TO SCHOOL

Cynthia S. Henry and Tom Dineen. Valley Park: JayJo Books, 2000, 33 p.

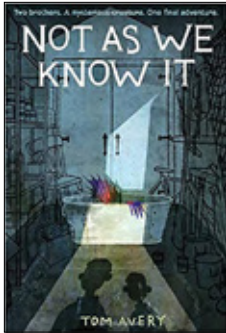
Even though Jessie has cystic fibrosis, she can still attend school and do many of the same things as her classmates. Written from Jessie's perspective, this book explains and educates her classmates about her condition. Designed to help kids better understand their classmates with cystic fibrosis, this picture book also educates families, teachers, school nurses, parents, and caregivers. A quiz for kids and tips for teachers are included.

**AGES 8 TO 12**

GHOSTS

Raina Telgemeier and Braden Lamb (ill.). New York: Graphix, 2016, 232 p.

Catrina and her family are moving to the coast of Northern California because her little sister, Maya, is sick. Cat isn't happy about leaving her friends for Bahía de la Luna, but Maya has cystic fibrosis and will benefit from the cool, salty air that blows in from the sea. As the girls explore their new home, a neighbor lets them in on a secret: There are ghosts in Bahía de la Luna. Maya is determined to meet one, but Cat wants nothing to do with them. As the time of year when ghosts reunite with their loved ones' approaches, Cat must figure out how to put aside her fears for her sister's sake – and her own.

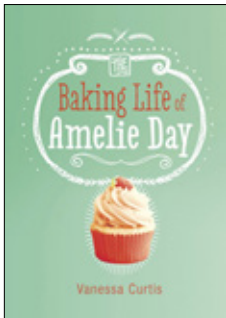


AGES 9 TO 12

NOT AS WE KNOW IT

Tom Avery. New York: Schwartz & Wade Books, 2016, 159 p.

Twins Jamie and Ned do everything together, from watching their favorite show, *Star Trek*, to riding their bikes, to beachcombing after a storm. But Ned is sick with cystic fibrosis, and he may someday leave Jamie behind. One day the boys find a strange animal on the beach: smooth flesh on one end, scales at the other, and short arms and legs with long webbed fingers and toes. Could it be a merman, like in the old stories Granddad tells? Together, the boys name the creature Leonard and decide to hide him in a tub in their garage. But... why is Leonard here? Jamie hopes he might bring some miracle that will stop his brother from going where he can no longer follow. But Ned, who grows closer to Leonard every day, doesn't seem to be getting any better.

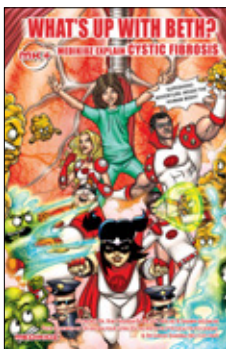


AGES 9 TO 12

THE BAKING LIFE OF AMELIE DAY

Vanessa Curtis and Jane Eccles (ill.). North Mankato: Capstone Pr Inc, 2015, 163 p.

Thirteen-year-old Amelie Day loves to bake, so she is thrilled to be invited to compete in the Best Teen Baker of the Year Contest, and she is determined not to let her steadily worsening cystic fibrosis get in the way, even if it means lying to her parents, and catching a train to New York on her own – but when her friend is hit by a van trying to follow her, she is devastated.



AGES 10 TO 14

WHAT'S UP WITH BETH? MEDIKIDZ EXPLAIN CYSTIC FIBROSIS

Kim Chilman-Blair and Shawn DeLoache. New York: Medikidz, 2011, 32 p.

Beth doesn't understand why she always seems to have a lung infection, and is upset that being unwell is taking over her life – most especially when she has to miss her very best friend's birthday party. Luckily the Medikidz are on the case and whisk Beth on a trip to Mediland in order to teach her all the facts about Cystic Fibrosis – what causes the condition and how she can cope with it so that she can get on with what she likes.

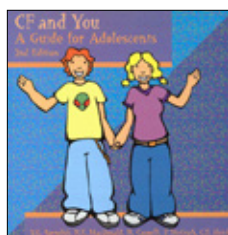


AGES 12+

FIVE FEET APART

Rachael Lippincott, Mikki Daughtry and Tobias Iaconis. New York: Simon & Schuster BFYR, 2018, 281 p.

Stella and Will both suffer from cystic fibrosis. Being together means they could pass an infection. Stella is waiting for a lung transplant; Will is on a clinical drug trial. The only way to stay alive is to stay apart.

