



Where to Start... Congestive Heart Failure, or CHF

Suggestions for resources when you **begin** to look for information about congestive heart failure, or CHF.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

Local Association or Support Group	<p>Heart & Stroke Association of Canada – Ottawa Chapter 1900 Merivale Road, Suite 200, Nepean, Ontario K2G 4N4 Tel. 613-727-5060</p> <p>Ottawa Heart Support Group is an active group of heart patients who want to improve their quality of life. Meetings are held on the 3rd Monday of each month at 7:00PM at the Heart Institute and other activities are organized as desired by the members. Our website is www.ottawaheartsupport.org and we can be contacted by e-mail ottawaheartsupport@bigfoot.com or you can phone Hugh McDowell at 613-825-2209.</p>
Telephone	<p>Heart & Stroke Foundation of Canada 1-888-473-4636</p> <p>Heart Health Education Centre 613-761-4753</p>
Books and Other Resources – Patient and Family Library (D100A)	<p>100 Questions & answers about congestive heart failure. C. Quinn. 2006.</p> <p>The Blood pressure book. How to get it down and keep it down. P. Breitrose, S. Fortmann. 2006.</p> <p>Heart disease for dummies. J. Rippe. 2004</p> <p>Living with coronary disease. C. Handler. 2007</p> <p>Success with heart failure. Help and hope for those with congestive heart failure. M. Silver. 2002.</p> <p>The Comfort of home for chronic heart failure : a guide for caregivers. M. Mayer & P Derr. 2009</p> <p>Search our catalogue: http://www.ottawahospital.on.ca/library/catalogue-e.asp</p>
Decision Aids	<p>Decision aids present information gathered from clinical studies to enable patients to make informed decisions about treatment. http://www.ohri.ca/DecisionAid</p>
Web Sites	<p>American Heart Association (USA) www.americanheart.org Heart & Stroke Foundation of Canada www.heartandstroke.com Ottawa Heart Institute www.ottawaheart.ca/UOHI/HHEC.do HealthyOntario.com www.healthyontario.com/ MedlinePlus (USA) http://medlineplus.gov/</p>