



2023  
EDITION

# HEART DISEASE AND STROKE

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QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES

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 **Biblio-  
Santé**



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](http://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](http://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**



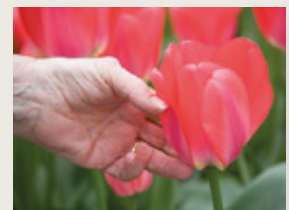
**INTELLECTUAL  
DISABILITY**



**MENTAL  
HEALTH**



**MULTIPLE  
SCLEROSIS**



**PARKINSON'S  
DISEASE**



**PHYSICAL  
DISABILITY**



**PULMONARY  
DISEASE**



**SENIORS  
AND AGING**

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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## General

### **ASSOCIATION QUÉBÉCOISE DES PERSONNES APHASIQUES (AQPA)**

**Phone** 514 277-5678  
**Website** <https://aphasie.ca/en/accueil/>

The Association offers a supportive organization for people with aphasia to promote their development and social integration. The section “Aphasia” of the website outlines the different types of aphasia.

### **HEART AND STROKE FOUNDATION OF CANADA**

**Toll free** 1 888 473-4636  
**Website** [www.heartandstroke.ca](http://www.heartandstroke.ca)

The Heart and Stroke Foundation’s mission is to prevent the disease, preserve life and foster recovery. On the website of the Foundation, sections of comprehensive information cover all aspects of heart disease, strokes, blood pressure, cardiopulmonary resuscitation, etc.

### **L'APPUI POUR LES PROCHES AIDANTS**

**Toll free** 1 855 852-7784  
**Website** [www.lappui.org/en](http://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.)

## **MONTREAL HEART INSTITUTE (MHI)**

**Phone** 514 376-3330  
**Toll free** 1 855 922-6387  
**Website** [www.icm-mhi.org/en](http://www.icm-mhi.org/en)

Affiliated with Université de Montréal, the Montreal Heart Institute is an ultra-specialized hospital centre dedicated to care, research, teaching, prevention, and the development and assessment of new technologies in cardiology. A section of the Institute website provides information for patients and visitors about the various cardiovascular diseases, medical examinations and treatments.

## **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.

# 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

### **CANADIAN STROKE BEST PRACTICES – RECOMMENDATIONS**

[www.strokebestpractices.ca/recommendations](http://www.strokebestpractices.ca/recommendations)

The *Canadian Stroke Best Practice Recommendations* are intended to provide up-to-date evidence-based guidelines for the prevention and management of stroke, and to promote optimal recovery and reintegration for people who have experienced stroke (patients, families, informal caregivers).

### **DIETITIANS OF CANADA – UNLOCKFOOD.CA**

<https://www.unlockfood.ca/en/default.aspx>

UnlockFood.ca website is an initiative of Dietitians of Canada. It offers you many resources about food planning and maintaining good eating habits. You will find a section devoted to heart health under the “Browse by Topic” tab.

### **GOVERNMENT OF CANADA**

#### **Health - Heart diseases and conditions**

<https://www.canada.ca/en/public-health/services/diseases/heart-health/heart-diseases-conditions.html>

This page contains plenty of information on heart disease, such as signs and symptoms, treatment and management, prevention, or health effects.

#### **Health Canada - Stroke**

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/stroke.html>

The web section *It's Your Health* is a joint publication produced by Health Canada and the Public Health Agency of Canada that provides information on a wide range of health and safety issues, including stroke.

## HEART AND STROKE FOUNDATION OF CANADA

### Stroke: Recovery and support

[www.heartandstroke.ca/stroke/recovery-and-support](http://www.heartandstroke.ca/stroke/recovery-and-support)

This section of the website offers valuable information and practical advice to people who have had a stroke. You will also find a guide for stroke survivors available for free download.

### A Family Guide to Pediatric Stroke

[www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-en.ashx](http://www.heartandstroke.ca/-/media/pdf-files/canada/other/a-family-guide-to-pediatric-stroke-en.ashx)

A 36-page guide designed to provide basic information about stroke and stroke care to families of children who have had a stroke.

## MEDLINEPLUS

### Heart diseases

<https://medlineplus.gov/heartdiseases.html>

Learn about the different types of heart diseases, and what you can do to try to prevent them.

### Stroke

<https://medlineplus.gov/stroke.html>

Strokes happen when blood flow to your brain stops. Within minutes, brain cells begin to die. Find out how stroke rehabilitation can help stroke survivors relearn skills they lose because of the damage.

## MONTREAL HEART INSTITUTE – CARDIOVASCULAR DISEASES

<https://www.icm-mhi.org/en/health-care-and-services/cardiovascular-diseases>

This section of the Institute's website presents fact sheets on some twenty cardiovascular diseases. You can find a short description of the disease, its symptoms, examinations required to establish a diagnosis, possible treatments and advices to prevent or live with this disease.

## **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.

## **QUEBEC SOCIETY OF VASCULAR SCIENCES (QSVS)**

<https://yourvascularhealth.ca/>

The QSVS is an interdisciplinary forum of health professionals whose mission is to improve and share the understanding of vascular diseases. Their web portal promotes vascular health by providing information on risk factors, such as obesity, smoking, exercise, diet, high blood pressure, diabetes, or high cholesterol.

## **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/>

# 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](http://www.canada.ca/en/services/health.html)

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

## **GOVERNEMENT DU QUÉBEC – HEALTH**

[www.quebec.ca/en/health/](http://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](http://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](http://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](http://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](http://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.

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# READING SUGGESTIONS

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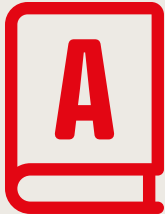
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ARE LOOKING FOR?

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

## Books available in different formats

Did you know that you can borrow books in different formats for free from your libraries?



### **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 [prenumerique.ca](http://prenumerique.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](http://pretnumerique.ca) platform.

On the [pretnumerique.ca](http://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](http://pretnumerique.ca)

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[Pretnumerique.ca](http://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.

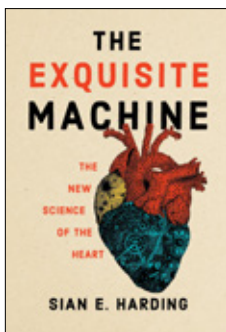
For help borrowing an eBook, visit the [Aide en ligne Prêt Numérique](#) page.

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

**Find out what your library has to offer!**

# NON-FICTION

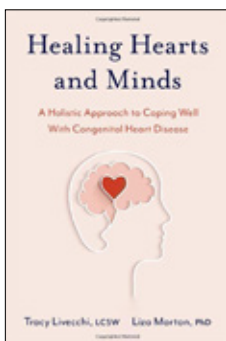
## General works



### **THE EXQUISITE MACHINE: THE NEW SCIENCE OF THE HEART**

**Sian E. Harding.** Cambridge, Massachusetts: The MIT Press, 2022, 232 p.

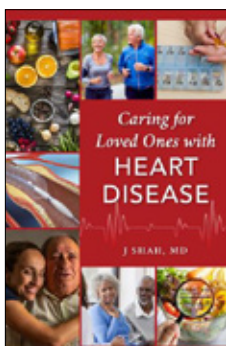
The author explores the relation between the emotions and heart function, reporting that the heart not only responds to our emotions, but it also creates them. The condition known as Broken Heart Syndrome, for example, is a real disorder that can follow bereavement or stress. *The Exquisite Machine* describes the evolutionary forces that have shaped the heart's response to damage, the astonishing rejuvenating power of stem cells, how we can avoid heart disease, and why it can be so hard to repair a damaged heart.



