

Health Guide Canada

Reviews

“*Health Guide Canada* ‘offers a comprehensive overview of 107 chronic and mental illnesses from Addison’s to Wilson’s disease...each chapter includes an easy-to-understand medical description plus a wide range of condition-specific support services and information resources that deal with the variety of issues concerning those with a chronic or mental illness.’

Chronic and mental illnesses covered include chronic fatigue syndrome, eating disorders, hypertension, schizophrenia, tuberculosis, cancer, arthritis, heart disease, suicide, and visual impairment.

The guide is arranged within the sections: Chronic and Mental Illnesses; General Resources...Appendices...Statistics...plus Sources for Disease Descriptions, Entry Name Index, and Publication Index. The introduction to the guide includes a chart, Chronic and Mental Illness—Body System which lists the illness and its body system or disorder category. For instance hypertension would fall within the Body System/Disorder Category Cardiovascular. In addition, the introduction features educational material including a glossary and two reports: "Health Status of Canadians 2016" and "A Focus on Family Violence in Canada" by the Public Health Agency of Canada.

This **resource should prove very helpful** regarding specific chronic and mental illnesses. For instance the Addison’s disease section contains a definition, the cause, symptoms, prevalence, treatment options, and directory information for The Canadian Addison Society. Each association listing contains name, address, telephone, email, website, overview, chief officers, and publications. *Health Guide Canada* is a **very thorough reference source** that **not only provides overviews of chronic and mental illnesses but also statistics, special reports, and a directory of associations. Highly recommended.”**

—ARBA



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