Helpful Community Resources for Cardiology Patients

For patients returning home from hospital after heart surgery

Read this guide to learn where you can find more information or support for:

• cardiac care and heart health
• healthy eating
• cardiac rehabilitation
• stop smoking programs
• health and social services
• counseling and stress management
• other general information about artery disease
Where can I find some helpful community resources?

There are many different kinds of community resources that you might find helpful. You might find these resources helpful during your recovery. They can even help you after your recovery.

Community resources can be things like:

• clinics in hospitals
• community centres
• education programs
• websites or books

Below is a list of community resources that can help. These resources can support you during your recovery. They can also help you adjust to living with your heart disease.

If you do not find what you need in the list, contact:

**Community Resources Helpline**
The Community Resources Helpline can help you find other community resources or support. To find more information call them or visit their website.

Phone: dial 211
Website: www.211.ca
Cardiac care and heart health

Cardiac Care and Heart Health Clinic
Toronto Western Hospital, University Health Network

Phone: 416 603 5268

The Cardiac Care and Heart Health clinic can help you control your heart disease risk factors. The health care team is trained to:

• help you to quit smoking
• teach you how to eat a healthier diet
• help you get started on a regular exercise program
• help you to learn how to manage your stress better
• make sure you are on the best medicines for your heart

The health care team will work with you, your family doctor and/or your cardiologist. This is a 6-month program to help you manage your heart condition.

Please talk to a member of your health care team or call the number above for more information.

You will need a doctor’s referral to access the Cardiac Care and Heart Health program.
Heart-healthy eating

**Cardiac and Outpatient Dietitians**  
University Health Network, Toronto Western Hospital  
Phone: 416 603 5800 extension 6478

**Cardiac Inpatient Dietitian**  
University Health Network, Toronto General Hospital  
Phone: 416 340 4800 extension 3139

**Dietitians of Canada**  
Website:  [www.dietitians.ca](http://www.dietitians.ca)

On the Dietitians of Canada website, you can find:  
• a dietitian in your area  
• heart-healthy recipes  
• answers to frequently asked questions  
• contact information

Cardiac rehabilitation

**GTA Rehab Network**  
Website:  [www.gtarehabnetwork.ca](http://www.gtarehabnetwork.ca)

There are a number of cardiac rehabilitation programs in the greater Toronto area. To join one of these programs, you will need a referral from your doctor. Talk to your doctor if you are interested.

For more information, visit the website for GTA Rehab Network.
Identification bracelets

Medic Alert Foundation Canada
2005 Sheppard Ave. East, Suite 800
Toronto, ON M2J 5B4
Phone: 416 696 0267
Website: www.medicalert.ca

Stop smoking programs

Smokers’ Helpline – Canadian Cancer Society
Phone: 1 877 513 5333
Website: smokershelpline.ca

Nicotine Dependence Clinic – CAMH
Phone: 416 535 8501 option 2
Website: smokingcessation.camh.ca

UHN Smoking Cessation Program – Outpatient Pharmacies
To join or to learn more about pharmacy smoking cessation programs available at UHN, send an email to QuitSmoking@UHN.ca, visit or contact one of the participating UHN Outpatient Pharmacies below:

• Toronto General Hospital Outpatient Pharmacy: 416 340 4075
• Toronto Western Hospital – Shoppers Drug Mart: 416 603 5800 ext.5686
• Princess Margaret Cancer Centre Outpatient Pharmacy: 416 946 6593

Your health care provider can refer you by faxing a referral form for you or you can self-refer.
Health and social services

Home and Community Care Support Services (formerly called CCAC)
Phone: 310 2222
Website: [www.healthcareathome.ca](http://www.healthcareathome.ca)

Home and Community Care Support Services offer a point of access to Ontario’s home and community care system.

A Home and Community Care coordinator will meet with you while in the hospital. They will find out what services you will need when you return home. They will also let you know what home care services you are eligible for.

Visit healthcareathome.ca and enter your postal code or select your location on the map to find services available in your community.
Counselling and stress management

Your health care team or family doctor can refer you to a psychiatrist, psychologist or social worker. They can let you know if this would be a useful resource for you.

**Ontario Psychological Association Referral Service**

Phone: 416 961 5552  
Website: [www.psych.on.ca/Utilities/Find-a-psychologist.aspx](http://www.psych.on.ca/Utilities/Find-a-psychologist.aspx)

**Psychotherapy Referral Service Help Line**

Phone: 416 920 0655  
Toll-free: 1 800 268 1154  
Website: [www.prstoronto.com](http://www.prstoronto.com)

**Coronary artery disease resources**

**Heart and Stroke Foundation (Ontario)**

2300 Yonge Street, Suite 1300  
Toronto, ON M4P 1E4  
Phone: 416 489 7111  
Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)