### **HEALING HEARTS AND MINDS: A HOLISTIC APPROACH TO COPING WELL WITH CONGENITAL HEART DISEASE**

**Tracy Livecchi and Liza Morton.** New York, NY: Oxford University Press, 2022, 304 p.

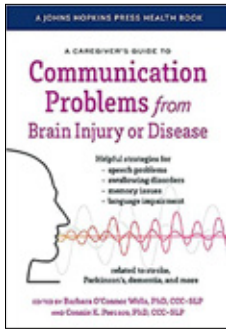
Liza Morton and Tracy Livecchi are both mental health professionals who have developed a specialty in working with clients who have chronic medical conditions, and they are both themselves living with CHD. In this book they set out to provide the resources and support they have been looking for their entire adult lives. While their personal stories are woven into the narrative, the book is focused on providing evidence-based coping and self-care skills for adults living with CHD.



### **CARING FOR LOVED ONES WITH HEART DISEASE**

**J Shah.** Lanham: Rowman & Littlefield, 2022, 243 p.

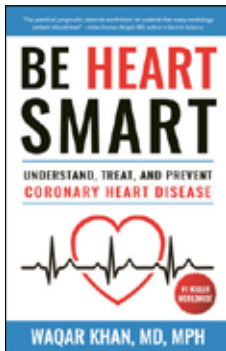
Offering accessible information about heart diseases, treatments, common problems, the challenges of caregiving, and more, this work fills the increasing need among caregivers to understand everything their loved one will face from the doctor's office to operating room to home care. Importantly, however, Jignesh Shah does not overlook the needs of the caregiver, providing tips and tools for balancing the complexities of advocacy and hand-on care with the physical, mental, emotional, and social needs of the caregiver.



## A CAREGIVER'S GUIDE TO COMMUNICATION PROBLEMS FROM BRAIN INJURY OR DISEASE

**Barbara O'Connor Wells and Connie K. Porcaro.** Baltimore, Maryland: Johns Hopkins University Press, 2022, 236 p.

An all-in-one guide for helping caregivers of individuals with brain injury or degenerative disease to address speech, language, voice, memory, and swallowing impairment and to distinguish these problem areas from healthy aging. Written by a team of experts in speech-language pathology, each chapter focuses on a different aspect of caregiving and features relatable patient examples.

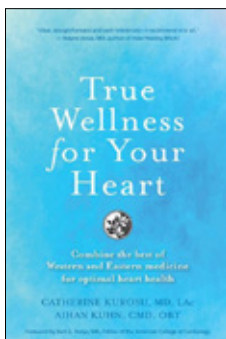


## BE HEART SMART: UNDERSTAND, TREAT AND PREVENT CORONARY HEART DISEASE

**Waqar Khan.** New York: Hatherleigh Press, 2021, 194 p.

Coronary heart disease (CHD) takes the lives of 17 million people every year. If you or a loved one have been diagnosed with CHD or suffered a heart attack, there are still ways to live a long, heart-healthy life. In this guide, cardiologist Waqar Khan answers common questions and provides easy-to-follow advice for preventing heart attacks and keeping your heart in shape. Using real-life patient stories and the latest evidence-based science, *Be Heart Smart*: explains what CHD is and how it affects the body; explores the root causes and risk factors for CHD; describes the different types of heart attacks and their warning signs; walks you through the tests used to diagnose coronary problems; discusses the medications prescribed to combat CHD, including their side effects; reveals the latest advancements in surgical and non-surgical interventions.

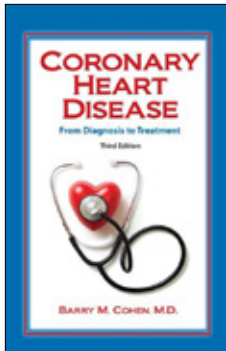
 Also available on [prenumerique.ca](https://prenumerique.ca)



## TRUE WELLNESS FOR YOUR HEART: COMBINE THE BEST OF WESTERN AND EASTERN MEDICINE FOR OPTIMAL HEART HEALTH

**Catherine Kurosui and Aihan Kuhn.** Wolfeboro, New Hampshire: YMAA Publication Center, 2020, 190 p.

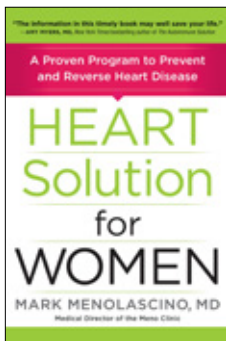
*True Wellness for Your Heart* combines the best that Eastern and Western medicine have to offer in the understanding, treatment, and prevention of heart disease and hypertension. By blending modern research with ancient practices, this book will help readers along their journey toward better cardiovascular health and overall well-being.



## **CORONARY HEART DISEASE: FROM DIAGNOSIS TO TREATMENT**

**Barry M. Cohen.** Omaha: Addicus Books, 2019, 146 p.

Coronary heart disease affects 12 million Americans. Though it is one of the most serious diseases in the nation, there are many ways to understand and treat it. Author Barry Cohen, M.D., a cardiologist who has treated thousands of patients, addresses all of the most pressing questions, including: What causes coronary heart disease? How does cholesterol affect your heart? What medical tests will you need? What are the newest diagnostic tests available? What medications are prescribed? What is involved with an angioplasty and bypass surgery? What lifestyle changes will improve your health? What are the warning signs of a heart attack? Stay healthier by becoming an informed patient.

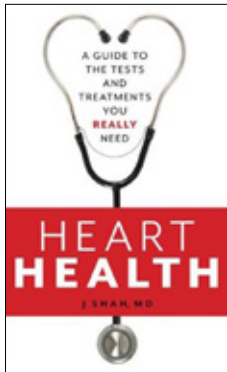


## **HEART SOLUTION FOR WOMEN: A PROVEN PROGRAM TO PREVENT AND REVERSE HEART DISEASE**

**Mark Menolascino.** San Francisco: HarperOne, 2019, 374 p.

Featuring the latest research on gut, brain, and hormone health and including answers to the most common heart-health misunderstandings, *Heart Solution for Women* finally gives women the tools to succeed, feel great in their bodies, and add years to their lives.

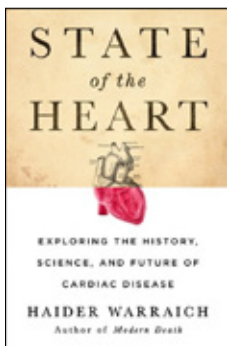
 Also available on [prenumerique.ca](https://prenumerique.ca)



## HEART HEALTH: A GUIDE TO THE TESTS AND TREATMENTS YOU REALLY NEED

**Jignesh Shah.** Lanham: Rowman & Littlefield Publishers, 2019, 237 p.

In the absence of good, trustworthy information, patients are guided mostly by their fear instincts when diagnosed with heart disease. With the misperception that more is better, they all too often end up agreeing to undergo every test and treatment recommendation of their harried healthcare provider, who could well be influenced by accepted norms, cognitive biases, medicolegal concerns, or economic considerations. All this leads to gross overuse of cardiac procedures, even when the risks of test and treatment can be worse than the disease itself. In this book, Dr. J Shah explains the various cardiac tests and treatments, including situations in which they are critical, others in which they are reasonable, and yet others in which they could be unnecessary and even harmful. Using real life stories, he helps readers cultivate a better understanding of heart disease and correct the myths that have guided and misguided patients for years. He teaches the reader to become a more informed consumer of cardiac care and to make better decisions based on their individual needs and the latest scientific evidence.



