

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



CROHN'S AND ULCERATIVE COLITIS / CROHN ET COLITE

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
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Resource List / Ressources

 @CHEOfri

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Au-delà de la maladie de crohn et de la colite ulcéreuse : survivre de s'épanouir -- Toronto:

Fondation canadienne des maladies inflammatoires de l'intestin, 2013.

Une personne qui vous est chère ou vous-même avez reçu un diagnostic de maladie inflammatoire de l'intestin (MII). D'emblée, vous êtes assailli par des tas de questions, avec en prime une certaine inquiétude et une bonne dose d'incertitude. La Fondation canadienne des maladies inflammatoires de l'intestin (FCMII) s'est engagée à vous renseigner sur ces maladies et à vous fournir une information ponctuelle pour vous amener à prendre votre vie en main. Le savoir est un outil puissant pour tenir les rênes de votre vie.

FAM RC 862 .I53 .A8 2013

Crohn's & colitis: understanding and managing IBD / Steinhart, A. Hillary. -- Toronto, ON: Robert Rose, 2006.

Living with Crohn's disease or ulcerative colitis can be a tremendous challenge, so actually understanding inflammatory bowel disease is the key to developing effective management strategies. This book includes information on the possible underlying causes, clinical features, and effective treatments of Crohn's disease and ulcerative colitis.

FAM RC 862 .E52 S74 2006

Crohn's disease: complementary and western therapies / Richards, Cathy -- Toronto: East Meets West, 2002.

This is the author's personal story of her experience with Crohn's disease and her exploration of a combination of western and complementary therapies to help her manage this disease.

FAM RC 862 .E52 R52

Web Sites / Sites internet

Inflammatory Bowel Disease - CHEO / Les maladies inflammatoires chroniques de l'intestin (MII) - CHEO

<http://www.cheo.on.ca/en/IBD>

The Gutsy Generation - Crohn's and Colitis Foundation of Canada / La génération des gutsy - Fondation canadienne des maladies inflammatoires de l'intestin

<http://www.thegutsygeneration.ca>

Crohn's and Colitis Canada / Crohn et colite Canada

<http://www.crohnsandcolitis.ca>

Crohn's and Colitis Foundation of America

<http://ccfa.org>

Crohn's and Colitis Australia

<http://crohnsandcolitis.com.au/>

GI Kids

<http://www.gikids.org/>

Crohn's Disease - Mayo Clinic

<http://www.mayoclinic.com/health/crohns-disease/ds00104>

Ulcerative Colitis – National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov/ddiseases/pubs/colitis/index.htm>



Ulcerative Colitis – MedlinePlus from the U.S. National Library of Medicine
<http://www.nlm.nih.gov/medlineplus/ulcerativecolitis.html>

YouTube

Dietary Fibre in patients with IBD - CHEO IBD YouTube Channel
http://www.youtube.com/watch?v=RFjYCD5L_Xw

How to collect a "poop" sample! - CHEO IBD YouTube Channel
<http://www.youtube.com/watch?v=oFQo0E3N1F8>

Subscribe to the CHEO IBD Channel
<http://www.youtube.com/user/CHEOIBDCentre>

Apps

GI Monitor

- From Medivo
- Free
- English, French, German, Italian and Spanish
- Last updated Dec 2014
- From Google Play: GI Monitor is a free service that helps patients with (IBD) Crohn's and Ulcerative Colitis track their symptoms and provide accurate data to physicians for optimal treatment. Data is synced across all platforms in real-time and users can print out easy-to-read reports for their physicians.
- Available from [Google Play](#) and [iTunes](#)

myIBD

- From The Hospital for Sick Children
- Free
- English, French
- Last updated Oct 2014
- From Google Play: Manage your Inflammatory Bowel Disease with myIBD. myIBD is a new app, developed by doctors and patients for people living with diseases like Crohn's and Colitis. It's packed with features that will help you and your doctor better understand your treatment. Track: myIBD makes recording the important information easy. Whether you are feeling great or feeling lousy, keep track of the day-to-day information that you and doctor need. Your mood, appetite, pain, and trips to the bathroom can be recorded in moments. Chart: myIBD allows you to see your entries as a graph or simple text. This may provide you with a new perspective on how you are managing your illness. Learn: myIBD contains valuable information about inflammatory bowel diseases. When it comes to living with an IBD, knowledge is important.
- Available from [Google Play](#) and [iTunes](#)

Local Contacts / Liaison régionales

Crohn's and Colitis Foundation of Canada
60 St. Clair Ave. East, Suite 600
Toronto, ON



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<http://www.cafc.ca>
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eastontario@cafc.ca

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

Last Updated: Jan 2016
Links Tested: Jan 2016