

# Useful Links for General Medical Conditions

## Websites covering several topics of interest to parents:

[Canadian Paediatric Society](#) is the national association of pediatricians and provides a range of information on many children's health topics.

[Caring for Kids](#) is designed to provide parents with information about their child's health and well-being. The site is developed by the Canadian Pediatric Society.

[Parent Support BC](#) partners with communities and those in a parenting role to provide support, advocacy, education, research, and resources.

[HealthyChildren.org](#) published by the American Academy of Pediatrics is a parenting web site backed by 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

The [BC Centre for Disease Control](#) (BCCDC) provides provincial and national leadership in public health through surveillance, detection, treatment, prevention and consultation services.

[HealthLink BC](#) provides fact sheets on over 180 health and safety topics. Translations available. Or call 811.

[KidsHealth](#) is part of The Nemours Foundation's Center for Children's Health Media. KidsHealth provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.

[About Kids Health](#) from the Toronto Hospital for Sick Children provides a lot of unbiased and evidence-based information including A-Z of illnesses, operations, etc for parents. About Kids Health believes that all children deserve the best possible opportunity for a healthy, full childhood; and that the internet is an extraordinary tool that offers a unique opportunity to support better pediatric health in both advantaged and vulnerable populations in Canada and world-wide.

The purpose of the [\*\*Family Support Institute\*\*](#) is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. They believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training, and province-wide networking to assist families and their communities to build upon and share their strengths.

[\*\*Decoda Literacy Solutions\*\*](#) is the provincial literacy organization. Parents are their children's first and most important teachers. Early reading and thinking skills are learned at home. Support materials for parents can be found on this site.

Provincial [\*\*Infant Development Programs\*\*](#).

[\*\*BC Children's Hospital mental health services\*\*](#) - information on [infant](#), [child](#), and [youth](#) mental health in-patient and out-patient programs.

The [\*\*Gender-Affirming Roadmap for Patients and their Families\*\*](#) provides information about the different services and resources that may be considered at various points during the process of exploring one's gender identity or transitioning.

**Cost of Medications** - Prescription medication costs can be kept affordable by several methods; [click here](#) information on how PharmaCare makes decisions. All families registered with the Medical Services Plan (MSP) should complete their [Fair PharmaCare application](#) which sets your personal level of coverage based on family income.

**Social Relationships and Friendships** - Some children face a variety of challenges in developing positive social skills including the ability to make friends. Our [Social Relationships & Friendships Brochure](#) helps prepare parents for a successful conversation with their child's teacher or other educational professional. Here's a [Social Relationships & Friendships Tip Sheet](#) to help parents of children with significant social/emotional challenges.

## **Common and uncommon diseases parents ask their pediatricians about:**

<b>Allergy</b>	<a href="#">Canadian Society of Allergy and Clinical Immunology</a> <a href="#">Allergy/Asthma Information Association</a> <a href="#">Food Allergy Research and Education</a> <a href="#">American Academy of Allergy, Asthma and Immunology</a> <a href="#">American College of Allergy Asthma and Immunology- Patient info</a>
<b>Anaphylaxis</b>	<a href="#">Food Allergy Canada</a>
<b>Anemia (Iron deficiency)</b>	<a href="#">Iron Disorder Institute</a> <a href="#">Hamilton Health Science</a>