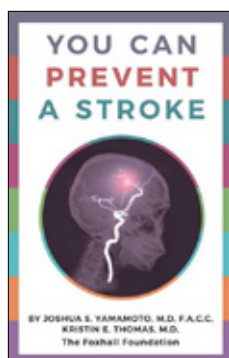
## STATE OF THE HEART: EXPLORING THE HISTORY, SCIENCE, AND FUTURE OF CARDIAC DISEASE

**Haider Warraich.** New York: St. Martin's Press, 2019, 337 p.

*State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests.



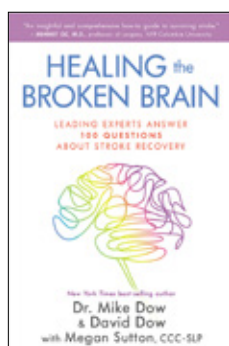
Also available on [prenumerique.ca](https://prenumerique.ca)



## YOU CAN PREVENT A STROKE

**Joshua S. Yamamoto and Kristin Thomas.** New York: RosettaBooks, 2019, 184 p.

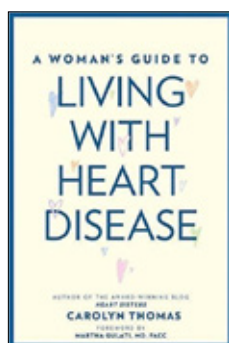
In *You Can Prevent a Stroke*, Dr. Joshua Yamamoto and Dr. Kristin Thomas help us understand what we can do, and what we can ask of our doctors, to manage the effects of aging on our circulation so that we do not have a stroke. For years, they have approached patients with the fundamentals learned at the Johns Hopkins Hospital: “Take responsibility for your patient’s health, go in-depth, have an unswerving commitment to solving problems, be thorough, thoughtful, and have attention to detail.” There is no one-size-fits-all solution or magical cure for anything. But there are principles that can serve as useful guides for everyone and provide an approach to managing the natural processes that affect us all.



## HEALING THE BROKEN BRAIN: LEADING EXPERTS ANSWER 100 QUESTIONS ABOUT STROKE RECOVERY

**Mike Dow, David Dow and Megan Sutton.** Carlsbad: Hay House, 2017, 221 p.

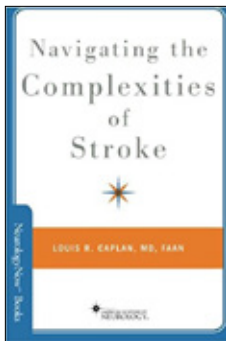
Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to maximize your recovery.



## A WOMAN'S GUIDE TO LIVING WITH HEART DISEASE

**Carolyn Thomas.** Baltimore: Johns Hopkins University Press, 2017, 232 p.

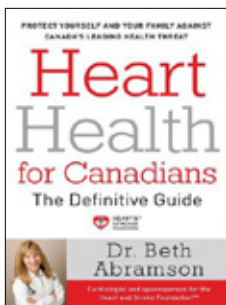
Heart disease is the leading cause of death for women worldwide. Yet most people are still unaware that heart disease is not just a man’s problem. Carolyn Thomas, a heart attack survivor herself, is on a mission to educate women about their heart health. Based on her popular Heart Sisters blog, which has attracted more than 10 million views from readers in 190 countries, *A Woman’s Guide to Living with Heart Disease* combines personal experience and medical knowledge to help women learn how to understand and manage a catastrophic diagnosis.



## NAVIGATING THE COMPLEXITIES OF STROKE

**Louis R. Caplan.** Oxford: Oxford University Press, 2014, 270 p.

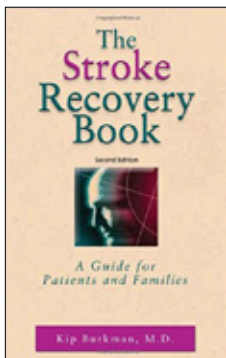
This practical guidebook is for readers with no medical training about the various types of strokes, as well as their evaluation, treatment, prevention, recovery, and effects on community and family.



## HEART HEALTH FOR CANADIANS: THE DEFINITIVE GUIDE

**Beth L. Abramson.** Toronto: HarperCollins, 2013, 320 p.

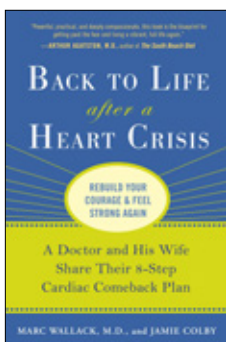
This book is for thousands of Canadian women and men who are diagnosed each year with heart diseases. It takes a full-spectrum approach to heart disease, covering prevention, symptoms, diagnosis, treatments, recovery, new research and alternative therapies. It educates Canadians on how to be better advocates for themselves and for their loved ones by offering support and guidance through our healthcare system.



## THE STROKE RECOVERY BOOK: A GUIDE FOR PATIENTS AND FAMILIES

**Kip Burkman.** Omaha: Addicus Books, 2011, 145 p.

Offers information to patients and their families on what to expect following a stroke, looking at types of strokes and why they occur, describing some of the medical complications caused by a stroke, discussing the recovery and rehabilitation process, and including tips on how to reduce the risk of stroke.

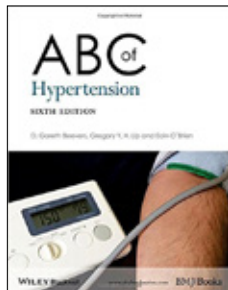


## BACK TO LIFE AFTER A HEART CRISIS: A DOCTOR AND HIS WIFE SHARE THEIR 8-STEP CARDIAC COMEBACK PLAN

**Marc Wallack and Jamie Colby Bowman.** New York: Avery, 2010, 308 p.

A top surgeon teams up with his wife, a veteran network news anchor, to offer a comprehensive plan for overcoming a heart trauma. With sidebars and tips for caregivers, *Back to Life After a Heart Crisis* helps patients and their loved ones heal hearts and minds and feel vibrant and full of life again.

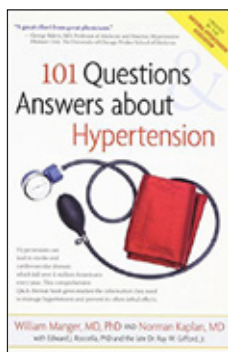
## Hypertension



### ABC OF HYPERTENSION

**D. Gareth Beevers, Gregory Y. H. Lip and Eoin T. O'Brien.** Chichester: Wiley-Blackwell, 2015, 112 p.

High blood pressure is a common chronic medical problem encountered in primary care, yet it is commonly under diagnosed. *ABC of Hypertension* is a long established, practical guide to the investigation, treatment and management of hypertensive patients.

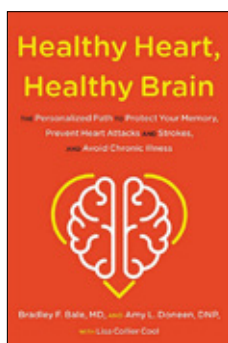


### 101 QUESTIONS AND ANSWERS ABOUT HYPERTENSION

**William M. Manger and Norman M. Kaplan.** Alameda: Hunter House, 2011, 264 p.

This publication is a comprehensive Q&A format book providing the reader all the information they need to help manage hypertension and prevent its often lethal effects. *101 Questions & Answers About Hypertension* answers all the most important questions about hypertension and its relationship to other diseases.

