



Where to Start... Stroke

Resources when you **begin** to look for information about stroke.

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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, Ottawa, ON K2G 4N4 Tel. 613-727-5060</p> <p>Stroke Survivors Association of Ottawa Tel. 613-237-0650 http://www.strokesurvivors.ca/</p> <p>Aphasia Centre of Ottawa 153 Chapel Street (Main Level) Ottawa, Ontario, K1N 1H5 Tel. 613-567-1119 http://www.aphasiaottawa.com</p>
Telephone	<p>Heart & Stroke Foundation of Canada 1-888-473-4636</p>
Books and Other Resources – at the Patient and Family Library (D100)	<p>After a Stroke: 300 tips for making life easier. Cleo Hutton. 2005.</p> <p>Stroke: a comprehensive guide to "brain attacks". Canadian Medical Association. 2003.</p> <p>The Comfort of home for stroke : a guide for caregivers. Maria M. Meyer. CareTrust Publications, 2007.</p> <p>The stroke book: a guide to life after stroke for survivors and those who care for them. June Biermann. 2005.</p> <p>What is aphasia: an interactive resource for adults with aphasia, their families, and their caregivers. Aphasia Institute. 2003.</p> <p>Check our library catalogue at: http://www.ottawahospital.on.ca/library/catalogue-e.asp</p>
Decision aids	<p>Making choices : life changes to lower your risk of heart disease and stroke. A decision aid for patients.</p> <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>Heart & Stroke Foundation of Canada www.heartandstroke.com/ NINDS Stroke Information (USA) www.ninds.nih.gov/disorders/stroke/stroke.htm Stroke Survivors Association of Ottawa www.strokesurvivors.ca/ HealthyOntario.com www.healthyontario.com/ MedlinePlus (USA) medlineplus.gov/</p>