

experts in the field, and includes information on risk factors, dietary and lifestyle choices, and treatment options.

Availability for loan:

FP 300 R63 2007 Health Information & Wellness Centre, both locations
616.62205 ROD Toronto Public Library System

Living Well on Dialysis: a Cookbook for Patients and Their Families. New York: National Kidney Foundation, 1996

This book contains dozens of delicious recipes to help those on dialysis obtain good nutrition and enjoy a varied diet. Each recipe has been analysed for calories, carbohydrates, protein, fat, sodium, potassium and phosphorus, and all have been reviewed by The National Kidney Foundation Council on Renal Nutrition.

Availability for loan:

FP 400 C68 1996 Health Information and Wellness Centre, West Toronto

COMMUNITY RESOURCES

The Kidney Foundation of Canada

Central Ontario Branch
700-15 Gervais Drive
Toronto, ON M3C 1Y8
Tel.: (416) 445-0373 OR 1-800-387-4474
Email: kidney@kidney.on.ca

<http://www.kidney.on.ca>

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

© Trillium Health Centre, Apr 2007. Last Updated 2009



Life. We're in it together.

Kidney Disorders



INTERNET SITES

The Kidney Foundation of Canada

<http://www.kidney.ca>

This is a national volunteer organization committed to increasing research, education, support, and public awareness of kidney disease. General information on kidneys and their function is provided at the site, along with details on risk factors and prevention of disease. There is also a section on organ and tissue donation.

Canadian Diabetes Association

<http://tinyurl.com/c9yyeg>

The CDA website provides some information about preventing the onset or delaying the progression of kidney damage which is related to diabetes.

Canadian Cancer Society

<http://tinyurl.com/2epjji>

This site provides information about the different types of kidney cancer. Topics covered include risk factors, symptoms, diagnosis, staging, and treatment.

National Kidney and Urologic Diseases Information Clearinghouse

<http://kidney.niddk.nih.gov>

This is part of the U.S. National Institutes of Health, and its web site provides extensive information on all types of kidney and urologic conditions. A large number of fact sheets, brochures and other types of publications can be downloaded at the site or ordered online.

National Kidney Foundation

<http://www.kidney.org>

The U.S. based National Kidney Foundation is a major voluntary health organization whose aim is to prevent kidney and urinary tract diseases, and to improve the health and well-being of individuals and families affected by these diseases. Its web site offers comprehensive information on all types of kidney conditions in an easy to follow and clearly written format. Many helpful brochures are available for download in .pdf format at the site.

American Association of Kidney Patients

<http://www.aakp.org>

The AAKP is a national non-profit organization founded by kidney patients for kidney patients. Its website offers helpful information about chronic kidney disease, dialysis, and transplants. Practical ideas on diet and other coping strategies are provided. The organization also publishes a number of clearly written brochures which are available for download at the site.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on kidney conditions. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on K and then follow the links for various types of kidney conditions. There are also Interactive Health Tutorials available on the topics of Kidney Failure and Kidney Stones. These allow the user to follow a slide show with sound and pictures.

BOOKS

Coping with Kidney Disease by Mackenzie Walser. Hoboken, NJ: John Wiley, 2004

This book is an invaluable guide for those who suffer from diabetes, hypertension, or other conditions that are risk factors for kidney disease. Dr. Walser describes his 12 step program for avoiding dialysis by diet modification, controlling blood pressure, and correcting high cholesterol.

Availability for loan:

FP 300 W25 2004 Health Information & Wellness Centre, West Toronto
616.61 WAL Mississauga Library System
616.61 WAL Toronto Public Library System

Living with Kidney Disease, 4th ed. Toronto: Kidney Foundation of Canada, 2006

The Kidney Foundation of Canada has produced this manual for those with kidney disease and their families. It focuses on coping skills, and includes information on diet, exercise, emotional and physical well-being, family life, work life, and financial and legal information related to living with kidney malfunction. There are also details about causes and symptoms of the various kidney diseases, and the different treatment options available.

Availability for loan:

FP 450 K43 2006 Health Information & Wellness Centre, both locations. Also available in Chinese and Punjabi.
616.61 LIV (3rd ed.) Toronto Library System

No More Kidney Stones by John S. Rodman et al. Hoboken, NJ: John Wiley, 2007

This practical guide provides help for both chronic kidney stone sufferers and those at risk of developing stones. It is written by a team of