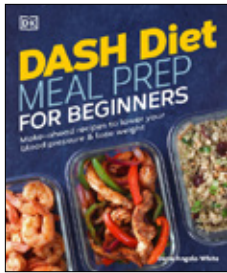
## Healthy living



### HEALTHY HEART, HEALTHY BRAIN: THE PERSONALIZED PATH TO PROTECT YOUR MEMORY, PREVENT HEART ATTACKS AND STROKES, AND AVOID CHRONIC ILLNESS

**Bradley Bale and Amy Doneen with Lisa Collier Cool.** New York: Little, Brown Spark, 2022, 455 p.

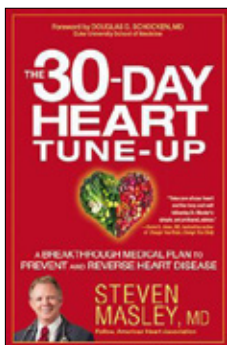
The BaleDoneen Method transcends the medical silos of cardiology, neurology, endocrinology, and others with a holistic approach designed to protect and optimize the health of the heart, brain, and other vital organs, as well as the blood vessels that supply them. *Healthy Heart, Healthy Brain* presents a unique, comprehensive program to prevent chronic diseases and memory loss in people of all ages regardless of their body type, medical history, or genes.



## DASH DIET MEAL PREP FOR BEGINNERS

**Dana Angelo White.** Indianapolis: DK Publishing, 2021, 176 p.

If you need to lower your blood pressure, then you need the DASH diet. With its focus on fruits, vegetables, low-fat dairy, whole grains, and legumes—among other nutrient-rich foods—the Dietary Approaches to Stop Hypertension diet will help you limit your sodium intake. *DASH Diet Meal Prep for Beginners* makes adding the DASH diet into your life easier with 80 heart-healthy recipes and 6 weeks of meal plans.



## THE 30-DAY HEART TUNE-UP: A BREAKTHROUGH MEDICAL PLAN TO PREVENT AND REVERSE HEART DISEASE

**Steven Masley.** New York: Little Brown Spark, 2021, 432 p.

Cardiovascular disease is America's #1 killer, and while most doctors focus on lowering cholesterol and blood pressure they are overlooking other culprits: arterial plaque and poor gut health. This fully revised and updated edition of *The 30-Day Heart Tune-Up* includes the latest science on the surprising connections between your gut and your heart as well as tons of new information on reducing cardiovascular risk factors like obesity, high blood sugar, high cholesterol, and chronic inflammation through diet and exercise, it will help you get healthy—and stay healthy.

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



## LIPOPROTEIN(A), THE HEART'S QUIET KILLER: A DIET & LIFESTYLE GUIDE

**Joel K. Kahn and Beverly Lynn Bennett.** Summertown, Tennessee: BPC, 2020, 153 p.

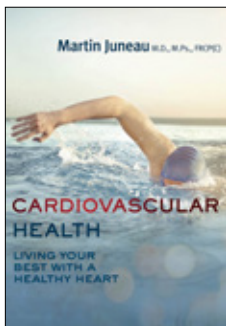
An estimated one in five people worldwide have elevated levels of a type of cholesterol called lipoprotein(a) which can increase the risk for cardiovascular disease, including blocked arteries, blood clots, and stroke. Cardiologist Joel Kahn explains how this condition is a factor of genetics rather than poor lifestyle choices, and the best ways to test effectively for these levels. He shares research that shows plant-based diets in general provide the best defense against heart attacks, strokes, and cardiovascular disease and can play an important role in protecting individuals with elevated lipoprotein(a) levels. He has partnered with vegan expert Beverly Lynn Bennett who provides dozens of delicious oil-free, heart-healthy recipes that provide delicious options for boosting heart health.



## THE HEART PROTECTION KITCHEN: EASY AND HEALTHY RECIPES FOR A HAPPY HEART

**Tracy Severson, Danielle Centoni and Sergio Fazio.** Vancouver: Figure. 1, 2020, 216 p.

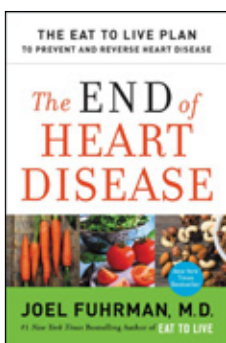
Most of us are well aware of the importance of healthy eating; in fact, a proper and balanced diet maintains health and can help to fight disease. *The Heart Protection Kitchen* is a collection of 100 mouthwatering recipes to prevent and reverse heart disease. From healthy versions of well-known classics to more adventurous dishes to spice up your weeknight menu, this cookbook teaches readers to cook delicious meals that are quick, affordable, healthy, and perfectly balanced to protect the heart.



## CARDIOVASCULAR HEALTH: LIVING YOUR BEST WITH A HEALTHY HEART

**Martin Juneau.** Toronto: Dundurn, 2017, 159 p.

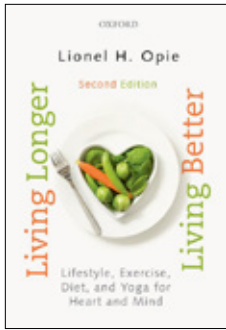
Dr. Martin Juneau examines specific case studies from his own extensive clinical practice to explain new issues in heart health. From the incredible importance of exercise and diet to the unsuspected role of stress and air pollution, *Cardiovascular Health* explains how the heart functions, describes coronary bypasses and other rescue procedures, explores promising new research, and teaches you about the risks and preventative steps you can take to maintain a happy, healthy heart.



## THE END OF HEART DISEASE: THE EAT TO LIVE PLAN TO PREVENT AND REVERSE HEART DISEASE

**Joel Fuhrman.** New York: HarperOne, 2016, 448 p.

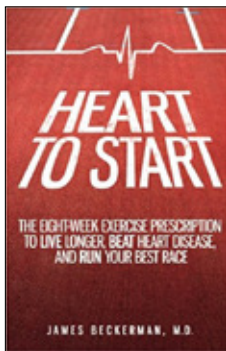
Dr. Joel Fuhrman offers his science-backed nutritional plan that addresses the leading cause of death in America: heart disease. He shows what to remove and what to add to diets for optimum heart health, provides menu plans and recipes for heart-healthy meals and snacks, and includes helpful questions for doctors and patients.



## **LIVING LONGER, LIVING BETTER: LIFESTYLE, EXERCISE, DIET AND YOGA FOR HEART AND MIND**

**Lionel H. Opie.** New Delhi: Oxford University Press, 2016, 186 p.

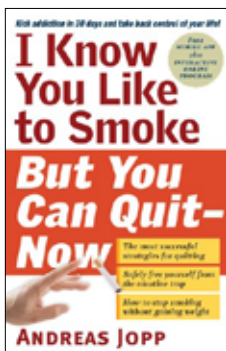
This book is written for all those who strive for optimal long-term health and the maximal functioning of their hearts and minds. The professional involved in medical care, whether he or she is a nurse or any other carer who provides recommendations on health matters, will find this publication useful.



## **HEART TO START: THE EIGHT-WEEK EXERCISE PRESCRIPTION TO LIVE LONGER, BEAT HEART DISEASE, AND RUN YOUR BEST RACE**

**James Beckerman.** Oregon: Providence Heart and Vascular Institute, 2015, 153 p.

Dr. James Beckerman, a Harvard and Stanford trained cardiologist, explains the latest scientific research and combines motivation with modern medicine to help you live your healthiest life, whether you have heart disease or are one of the millions of people at risk. Eight weeks will get you into shape, and the 5K training plan will get you across the finish line.