<b>Arthritis (Juvenile Idiopathic/Juvenile rheumatoid)</b>	<a href="#">Arthritis Society</a> <a href="#">Arthritis Foundation US</a> <a href="#">National Institute of Arthritis and Musculoskeletal and Skin Diseases</a> <a href="#">You, Your Child, and Arthritis</a>
<b>Asthma</b>	<a href="#">Asthma Society of Canada</a> <a href="#">AsthmaKids Canada</a> <a href="#">The Lung Foundation</a>
<b>Celiac Disease</b>	<a href="#">Celiac Canada</a> <a href="#">Celiac Sprue Association</a>
<b>Cerebral Palsy</b>	<a href="#">Cerebral Palsy Association of BC</a> <a href="#">Cerebral Palsy Association of BC's Vancouver Island Resource Guide</a> (includes separate guides for South, Mid, and North Vancouver Island)
<b>Choking Prevention</b>	<a href="#">Be Smart Don't Choke</a>
<b>Concussions</b>	<a href="#">Cattonline.com</a> provides up-to-date concussion education for parents and coaches. It includes video lessons and resources to effectively prevent, recognize and manage a players recovery.
<b>Congenital Heart Disease</b>	<a href="#">Heart and Stroke Foundation Canada</a> <a href="#">Western Children Heart Network</a>
<b>Congenital Hip Dysplasia</b>	<a href="#">International Hip Dysplasia Institute</a>
<b>Constipation</b>	<a href="#">CHEO Fact Sheet on Constipation</a> <a href="#">National Institute of Diabetes and Digestive and Kidney Diseases – Constipation</a>
<b>Croup</b>	<a href="#">Canadian Lung Association</a>
<b>Crohn's/Ulcerative Colitis/Inflammatory Bowel Disease</b>	<a href="#">Crohn's and Colitis Canada</a> <a href="#">National Institute of Diabetes and Digestive and Kidney Diseases</a>
<b>Dental</b>	<a href="#">BC Dental Association</a> <a href="#">Canadian Dental Association</a> Each Health Authority has a <a href="#">sodium diamine fluoride varnish program</a> for stopping early cavities. <a href="#">Healthy Kids Program</a> can provide assistance for children of low-income families.
<b>Developmental Coordination Disorder</b>	<a href="#">Centre for Childhood Disability Research</a>
<b>Diabetes</b>	<a href="#">Canadian Diabetes Association</a> <a href="#">Juvenile Diabetes Research Foundation</a>
<b>Diarrhea</b>	<a href="#">National Institute of Diabetes and Digestive and Kidney Diseases</a>
<b>Down syndrome</b>	<a href="#">Canadian Down Syndrome Society</a> <a href="#">Down Syndrome Care Hub</a>
<b>Ear Infections</b>	<a href="#">HealthLink BC</a> <a href="#">BC Childrens Hospital</a>
<b>Eczema</b>	<a href="#">About Kids Health</a>
<b>Epilepsy or Febrile Seizures</b>	<a href="#">BC Epilepsy Society</a> <a href="#">Epilepsy Foundation</a>
<b>Eye Infection</b>	<a href="#">Perinatal Services BC (PSBC)</a>
<b>Fetal Alcohol Spectrum Disorder</b>	<a href="#">Provincial Outreach Program for FASD</a> <a href="#">The FASD Center</a>
<b>Gastroesophageal Reflux</b>	National Institute of Diabetes and Digestive and Kidney Diseases – <a href="#">Infants</a> and <a href="#">Children</a> <a href="#">About Kids Health</a>
<b>Hearing</b>	<a href="#">BC Early Hearing Program</a> <a href="#">BC Family Hearing Resource Society</a>
<b>Immunizations</b>	Please <a href="#">click here</a> to find more information
<b>Influenza</b>	<a href="#">Public Health Agency of Canada</a>

<b>Kawasaki Disease</b>	<a href="#">BCCH Fact Sheet</a> <a href="#">Kawasaki Disease Canada</a> <a href="#">Kawasaki Disease Foundation</a>
<b>Migraine</b>	<a href="#">National Headache Foundation</a>
<b>Learning Disabilities</b>	<a href="#">Learning Disability Association of Canada</a> <a href="#">BC Ministry of Education</a> Special Education policies, procedures, and guidelines <a href="#">Learning Disabilities Association of BC</a>
<b>Muscular Dystrophy</b>	<a href="#">Muscular Dystrophy Canada</a> <a href="#">Parent Project Muscular Dystrophy</a>
<b>Newborn Screening</b>	<a href="#">BC Newborn Screening</a> <a href="#">HealthLink BC</a>
<b>Nutrition &amp; Healthy Weight</b>	<a href="#">Canada's Food Guide</a> <a href="#">The Childhood Obesity Foundation</a> <a href="#">Dietitians of Canada</a> <a href="#">Generation Health</a> is a free 10-week program <a href="#">Physical Activity Guides</a> <a href="#">Screen Smart</a> initiative to decrease recreational screen time + increase activity levels of students <a href="#">Shapedown BC</a> helps children, adolescents, and their families achieve healthy weights <a href="#">Sip Smart! BC™</a> school based program aimed at decreasing consumption of sugar sweetened beverages <a href="#">Superkids Nutrition</a>
<b>Rare Diseases</b>	<a href="#">National Organization for Rare Diseases</a> is a health organization dedicated to helping people with rare "orphan" diseases. <a href="#">Rare Disease Foundation</a> organizes local parent to parent support groups and promotes a new approach for rare disease research and care.
<b>Sleep</b>	<a href="#">Perinatal Services BC</a> <a href="#">Every Sleep Counts</a>
<b>Speech Development</b>	<a href="#">Speech-Language and Audiology Canada</a> <a href="#">Speech and Hearing BC</a> <a href="#">American Speech Language Hearing Association</a>
<b>Sudden Infant Death Syndrome</b>	<a href="#">Baby's Breath</a> <a href="#">HealthLink BC</a> <a href="#">Perinatal Services BC</a>
<b>Thyroid Disorders</b>	<a href="#">Thyroid Foundation of Canada</a>
<b>Vision Loss</b>	<a href="#">Vision Loss Rehabilitation Canada</a>