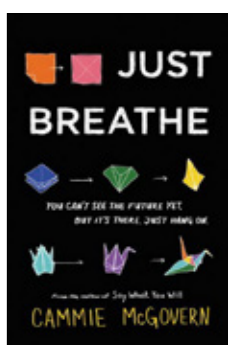


AGES 13 TO 18

CYSTIC FIBROSIS AND YOU: A GUIDE FOR ADOLESCENTS

Y.G. Korneluk. Montreal: McGill-Queen's University Press, 2014, 64 p.

Developed with the help of adolescents with cystic fibrosis (CF) and CF health care providers, this book provides medical and practical information about personal concerns of teens with CF. It gives sensible advice for dealing with CF clinic staff, coping with school physiotherapy, and discussing CF with friends and family. It also tackles issues such as sexuality and personal relationships unique to people with CF. Also included is a section dealing with the transition to adult CF clinic care.

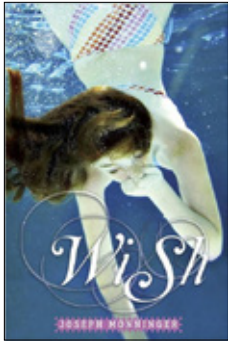


AGES 14 TO 17

JUST BREATHE

Cammie McGovern. New York: Harperteen, 2020, 338 p.

David Scheinman is the popular president of his senior class, battling cystic fibrosis. Jamie Turner is a quiet sophomore, struggling with depression. The pair soon realizes that they're able to be more themselves with each other than they can be with anyone else, and their unlikely friendship starts to turn into something so much more. But neither Jamie nor David can bring themselves to reveal the secrets that weigh most heavily on their hearts – and their time for honesty may be running out.



AGES 14 TO 17

WISH**Joseph Monninger.** New York: Delacorte Press, 2010, 193 p.

While trying to help her eleven-year-old brother who suffers from cystic fibrosis get his greatest wish, fifteen-year-old Bee discovers that she has some special wishes of her own.

Sleep apnea



AGES 4 TO 8

MY DADDY SNORES**Nancy Rothstein.** New York: Scholastic, 2004, 32 p.

Each night when daddy snores, the walls rattle, the floor shakes, and no one gets any rest! How will this family ever get a good night's sleep? Also included is helpful information about snoring and sleep apnea.



AGES 10 TO 14

MEDIKIDZ EXPLAIN SLEEP APNEA**Kim Chilman-Blair and Shawn DeLoache.** New York: Rosen Central, 2010, 40 p.

Join superheroes the Medikidz as they travel inside the human body to explain obstructive sleep apnea.

FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF
DVDS AND BLU-RAYS THAT CAN BE BORROWED.
THEY ALSO OFFER ONLINE ACCESS TO MOVIES,
SERIES AND PROGRAMS. CHECK WITH YOUR
LOCAL LIBRARY.

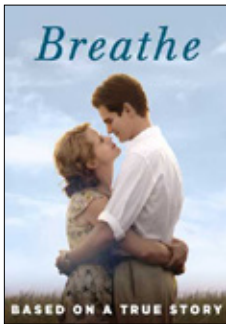
FICTION

**G**

FIVE FEET APART

Justin Baldoni. 2019, 116 min.

Drama and Romance (Canada). A pair of teenagers with cystic fibrosis meet in a hospital and fall in love, though their disease means they must avoid close physical contact.

**G**

BREATHE

Jonathan Cavendish. 2017, 117 min.

Biographical drama (United Kingdom). The true love story of Robin and Diana Cavendish, an adventurous couple who refuse to give up in the face of a devastating disease.

**G**

THE FAULT IN OUR STARS

Josh Boone. 2014, 126 min.

Drama (United States). Hazel and Gus are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them on an unforgettable journey. Their relationship is all the more miraculous, given that they met and fell in love at a cancer support group.



FOREVERLAND

Maxwell McGuire. 2011, 93 min.

Drama (Canada). A young man with cystic fibrosis is given the task of taking his friend's ashes to a shrine in Mexico. He is joined by his late friend's sister as they adventure down the Pacific Coast Highway to the healing shrine.



OXYGEN

Hans Van Nuffel. 2010, 98 min.

Drama (Belgium). Tom and his brother Lucas are young men who suffer from cystic fibrosis, a genetic disease that slowly destroys their lungs. When Tom's brother Lucas dies during lung transplantation surgery, Tom is inconsolable. He seeks refuge among his rough friends, avoids Xavier and breaks up with Eline. But one day, he again crosses Xavier's path who gives him back his taste for life...