## **I KNOW YOU LIKE TO SMOKE, BUT YOU CAN QUIT**

**Andreas Jopp.** New York: The Experiment, 2015, 336 p.

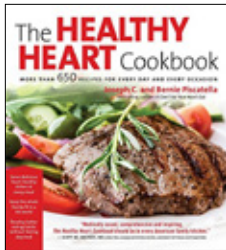
For those who are ready to quit, or ready at least to consider it, this book offers a fresh approach. Using the findings in addiction research, it explains the thought patterns that keep people from trying to quit – and details the most successful strategies for quitting.



## **GO FRESH: A HEART-HEALTHY COOKBOOK WITH SHOPPING AND STORAGE TIPS**

**American Heart Association.** New York: Clarkson Potter, 2014, 320 p.

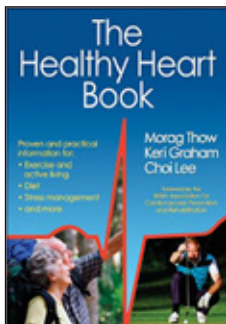
Eating enough fruits and vegetables and avoiding processed foods is still the toughest challenge for those at risk for high blood pressure, heart disease, and stroke. In its newest cookbook, the American Heart Association encourages readers to get out of the middle of the grocery store and start shopping the perimeter with 250 recipes for packing more nutritious fare into their diet.



## HEALTHY HEART COOKBOOK: OVER 650 RECIPES FOR EVERY DAY AND EVERY OCCASION

**Joseph and Bernice Piscatella.** New York: Black Dog & Leventhal Publishers, 2013, 448 p.

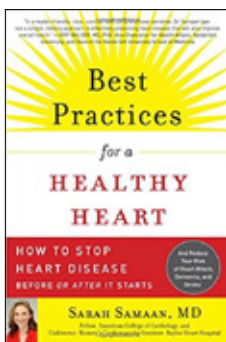
This book offers a compilation of hundreds of diverse, easy-to-follow, and good-for-you recipes, and it is based on guidelines from the American Heart Association. Each recipe includes nutritional breakdowns.



## THE HEALTHY HEART BOOK

**Morag K. Thow, Keri Graham and Choi Lee.** Champaign: Human Kinetics, 2013, 148 p.

This book gives answers, advice and support for those who have been diagnosed or are living with heart conditions. It also includes forms and tables to track your progress, recipes for delicious and heart-healthy meals and practical advice for exercise and activity.

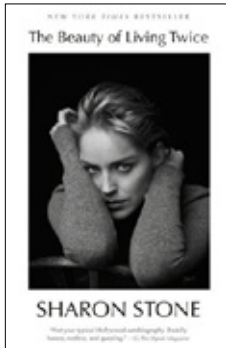


## BEST PRACTICES FOR A HEALTHY HEART: HOW TO STOP HEART DISEASE BEFORE OR AFTER IT STARTS

**Sarah Samaan.** New York: Experiment, 2012, 367 p.

This book acts as a guide to the “best practices” for optimal heart health, serving as a resource for patients diagnosed with or aiming to prevent heart disease. In it, Dr. Samaan provides advice on diet, supplements and alternative medicine, the effects of caffeine and alcohol, stress management, and more.

# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



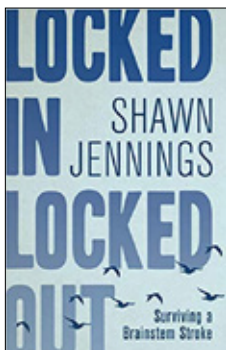
## THE BEAUTY OF LIVING TWICE

**Sharon Stone.** New York: Alfred A. Knopf, 2021, 241 p.

Sharon Stone, one of the most renowned actresses in the world, suffered a massive stroke that cost her not only her health, but her career, family, fortune, and fame. In *The Beauty of Living Twice*, Stone chronicles her efforts to rebuild her life and writes about her slow road back to wholeness and health. Over the course of these pages, Stone talks about her pivotal roles, her life-changing friendships, her worst disappointments, and her greatest accomplishments. She reveals how she went from a childhood of trauma and violence to a career in an industry that in many ways echoed those same assaults, under cover of money and glamour. She describes the strength and meaning she found in her children, and in her humanitarian efforts. And ultimately, she shares how she fought her way back to find not only her truth, but her family's reconciliation and love.



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



## LOCKED IN LOCKED OUT: SURVIVING A BRAINSTEM STROKE

**Shawn Jennings.** Toronto: Dundurn, 2020, 288 p.

After Dr. Shawn Jennings, a busy family physician, suffered a brainstem stroke on May 13, 1999, he woke from a coma locked inside his body, aware and alert but unable to communicate or move. Once he regained limited movement in his left arm, he began typing his story, using one hand and a lot of patience. In *Locked In Locked Out*, Shawn shares his experiences in the struggle for recovery and acceptance of his life since the stroke, to remind stroke survivors that, even without achieving a full recovery, life is still worth it.



## **BETWEEN HEAVEN AND HELL: THE STORY OF MY STROKE**

**David Talbot.** San Francisco: Chronicle Prism, 2020, 169 p.

For the first time, journalist and historian David Talbot turns inward in this intimate journey through the life-changing year following his stroke, a year that turned his life upside down, and ultimately, saved him. A portrait of how a health crisis can truly shift one's perspective on life and purpose. Includes insider stories on the wild early days of Internet journalism, tech culture, and Hollywood. Powerful storytelling of the physical, emotional, and psychological impact a stroke has had on the author's identity.

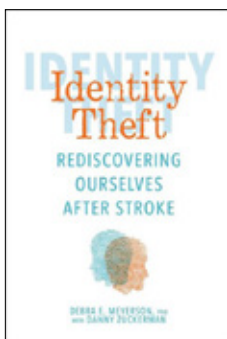
 Also available on [pretnumerique.ca](https://pretnumerique.ca)



## **THE OPEN HEART CLUB: A STORY ABOUT BIRTH AND DEATH AND CARDIAC SURGERY**

**Gabriel Brownstein.** New York: PublicAffairs, 2019, 368 p.

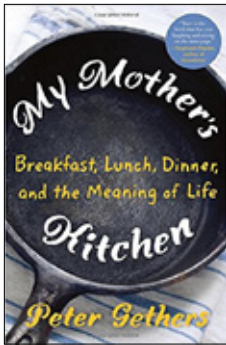
Born in 1966 with a congenital heart defect known as the Tetralogy of Fallot, Gabriel Brownstein entered the world at a unique moment in the history of heart disease. He received a life-saving surgery at five years old, but surviving with his condition meant riding wave after wave of innovation to keep his heart beating. *The Open Heart Club* is both a memoir of a life on the edge of mortality and a history of the remarkable people who have made such a life possible. It begins in the 17<sup>th</sup> century when Nicolas Steno proved that the heart was made of muscle rather than the stuff of souls, and continues through today, with scientists who are trying to rewrite genetic codes to create the next wave of miracle cures.



## **IDENTITY THEFT: REDISCOVERING OURSELVES AFTER STROKE**

**Debra Meyerson and Danny Zuckerman.** Kansas City: Andrews McMeel Publishing, 2019, 288 p.

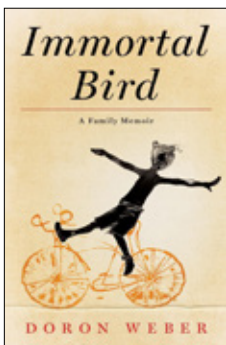
*Identity Theft* follows Stanford professor Debra Meyerson's journey to recover from a severe stroke that initially left her physically incapacitated and unable to speak. In addition to providing realistic expectations for the hard work needed to regain everyday capabilities, Meyerson focuses on the less frequently documented emotional journey in recovery. Virtually every survivor is haunted by questions like: "Who am I now?" and "How do I rebuild a meaningful and rewarding life?" after losing so much of what they had before – capabilities, careers and jobs, relationships, and more. This is a book full of hope for survivors – from stroke or other injuries – as well as their families and support networks.



