Recommended Links for Patients

**AboutKidsHealth**
Provides families with current, evidence-based information about child health. Pictures and animations make it easy to understand.

**Arthritis Society**
http://www.arthritis.ca/
Conducts research to better understand the impact of arthritis, advocates for progressive arthritis policies, works with stakeholders to promote appropriate standards of care and deliver educational programs to empower those living with arthritis to self-manage their disease.

**Canadian Cancer Society**
http://www.cancer.ca/en/?region=nl
Community-based organization aimed at the eradication of cancer and enhancement of the quality of life for people living with the condition.

**Canadian Diabetes Association**
http://www.diabetes.ca/
Supports people affected by diabetes by providing information, diabetes research, education, service, and advocacy. Offers disease information, programs and services to people with diabetes.

**Canadian Medical Association**
https://www.cma.ca/en/Pages/cma_default.aspx
A national, voluntary association of physicians that advocates on behalf of its members and the public for access to high quality health care, and provides leadership and guidance to physicians.

**Canadian Task Force on Preventive Healthcare**
https://canadiantaskforce.ca
The Canadian Task Force on Preventive Health Care develops and disseminates evidence-based guidelines on preventive health services for primary care practitioners.

**Caring for Kids**
https://www.caringforkids.cps.ca/
Information for parents from Canada's paediatricians. Designed to provide parents with information about their child’s health and well-being.

**Centers for Disease Control and Prevention**
https://www.cdc.gov/
Provides direct access to important health and safety topics, scientific articles, data and statistics, tools and resources.

**Choosing Wisely**
https://choosingwiselycanada.org/campaign/nl/
Works in partnership with all provincial Regional Health Authorities, Newfoundland Labrador Center for Health Information (NLCHI), Newfoundland & Labrador Medical Association (NLMA) and Patient Advisory Council (NL SUPPORT).

**College of Family Physicians of Canada**
http://www.cfpc.ca/Home/
The professional organization responsible for establishing standards for the training, certification and lifelong education of family physicians and for advocating on behalf of the specialty of family medicine, family physicians and their patients.
Dr. Mike’s YouTube Channel
http://www.youtube.com/DocMikeEvans
Series of videos that provide an informative and clear method to explain health-related situations.

Eastern Health
http://www.easternhealth.ca/
Provides regional health care services, including hospital management. Features patient services, career information, tenders, plus information on volunteer organizations.

Health Canada
https://www.canada.ca/en/health-canada.html
The federal department responsible for helping Canadians maintain and improve their health, while respecting individual choices and circumstances.

Health On the Net Foundation
http://www.hon.ch/
Guides lay persons and non-medical users and medical practitioners to useful and reliable online medical and health information.

Heart and Stroke Foundation of Canada
http://www.heartandstroke.ca/
A source of information about stroke, heart disease, surgeries and treatments.

Janeway Lifestyle Program
The Lifestyle Team works with families whose children have been identified as having a risk factor for the development of a chronic disease such as high cholesterol, high blood sugars, high blood pressure, liver disease and weight concerns.

Lab Tests Online
https://labtestsonline.org/
Lab Tests Online offers non-commercial patient education on blood, urine, and other lab tests to help health care consumers better manage their care.

MedlinePlus
https://medlineplus.gov/
Information about diseases, conditions, and wellness issues in language you can understand.

menopauseandu.ca
http://www.menopauseandu.ca/
One-stop shopping for menopause information backed up with research.

Motherisk
http://www.motherisk.org/
Research and counselling on reproductive risk or safety of drugs, chemicals and maternal disease in pregnancy.

My Family Health Portrait
Using My Family Health Portrait, you can enter your family health history, print it to share with family or your health care worker, and save it so you can update it over time.

Public Health Agency of Canada
Protects the health and safety of Canadians through the prevention of chronic disease and injuries, public health emergencies, and infectious disease outbreaks.
Quality of Care NL
http://qualityofcarenl.ca/
A provincial initiative trying to improve health care in our province by looking for new ways to make sure people get the care they need, when they need it.

Rourke Baby Record
http://www.rourkebabyrecord.ca/default
A place to find reliable parent-friendly resources designed to help parents answer their questions about their children up to age 5 years.

Sexuality and U
https://www.sexandu.ca/
The ultimate Canadian web site committed to providing you accurate, credible and up-to-date information and education on sexual health.

Speak Up – Advance Care Planning
www.advancecareplanning.ca
Advance Care Planning is a process of thinking about and sharing your wishes for future health and personal care. It can help you tell others what would be important if you were ill and unable to communicate.