ASTHMA TECH

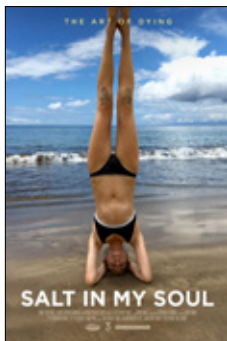
Jonathan Ng, National Film Board of Canada. 2006, 7 min.

Online: www.nfb.ca/film/asthma_tech/

Animation (Canada). In this animated short, young Winston, who suffers from chronic asthma, isn't able to participate in the everyday activities of his peers and classmates. He copes with the predicament through his vivid imagination, with paper and crayons. On one particularly rainy afternoon, Winston discovers that the magic of imagination has the power to transform and empower, and his skills and talents save the day.

DOCUMENTARIES

General



SALT IN MY SOUL

Will Battersby. 2021, 96 min.

Based on Mallory Smith's posthumously published memoir of the same name, *Salt In My Soul* offers a rare look inside the mind of a young woman trying to live fully while dying. Diagnosed with cystic fibrosis at the age of 3, Mallory turned to a secret diary to record her inner thoughts. Using that treasure trove of writing, and hours of audio and video discovered after her untimely death, the film is a classic coming of age story about choosing to live mindfully and joyously in the face of immense struggle.



CLEAR THE AIR: OPENING UP ABOUT COPD

Abbey LeVine. 2017, 25 min.

Online: https://www.youtube.com/watch?v=_rZ-kWk9PU4

This documentary presents the compelling stories of three people who are living with chronic obstructive pulmonary disease (COPD), a debilitating lung disease that affects more than 15 million Americans and is the third leading cause of death in the United States.



SICKBOY

Andrew MacCormack. 2017, 44 min 12 s.

Online: <https://gem.cbc.ca/cbc-docs-pov/s01e04>

Follow 29-year-old yoga instructor Jeremie Saunders as he lives openly with cystic fibrosis (CF) and looks for ways to remove the stigma attached to chronic illness and disease. Jeremie has grown up in Halifax dealing with CF, with a daily routine that involves using an atomizer and taking dozens of prescription pills. But he keeps a positive outlook and chooses to openly talk about his disease and its challenges. The film traces the efforts by him and his two closest friends, Brian Stever and Taylor MacGillivray, to create SICKBOY, an irreverent Internet radio podcast aimed at changing the way people view serious illness like cancer, depression and epilepsy.



SINK OR SWIM

Michael Cameneti. 2017, 18 min.

Online: <https://vimeo.com/209478724>

70,000 people worldwide have Cystic Fibrosis. Over 100 people die each year from the disease. While most choose to live life in solitude, there are some who choose to live every day like it's their last regardless of the circumstances. This is Devin's inspiring story of hope and survival.

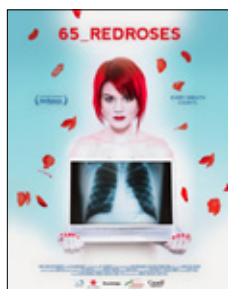


THREE LIVES

Olivia Prinzi. 2016, 12 min.

Online: <https://vimeo.com/197568874>

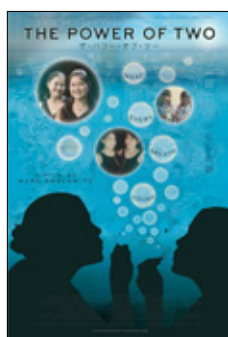
At the surface, *Three Lives* is a short documentary about the lifestyles of three individuals diagnosed with cystic fibrosis. Much deeper, it's a relatable metaphor to the dichotomy of life and its connection to the meaning of a breath. At its core, the film seeks to explore the essence of life (pain versus pleasure) where cystic fibrosis is a means of just emphasizing the pain we all go through.



65_REDROSES

Philip Lyall and Nimisha Mukerji. 2012, 72 min.

This feature documentary takes an unflinching look into the life of Eva Markvoort as she battles Cystic Fibrosis, a fatal genetic disease. At 23, Eva needs a double lung transplant to live. The film follows her journey to transplant and examines the connections Eva has made online with two other young women struggling with the same disease.



THE POWER OF TWO: TWIN SISTERS, TWO CULTURES, & TWO NEW CHANCES AT LIFE

Marc Smolowitz. 2011, 94 min.