## MY MOTHER'S KITCHEN: BREAKFAST, LUNCH, DINNER, AND THE MEANING OF LIFE

**Peter Gethers.** New York: Henry Holt and Co., 2017, 301 p.

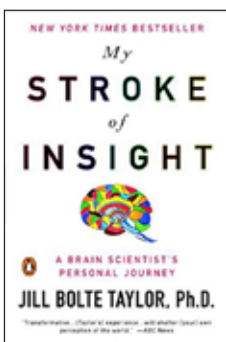
The author's mother was robbed of her ability to cook by a debilitating stroke. But illness has brought her closer than ever to her son: Peter regularly visits her so they can share meals, and he can ask questions about her colorful past, while learning her kitchen secrets. Gradually his ambition becomes manifest: he decides to learn how to cook his mother the meal of her dreams and thereby tell the story of her life to all those who have loved her.



## IMMORTAL BIRD: A FAMILY MEMOIR

**Doron Weber.** New York: Simon & Schuster, 2012, 623 p.

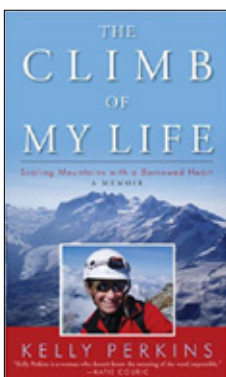
This book tells a father's struggle to save his remarkable son from a rare heart condition that threatens his life. Damon Weber is a brilliant kid – a skilled actor and a natural leader at school. Born with a congenital heart defect that required surgery when he was a baby, Damon's spirit and independence have always been a source of pride to his parents, who vigilantly look for any signs of danger.



## MY STROKE OF INSIGHT: A BRAIN SCIENTIST'S PERSONAL JOURNEY

**Jill Bolte Taylor.** New York: Viking, 2008, 183 p.

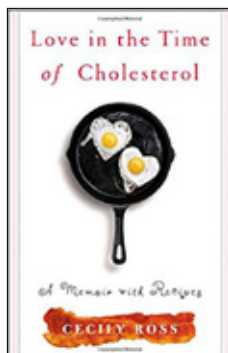
On the morning of December 10, 1996, Taylor, a brain scientist, experienced a massive stroke. She observed her own mind completely deteriorate. Now she shares her unique perspective on the brain and its capacity for recovery.



## THE CLIMB OF MY LIFE: SCALING MOUNTAINS WITH A BORROWED HEART

**Kelly Perkins.** Lanham: Rowman & Littlefield, 2007, 244 p.

The author tells the story of how, at age thirty, she learned she was diagnosed with cardiomyopathy and needed a new heart; and shares how she not only survived the transplant, but became the first heart transplant recipient to climb some of the world's highest peaks.

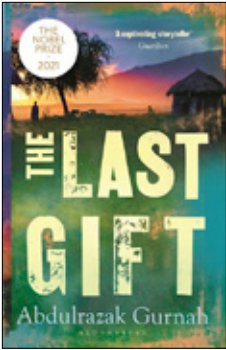


## LOVE IN THE TIME OF CHOLESTEROL: A MEMOIR WITH RECIPES

**Cecily Ross.** New York: McGraw-Hill, 2006, 260 p.

Food writer Cecily Ross shares how her life and career have changed in the five years since she almost lost her husband to a heart attack.

## NOVELS

**THE LAST GIFT**

**Abdulrazak Gurnah.** London: Bloomsbury, 2021, 279 p.

Abbas has never told anyone about his past—before he was a sailor on the high seas, before he met his wife Maryam in Exeter, before they settled into a quiet life in Norwich with their children, Jamal and Hanna. Now, at the age of sixty-three, he suffers a collapse that renders him bedbound and unable to speak about things he thought he would one day have to. Jamal and Hanna have grown up and gone out into the world, yet while both were born in England, they cannot shake a sense of apartness. When Abbas falls ill, they return home reluctantly to confront the dark silences of their father and the secret he has been hiding from them all.

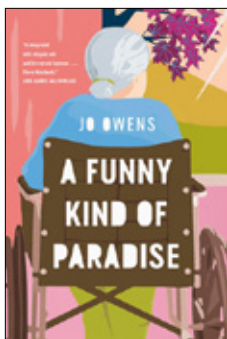
**WAIT FOR IT**

**Jenn McKinlay.** New York: Jove, 2021, 333 p.

Annabelle Martin would like nothing more than to run away from her current life. When she's offered her dream job at a graphic design studio in Phoenix, she jumps at the opportunity to start over. In Phoenix, Annabelle is instantly intrigued by her anonymous landlord. Based on the cranky notes Nick Daire leaves her, she assumes he is an old, rich curmudgeon. Annabelle is shocked when she finally meets Nick and discovers that he's her age and uses a wheelchair. Nick suffered a stroke a year ago, and is struggling to overcome the paralyzing fear keeping him prisoner in his own home. Despite promising not to get involved, Annabelle finds herself drawn to Nick. And soon she wonders if she and Nick might help each other find the courage to embrace life, happiness, and true love.



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



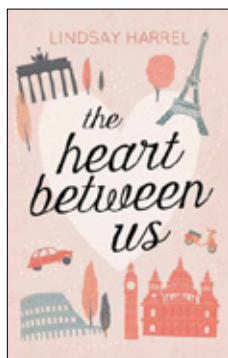
## A FUNNY KIND OF PARADISE

**Jo Owens.** Toronto: Random House Canada, 2021, 241 p.

When her husband left her with two children and a fledgling business, Francesca managed—she wasn't always gentle or patient, but the business thrived and her kids had food to eat. At nearly 70, she feels she's earned a peaceful retirement. But when a massive stroke leaves her voiceless, partially paralyzed and wholly reliant on the staff of an extended care facility, it seems her freedom is lost. However, Francesca is still clear-headed and sharp. Amidst the indignities of bed baths and feeding tubes, Francesca experiences flashes of joy and the blossoming of a new friendship. But as she reflects on her relationship with her children, regrets and painful realizations rise to the surface. For the first time, there is nowhere for Francesca to hide, and she must reckon with her past before it's too late.



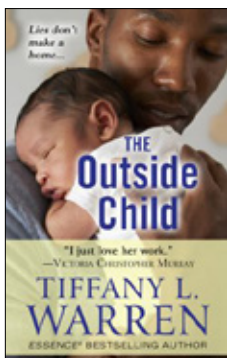
Also available on [prenumerique.ca](https://prenumerique.ca)



## THE HEART BETWEEN US

**Lindsay Harrel.** Thorndike: Center Point Large Print, 2018, 423 p.

Because of her heart, Megan Jacobs spent her life sitting on the sidelines while her twin sister Crystal had all the fun. After receiving a heart transplant, the quiet library aide is given her teenage donor's journal—complete with an unfulfilled bucket list. Megan and Crystal venture out to complete the bucket list and embrace life.



## THE OUTSIDE CHILD

**Tiffany L. Warren.** Waterville: Thorndike Press, 2018, 455 p.

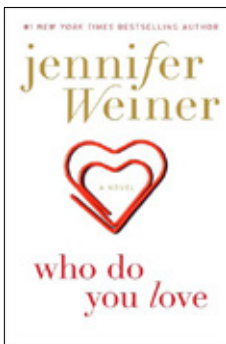
With her own successful career, Chenille plans to be more than just a famous athlete's wife. She's determined to balance work, marriage, and motherhood, as the couple awaits their first child... Until their son is born with a crippling heart ailment. Until a devastated Brayden starts putting his career above everything else. And when tragedy strikes, Chenille struggles to find a reason to go on--as Brayden takes comfort from anywhere but home.



