



Women's *Mid-Life* Health Centre
of Saskatchewan

227-230 Avenue R South

Saskatoon, SK S7M 2Z1

P 306-978-3888

F 306-978-7801

info@menopausecentre.org

www.menopausecentre.org

**Links to Useful Web Sites
General Information about
Menopause:**

North American Menopause Society
www.menopause.org

Menopause and You
www.menopauseandu.ca
(part of the Society of Obstetricians
and Gynecologists of Canada Meno-
pause and Education Program)

Health Issues:

Arthritis Society
www.arthritis.ca

Canadian Diabetes Association
www.diabetes.ca

CardioMetabolic Risk
www.cardiometabolic-risk.org

Heart and Stroke Foundation
www.heartandstroke.com
(He@lthline newsletter)

The Heart Truth
www.thehearttruth.ca

Osteoporosis Canada
www.osteoporosis.ca

Mental Well-Being:

Check Up from the Neck Up
www.checkupfromtheneckup.ca

Road to Wellbeing
www.roadtowellbeing.ca

Canadian Mental Health Association
www.cmha.ca

**Physical Activity and Healthy
Eating:**

In Motion Saskatchewan
www.saskatchewaninmotion.ca

Hamilton Health Region, Do it Right
www.doitright.ca
(click on My Turn, My Time)

Dietitians of Canada
www.dietitians.ca

Canada's Food Guide
www.hc-sc.gc.ca
(click on Canada's Food Guide)

Recipes from American Institute of
Cancer Research
www.aicr.org

Leslie Beck Registered Dietitian
www.lesliebeck.com

Liz Pearson Registered Dietitian
www.lizpearson.com

DASH Diet
www.heartandstroke.com
(Home>Health Information>Healthy
Living>Healthy Eating>
The DASH Diet to Lower Blood Pres-
sure)

Mediterranean Diet Plan
www.mayoclinic.com/health/mediterra-
nean-diet/cl00011

Sexual Health:

National Vulvodynia Association
www.nva.org/index.html

The Women's Sexual Health
Foundation
www.twshf.org

Sex and a Healthier You
www.sexandahealthieryou.org

Sleep:

Canadian Sleep Institute (Calgary)
www.csisleep.com

The Lung Association
www.sk.lung.ca

Associated Sleep Services
www.associatedsleepservices.com

National Sleep Foundation
www.sleepfoundation.org

Bladder Health:

Canadian Continence Foundation
www.continence-fdn.ca

The Continence Foundation
www.continence-foundation.org.uk
National Association for Continence
www.nafc.org



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Oral Health:

Centers for Disease Control and
Prevention

www.cdc.gov/oralhealth/

American Academy of Periodontology
www.perio.org/consumer/mbc.top2.htm

The Government of Saskatchewan,
Health
www.health.gov.sk.ca/teeth-mouth-matter

The Government of Saskatchewan,
Health
www.health.gov.sk.ca/denture-wear-ermouthcare

The Canadian Dental Hygienists
Association
www.cdha.ca/content/oralcare_centre/oralcare_.asp

Cancer Information:

Breast Cancer Action Saskatchewan
www.bcask.ca

Dr Jennie Yoon's blog
www.letyourspiritfly.com

Canadian Cancer Society
www.cancer.ca

Cancer View Canada
www.cancerview.ca
(gateway to services and resources)

Colorectal Cancer Association of
Canada
www.colorectal-cancer.ca

Gynecological Cancer Foundation (US)
www.thegcf.org

John Hopkins Ovarian Cancer Web Site
www.ovariancancer.jhmi.edu

National Cancer Institute (US)
www.cancer.gov.org

Ovarian Cancer Canada
www.ovariancanada.org

Ovarian Cancer National Alliance (US)
www.ovariancancer.org

Saskatchewan Cancer Agency
www.saskcancer.ca
(screening programs for breast,
cervical, colorectal and cancer
prevention)

Susan B Komen Breast Cancer
Foundation
ww5.komen.org

Women's Cancer Network (US)
www.wcn.org

**Complementary and Alternative
Medicine:**

National Centre for Complementary
and Alternative Medicine
[www.nccam.nih.gov/health/decisions/
index.htm](http://www.nccam.nih.gov/health/decisions/index.htm)

National Institutes of Health (US)
[www.nccam.nih.gov/health/decisions/
index.htm](http://www.nccam.nih.gov/health/decisions/index.htm)

CAMline
www.camline.ca
(evidence-based web site, Canadian)

General Health and Other:

Canadian Caregiver Coalition
www.ccc-ccan.ca

Canadian Women's Health Network
www.cwhn.ca/indexeng.html

Saskatoon Caregiver Information
Centre
www.caregive.sasktelwebsite.net

Public Health Agency of Canada
www.phac-aspc.gc.ca/index-eng.php
(Click on Adult on the right side bar)

H1N1 information
www.fightflu.ca
(Public Health Agency of Canada site)

Women's Health Research
www.womenshealthresearch.org

Women's Health Matters
www.womenshealthmatters.ca
(Toronto)