



Ankylosing Spondylitis Resources

Ankylosing Spondylitis Websites:

Rheumatology Information: <http://rheumainfo.com>

Canadian Spondylitis Association: www.spondylitis.ca

Spondylitis Association of America: www.spondylitis.org

The Arthritis Society: www.arthritis.ca

National Ankylosing Spondylitis Society: www.nass.co.uk

Diet and Nutrition Resources:

For information about Canada's Food Guide:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

For information about EatRight Ontario:

www.eatrightontario.ca/en/default.aspx 1-877-510-5102

For information about BMI and tracking your food and activities: www.eatracker.ca

Emotional Support:

For information and tips for dealing with stress:

Canadian Mental Health Association: www.cmha.ca/mental-health/your-mental-health/stress/

Mayo Clinic: www.mayoclinic.com/health/stress-management/MY00435

For more information and tips for dealing with anger:

Canadian Mental Health Association: www.cmha.ca/mental_health/feeling-angry

American Psychological Association: www.apa.org/topics/anger/control.aspx

Mayo Clinic: www.mayoclinic.com/health/anger-management/MH00102

For support or information about depression and other mental health issues:

Mental Health Helpline: www.mentalhealthhelpline.ca 1-866-531-2600

Ergonomics (Proper positioning)

For information on workplace ergonomics:

Canadian Centre for Occupational Health and Safety: www.ccohs.ca/oshanswers/ergonomics/

Medications

For information about the Trillium Drug Program:

www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx

For information and support about medications and pregnancy:

Motherisk:

www.motherisk.org 1-877-439-2744

MothertoBaby - Organization of Teratology Information Specialists (OTIS):

www.mothertobaby.org

Smoking:

For information and support to help stop smoking:

Smokers Helpline: www.smokershelpline.ca 1-877-513-5333

Quit4Life: www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/life-vie/index-eng.php



Patient & Family Education