## A BRUSH OF WINGS

**Karen Kingsbury.** New York: Howard Books, 2016, 326 p.

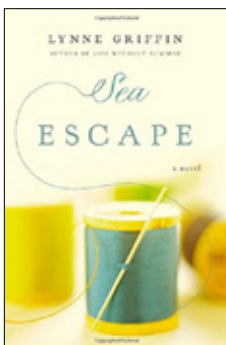
Despite needing a heart transplant and against the advice of her doctor, Mary Catherine moves to Uganda to work at a new orphanage. Whatever time she has left, Mary Catherine wants to spend it helping children – especially since there will be no children of her own.



## WHO DO YOU LOVE

**Jennifer Weiner.** New York: Washington Square Press, 2016, 386 p.

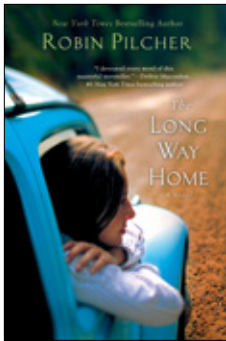
Rachel and Andy are just eight years old when they meet late one night in an ER waiting room. Born with a congenital heart defect, Rachel is a veteran of hospitals, and she's intrigued by the boy who shows up all alone with a broken arm. After Andy's taken back to a doctor and Rachel's sent back to her bed, they think they'll never see each other again. Over the next three decades, their paths cross in magical and ordinary ways. They make grand plans and dream big dreams as they grow together and apart in starts and stops. Through it all, Andy and Rachel never stop thinking about that night in the hospital waiting room all of those years ago, a chance encounter that changed the course of both of their lives.



## SEA ESCAPE

**Lynne Griffin.** New York: Simon & Schuster, 2010, 290 p.

Laura Martinez is wedged in the middle place, grappling with her busy life as a nurse, wife, and devoted mom to her two young children when her estranged mother, Helen, suffers a devastating stroke. In a desperate attempt to lure her mother into choosing life, Laura goes to Sea Escape, the pristine beach home that Helen took refuge in after the death of her beloved husband, Joseph. There, Laura hunts for the legendary love letters her father wrote to her mother when he served as a reporter for the Associated Press during wartime Vietnam. As each letter reveals a patchwork detail of her parents' marriage, she discovers a common thread: a secret that mother and daughter unknowingly share.



## THE LONG WAY HOME

**Robin Pilcher.** New York: Thomas Dunne Books, 2010, 304 p.

When Claire Barclay receives news that her beloved stepfather has had a stroke, Claire and her husband, Art, leave New York and fly back to Scotland to care for him during the summer. When their visit makes clear that Leo is no longer capable of living on his own but determined to stay in his beloved old house, they offer to purchase the place from Leo and build him a cottage on the property. But Claire's old flame Jonas Fairwether (who has become Leo's caretaker and trusted confidant) has other plans.



## WHILE MY SISTER SLEEPS

**Barbara Delinsky.** New York: Doubleday, 2008, 336 p.

Molly has always lived in her sister's shadow and her feelings for her sister have run the gamut. But when her sister, a world-class runner, suffers a heart attack and does not regain consciousness, Molly must make the tough decisions in a role that will destroy some of her most cherished beliefs about the sister she thought she knew.

# YOUTH LITERATURE

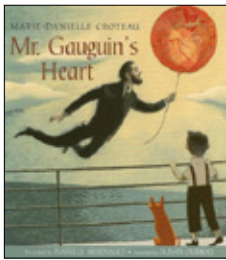


AGES 5 TO 8

## GUS AND GRANDPA AT THE HOSPITAL

**Claudia Mills.** New York: Farrar, Straus, and Giroux, 2001, 47 p.

Gus must visit the hospital when his beloved Grandpa has a heart attack.

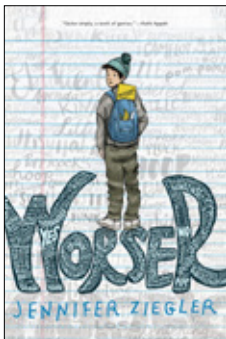


AGES 6 TO 9

## MR. GAUGUIN'S HEART

**Marie-Danielle Croteau and Isabelle Arsenault (ill.).** Toronto: Tundra Books, 2007, 24 p.

*Mr. Gauguin's Heart* is a charming and heartwarming story of how, as a boy, Paul Gauguin learned to channel his grief after the death of his father from heart attack and pour it into his first painting – one that would pave the way to many masterpieces.

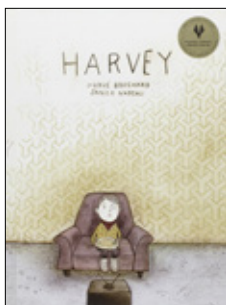


AGES 8 TO 12

## WORSER

**Jennifer Ziegler.** New York: Holiday House, 2022, 246 p.

A bullied 12-year-old boy must find a new normal after his mother has a stroke and his life is turned upside down. Feeling lost, lonely, and overwhelmed, *Worser* searches for a new sanctuary and ends up finding the Literary Club—a group of kids from school who share his love of words and meet in a used bookstore—something he never dreamed existed outside of his home.

**AGES 9 TO 12**

## HARVEY: HOW I BECAME INVISIBLE

**Hervé Bouchard and Janice Nadeau.** Toronto: Groundwood Books, 2010, 168 p.

When Harvey and his little brother come home from playing they find a crowd gathered in front of their house and their father being taken away in an ambulance, dead from a heart attack, and soon Harvey's favorite movie begins to dominate his fantasy life.

**AGES 10 TO 14**

## MINUS ME

**Ingelin Røssland.** London: Oneworld Publications, 2015, 280 p.

After discovering she has a rare heart condition, thirteen-year-old Linda devises a list of all the things she wishes to do before she dies, including going to a concert, traveling without her parents, and having her first kiss.

**AGES 11 TO 14**

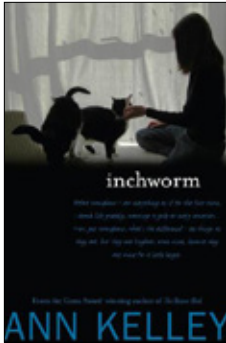
## THE GREAT UPENDING

**Beth Kephart.** New York: Atheneum Books for Young Readers, 2020, 266 p.

If eleven-year-old Sara and her brother Hawk can complete a task involving the reclusive author renting out the silo on their farm for the summer, they will receive reward money that will pay for Sara's life-saving surgery.



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

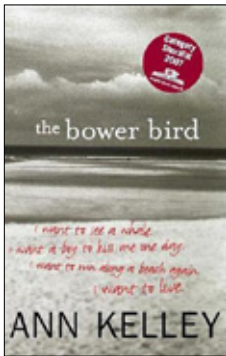


AGES 11+

## INCHWORM

**Ann Kelley.** Edinburgh: Luath Press 2009, 211 p.

With her heart and lung transplant complete, Gussie is filled with renewed energy and so is eager to get out of London with high hopes of getting her divorced parents back together.