This film offers an intimate portrayal of the bond between half-Japanese twin sisters Anabel Stenzel and Isabel Stenzel Byrnes, their battle with the fatal genetic disease cystic fibrosis and miraculous survival through double lung transplants. Defying all odds, Ana and Isa have emerged as authors, athletes and global advocates for organ donation, and their connection to the CF and transplant communities provides rare insight into the struggles, and overlooked joys, of chronic illness.

TAKING PART IN ONE'S HEALTH CARE

This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

WHAT DOES PATIENT-AS-PARTNER MEAN?

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

ORGANIZATIONS AND ASSOCIATIONS

General

CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)

Phone 514 890-8000, ext. 15488
Website <https://ceppp.ca/en/>

The CEP PP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

HEALTHCARE EXCELLENCE CANADA

Toll free 1-866-421-6933
Website <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

Legal information

CHAMBRE DES NOTAIRES DU QUÉBEC

Phone 514 879-1793
Toll free 1 800 263-1793
Website www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

CONSEIL POUR LA PROTECTION DES MALADES

Phone 514 861-5922
Toll free 1 877 276-2433
Website <http://cpm.qc.ca/en/home/>

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

CURATEUR PUBLIC DU QUÉBEC

Phone 514 873-4074
Toll free 1 844 532-8728
Website quebec.ca/en/government/departments-and-agencies/curateur-public

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Toll free 1 877 767-2227
Website <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

PROTECTEUR DU CITOYEN

Toll free 1 800 463-5070
Website <https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone 514 436-3744
Website www.rpcu.qc.ca/en/

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

INTERNET RESOURCES

General

CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

CHOOSING WISELY CANADA

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

COLLÈGE DES MÉDECINS DU QUÉBEC

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

GOVERNMENT OF CANADA

How older adults can use social media safely

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

GOVERNEMENT DU QUÉBEC

Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

Service Organization

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

HEALTHCARE EXCELLENCE CANADA

Engaging Patients in Patient Safety – a Canadian Guide

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

Patient, Family and Caregiver Engagement and Partnerships

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

Shift to Safety

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

**HEALTH CHARITIES COALITION OF CANADA –
“HOW TO” HEALTH GUIDE**

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

**HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR
HEALTH CARE**

https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

**INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA –
SAFEMEDICATIONUSE.CA**

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

MCGILL UNIVERSITY HEALTH CENTER**Patient Safety and Physical Restraints: What You Need to Know**

http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf

This booklet aims to help you understand physical restraints.

MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

ORDRE DES PHARMACIENS DU QUÉBEC – PROTECTION DU PUBLIC

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-proteger/>

The “Protection du public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

Legal information

COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSIBILITIES

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

ÉDUCALOI

Caregivers: Practical Legal Tools

www.educaloi.qc.ca/en/caregivers-practical-legal-tools

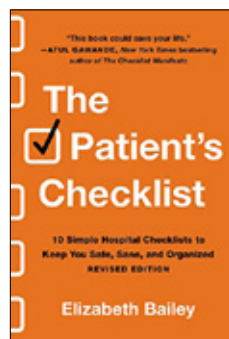
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

Health Topics

www.educaloi.qc.ca/en/categories/health

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

READING SUGGESTIONS



THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

Elizabeth Bailey. New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on prenumerique.ca



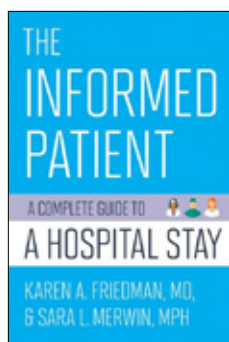
THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

Kenneth Brigham and Michael M.E. Johns. New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



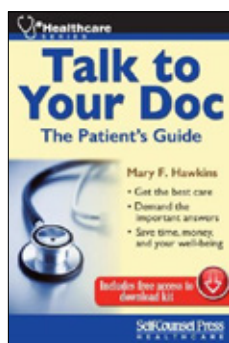
Also available on prenumerique.ca



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

Karen A. Friedman and Sara L. Merwin. Ithaca: ILR Press, 2017, 228 p.

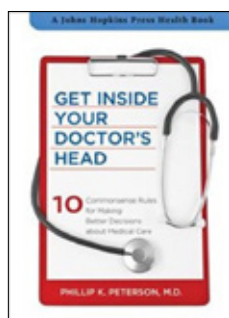
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



TALK TO YOUR DOC: THE PATIENT'S GUIDE

Mary Hawkins. North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

Phillip K. Peterson. Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.

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