



Abdominal pain

<http://libcat.nshealth.ca/permalink/chpams34222>

Capital Health (N.S.). Emergency Services. Halifax, NS: Capital Health , 2014.

Pamphlet Number: 0119

Available Online: [View Pamphlet](#)

“ *Abdominal pain can be caused by many things such as ulcers, appendicitis, gallbladder disease, kidney stones, or bladder infections. Most of the time this kind of pain is caused by gas, constipation, indigestion, or other causes that are not life-threatening. This pamphlet provides instructions for when the doctor’s examination and test results suggest there is nothing seriously wrong. Symptoms that need immediate medical attention are given.*



Addictions community-based services : Central Zone (Halifax, Eastern Shore, and West Hants)

<http://libcat.nshealth.ca/permalink/chpams35802>

Nova Scotia Health Authority. Mental Health and Addictions. Central Zone (Halifax, Eastern Shore, and West Hants). Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1753

Available Online: [View Pamphlet](#)

“ *Addiction community-based services are available for people who are having problems with reducing or stopping their use of alcohol, tobacco, drugs and/or gambling, and their families. This pamphlet describes the community- based services that are available, including individual treatment, group treatment, skill based workshops and two week treatment programs. Womens’ only programming for people who identify as women is also available. Information on howto access the programs and other communit...*



Appendectomy

<http://libcat.nshealth.ca/permalink/chpams34551>

Nova Scotia Health Authority. QEII. General Surgery Clinic. Halifax, NS: Nova Scotia Health Authority , 2018.

Pamphlet Number: 0168

Available Online: [View Pamphlet](#)

“ *The appendix is a small tube-like organ that is attached to your intestine (bowel). An inflamed or infected appendix is called appendicitis. If not treated, the inflamed or infected appendix can burst and cause a serious infection in the lining of the abdomen (peritonitis). This pamphlet explains what will happen to you after surgery and howyou can take part in your care. Topics are: controlling discomfort, care of your incision, healthy eating, activity (returning to work, driving, sex), and ...*



Fall prevention checklist

<http://libcat.nshealth.ca/permalink/chpams35659>

Nova Scotia Health Authority. Central Zone. NSHA Provincial Falls Prevention Program. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1649

Available Online: [View Pamphlet](#)

“ Ask a family member or friend to help you work through this list and check off all the ways you can make your home safe and help prevent falls.



Why we screen for antibiotic-resistant organisms (AROs)

<http://libcat.nshealth.ca/permalink/chpams35812>

Nova Scotia Health Authority. Infection Prevention and Control. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1765

Available Online: [View Pamphlet](#)

“ Bacteria sometimes develop the ability to no longer be destroyed by antibiotics. When this happens, the bacteria (organisms) are called “resistant” to antibiotics, and known as antibiotic-resistant organisms (AROs). This pamphlet explains how AROs are spread, screening for AROs and why we screen for AROs. The French version of this pamphlet 1859, “Pourquoi faisons-nous le dépistage des organismes antibiorésistants (OA)”, is also available.



Constipation

<http://libcat.nshealth.ca/permalink/chpams34751>

Capital Health (N.S.). Emergency Services. Halifax, NS: Capital Health , 2014.

Pamphlet Number: 0692

Available Online: [View Pamphlet](#)

“ Bowel function is defined. Some common causes of constipation are provided. Tips to avoid constipation are given. Symptoms that require immediate medical attention are provided.



Brugada syndrome

<http://libcat.nshealth.ca/permalink/chpams35823>

Nova Scotia Health Authority. QEII. Inherited Heart Disease Clinic. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1773

Available Online: [View Pamphlet](#)

“ *Brugada syndrome is a rare inherited heart condition associated with an ECG pattern called a Brugada sign. The pamphlet provides the causes, symptoms, diagnostic tests, treatments and some general activity guidelines. Websites for further information are also listed.*



Brushing and flossing

<http://libcat.nshealth.ca/permalink/chpams35916>

Nova Scotia Health Authority. Public Health. Halifax, NS: Nova Scotia Health Authority , 2018.

Pamphlet Number: 1865

Available Online: [View Pamphlet](#)

“ *Brushing your teeth prevents tooth decay by removing the plaque that forms on your teeth each day. Plaque is a thin, hard-to-see layer of germs that covers the teeth and gums. This pamphlet describes when to brush your teeth and when to floss, general brushing and flossing advice, and howto help children brush and floss. The French version of this pamphlet 1879, "Brosse à dents et fil dentaire," is also available.*



Calcium channel blockers

<http://libcat.nshealth.ca/permalink/chpams35915>

Nova Scotia Health Authority. QEII. Pharmacy Department. Halifax, NS: Nova Scotia Health Authority , 2018.

Pamphlet Number: 0295

Available Online: [View Pamphlet](#)

“ *Calcium channel blockers are used to treat chest pain and to control high blood pressure. A list of brand names is given. This pamphlet explains howto take calcium channel blockers, drugs and foods to avoid, warnings, possible side effects, and symptoms that you should mention to your doctor, nurse practitioner, or pharmacist.*



Capsule endoscopy

<http://libcat.nshealth.ca/permalink/chpams35175>

Nova Scotia Health Authority. QEII. Endoscopy Unit Staff. Halifax, NS: Nova Scotia Health Authority , 2018.

Pamphlet Number: 1300

Available Online: [View Pamphlet](#)

“ *Capsule endoscopy is an exam of the digestive tract that involves swallowing a capsule containing a camera and light. Howto prepare for the test, as well as what to expect during and after the test are reviewed. Common risks of the test are also provided. The French version of this pamphlet 1854, "Endoscopie par capsule", is also available.*