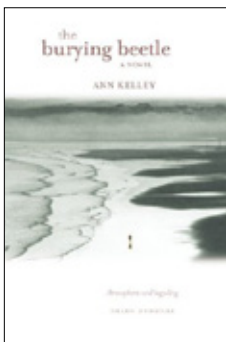


AGES 11+

## THE BOWER BIRD

**Ann Kelley.** Edinburgh: Luath, 2007, 196 p.

A story of a young girl who refuses to let a diagnosis of a rare heart condition suppress her lively spirit. Despite this, she is determined to live life to the fullest, experiencing typical adolescent problems such as love and parent troubles. While never complaining, she offers a direct and honest insight about herself and the world around her.

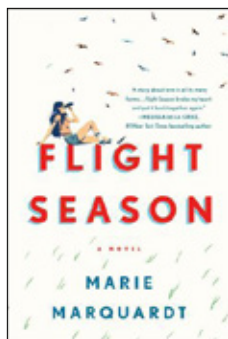


AGES 12+

## THE BURYING BEETLE

**Ann Kelley.** Edinburgh: Luath, 2005, 192 p.

Gussie was born with a rare heart disease and to reduce the strain on her health, she and her mother move to the Cornish coast where she learns about the burying beetle, which buries animals by digging away the earth beneath them.

**AGES 13 TO 19**

## **FLIGHT SEASON**

**Marie Marquardt.** New York: Wednesday Books, 2018, 325 p.

Vivi, a college student attempting to complete an internship, TJ, a nursing student, and Ángel, a patient with heart disease, all find their lives intersecting at a university hospital during one summer that could change their lives forever.

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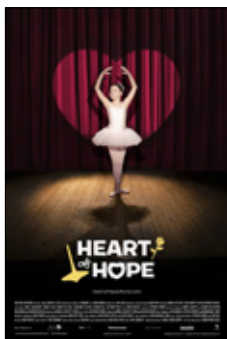
# FILM, SERIES AND PROGRAM SUGGESTIONS

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## 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



## HEART OF HOPE

**Roydon Turner.** 2021, 94 min.

Eight-year-old Iris's heart condition threatens her dream of becoming a professional dancer. With a little help from her grandmother and her own imagination, will she find a way to make her dream come true?



## ROCK MY HEART

**Hanno Olderdissen.** 2017, 105 min.

After an adventurous teen with a heart defect bonds with an unruly stallion, she trains to compete as an amateur jockey in a life-threatening race.



## PARIS

**Cédric Klapisch.** 2008, 130 min.

Drama (France). Pierre, a professional dancer, suffers from a serious heart disease. While he is waiting for a transplant which may (or may not) save his life, he has nothing better to do than look at the people around him, from the balcony of his Paris apartment. When Elise, his sister with three kids and no husband, moves into his place to care for him, Pierre does not change his new habits. And instead of dancing himself, it is Paris and the Parisians who dance before his eyes.





**G** UNSUITABLE  
FOR YOUNG  
CHILDREN

## SUMMIT CIRCLE

**Bernard Émond.** 2007, 87 min. (original title: Contre toute espérance)

Drama (Quebec). A switchboard operator for 20 years, Réjeanne loses her job when the multinational she works for announces massive layoffs. That year, the company president received a salary of \$13 million. Soon after, Réjeanne's husband suffers a stroke that leaves him an invalid suffering from aphasia. Gilles and Réjeanne can no longer make ends meet and are forced to sell their comfortable suburban home. They move back to the city, taking a small apartment in a rundown area. To support her husband, Réjeanne takes low paying dead end jobs. Despite Réjeanne's love and devotion, Gilles retreats into himself and falls even further into depression.



**G** UNSUITABLE  
FOR YOUNG  
CHILDREN

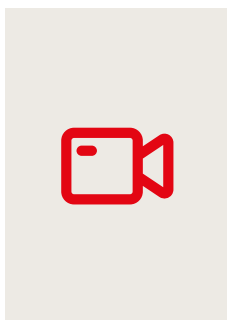
## THE DIVING BELL AND THE BUTTERFLY

**Julian Schnabel.** 2007, 112 min. (original title: Le scaphandre et le papillon)

Drama (France, United States). Jean-Dominique Bauby, French editor-in-chief of Elle magazine, has a devastating stroke at age 43. The damage to his brain stem results in locked-in syndrome, with which he is almost completely paralyzed and only able to communicate by blinking an eye. Bauby painstakingly dictates his memoir via the only means of expression left to him. Based on a true story.

# DOCUMENTARIES

## General



### **A TYPICAL HEART**

**Chris Beauchamp and Laure Beauchamp.** 2019, 22 min 10 s.

Online: <https://www.youtube.com/watch?v=uS12vQThGT4>

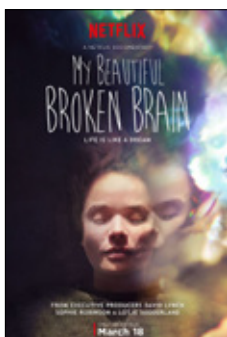
A documentary exploring the deadly disparity between male and female heart disease, via healthcare professionals, researchers, patients & families.



### **THE WIDOWMAKER**

**Patrick Forbes.** 2015, 96 min.

Prominent cardiologists discuss the disturbing prevalence of heart disease in the United States, and the secret, 30-year medical-industry battle that may be hindering proper care for heart-attack victims.



### **MY BEAUTIFUL BROKEN BRAIN**

**Lotje Sodderland and Sophie Robinson.** 2014, 84 min.

Documentary (United Kingdom). This film is a profoundly personal voyage into the complexity, fragility and wonder of the human brain, after Lotje Sodderland miraculously survives a hemorrhagic stroke and finds herself starting again in an alien world, bereft of language and logic. This feature documentary takes us on a genre-twisting tale that is by turns excruciating and exquisite – from the devastating consequences of a first-time neurological experiment, through to the extraordinary revelations of her altered sensory perception.

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# TAKING PART IN ONE'S HEALTH CARE

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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 CEPPP 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](http://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/](http://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](http://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](http://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/](https://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](http://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?\\_](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](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-protger/>

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](http://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](http://www.educaloi.qc.ca/en/caregivers-practical-legal-tools)

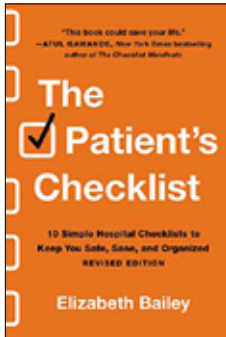
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

#### **Health Topics**

[www.educaloi.qc.ca/en/categories/health](http://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



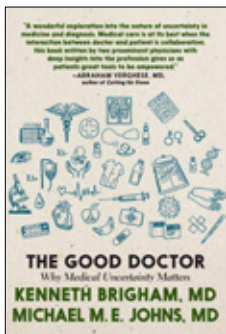
## THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

**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](https://prenumerique.ca)



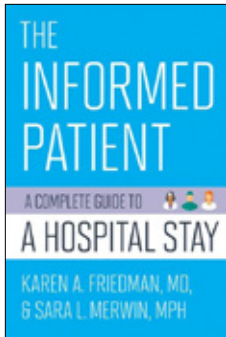
## THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

**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.



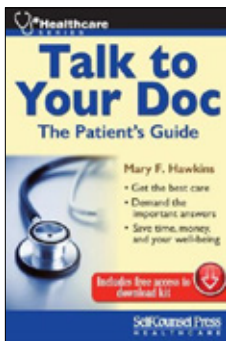
Also available on [prenumerique.ca](https://prenumerique.ca)



## THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

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

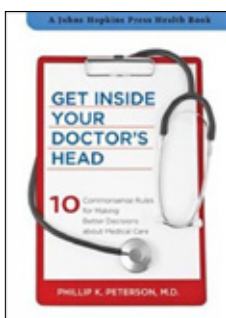
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families 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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