



### 5-Aminosalicylate (5-ASA)

<http://libcat.nshealth.ca/permalink/chpams35397>

Nova Scotia Health Authority. Central Zone. Gastroenterology. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1483

Available Online: [View Pamphlet](#)

“ 5-aminosalicylate (5-ASA) is a type of drug often used to treat inflammatory bowel disease (IBD). This type of drug is good at controlling active ulcerative colitis or Crohn’s colitis as well as keeping ulcerative colitis in remission. Topics include: what 5-ASA type drugs do, which 5-ASA you should take, continuing to take the drug, talking to your doctor, what other medication you can take, and when to expect to see improvement. The pamphlet also describes common and rare side effects.



### Active cycle breathing technique (ACBT)

<http://libcat.nshealth.ca/permalink/chpams35696>

Nova Scotia Health Authority. Roseway Hospital. Rehabilitation Services. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1672

Available Online: [View Pamphlet](#)

“ The Active Cycle Breathing Technique (ACBT) will help clear secretions like sputum. Sputum is mucus mixed with saliva (spit). This pamphlet outlines steps involved in breathing control, deep breathing exercises, and huffing. A technique summary is provided.



### Where can I get the equipment I will need following surgery or illness?

<http://libcat.nshealth.ca/permalink/chpams35435>

Nova Scotia Health Authority. QEII. Rehabilitation Services. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1517

Available Online: [View Pamphlet](#)

“ After your surgery or illness, you may need equipment to help you get around your community and your home. For example, you may need a walker or a raised toilet seat. This pamphlet provides information on how to buy, rent or borrow equipment in Nova Scotia and across Canada.



### Antidepressants for chronic pain

<http://libcat.nshealth.ca/permalink/chpams35419>

Nova Scotia Health Authority (Central Zone). Pain Management Unit. Halifax, NS: Nova Scotia Health Authority , 2015.

Pamphlet Number: 1502

Available Online: [View Pamphlet](#)

“ *Antidepressants are often used to treat depression, but they can also be taken to manage chronic pain. This pamphlet provides instructions on taking antidepressants, what to do if you miss a dose, special precautions, common side effects, and how to store your medication. Serious side-effects that should be reported to your doctor are listed.*



### Aripiprazole (Abilify®, Abilify Maintena™)

<http://libcat.nshealth.ca/permalink/chpams35626>

Nova Scotia Health Authority. Central Zone. Pharmacy Services, QEII. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1627

Available Online: [View Pamphlet](#)

“ *Aripiprazole is most often used to treat psychosis. It is also used to treat mania and sometimes depression. Possible side effects as well as a list of symptoms that it helps to relieve are reviewed. How quickly it starts working, how long to take it, and other general information is provided.*



### 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.*



## Asthma

<http://libcat.nshealth.ca/permalink/chpams35352>

Nova Scotia Health Authority. Central Zone. Respiratory Services, Cobequid. Halifax, NS: Nova Scotia Health Authority , 2015.

Pamphlet Number: 1454

Available Online: [View Pamphlet](#)

“*Asthma is a lung condition where the airways are inflamed (irritated, reddened, and swollen). This pamphlet explains how asthma is diagnosed, the goal of asthma management, asthma education sessions, asthma treatment, and how to access asthma education provided by Respiratory Services at Cobequid Community Health Centre.*”



## Autoimmune hepatitis

<http://libcat.nshealth.ca/permalink/chpams35658>

Nova Scotia Health Authority. Central Zone. Hepatology. Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1648

Available Online: [View Pamphlet](#)

“*Autoimmune hepatitis is a chronic (long-lasting) disease in which the body's immune system attacks the cells of the liver, causing inflammation (swelling) and liver damage. Topics include: where your liver is located and its function, causes of autoimmune hepatitis, symptoms, diagnosis, treatment, and things you can do to help your liver heal itself.*”



## Induction of labour and cervical ripening with balloon catheter

<http://libcat.nshealth.ca/permalink/chpams35819>

Nova Scotia Health Authority. Reproductive Care Program of Nova Scotia. Halifax, NS: Nova Scotia Health Authority , 2017.

Pamphlet Number: 1769

Available Online: [View Pamphlet](#)

“*A balloon catheter is a soft tube with a small balloon on the end. The balloon catheter gets your cervix ready for labour (cervical ripening). This pamphlet explains what will happen when the balloon catheter is inserted, possible complications of a balloon catheter and when you should call or return to the hospital. The French version of this pamphlet 1814, "Déclenchement artificiel du travail et maturation cervicale au moyen d'un cathéter à ballonnet", is also available.*”



## Bipolar education support talks (BEST) treatment group

<http://libcat.nshealth.ca/permalink/chpams35674>

Nova Scotia Health Authority. Central Zone. Mental Health and Addictions (Halifax, Eastern Shore and West Hants). Halifax, NS: Nova Scotia Health Authority , 2016.

Pamphlet Number: 1660

Available Online: [View Pamphlet](#)

“ *The BEST group is designed for people with Bipolar Affective Disorder. This includes Bipolar I, Bipolar II, Cyclothymia, and Schizoaffective Disorder. You will learn about your illness, medications, non-medication treatments, ways to cope, and ways to manage your symptoms. You should be in a stable phase of your illness before starting this group. Topics include: what is covered in sessions, who will be at the group sessions, expectations, and group location.*