

CANADIAN GENERAL KIDNEY RESOURCES

Every provincial kidney health program has developed their own resources. People with kidney disease, their caregivers and healthcare providers are encouraged to reach out to their local programs for these resources. The resources listed below are national in scope.

1. **Kidney Foundation of Canada:** www.kidneyinfo.ca
 - Online portal for people affected by kidney disease; interactive site tailored to the specific needs of a person with kidney disease.
2. **My Kidneys My Health:** www.mykidneysmyhealth.com
 - Interactive tool that provides guidance and information to people (patients and caregivers) to assist in chronic kidney disease management.
3. **Kidney Wellness Hub:** www.kidneywellnesshub.ca
 - Online platform to help support the physical, mental, social, and spiritual wellbeing of people with kidney disease, their caregivers and living kidney donors.
4. **Canadian Donation and Transplant Research Program (CDTRP):**
www.cdtrp.ca/en/educational-mini-series-for-patients
 - A six-part video series to help patients and caregivers learn about kidney transplant. Accessible in English, French and Cree subtitles.
5. **Conservative Kidney Care Pathway:** www.ckmcare.ca
 - Online resource for patients and care providers to assist in the management of kidney disease with a focus on quality of life, symptom management and living well without dialysis. Has an excellent patient decision aide.
6. **Canadian Virtual Hospice:** www.livingmyculture.ca
 - People from various cultures share their stories about living with serious illness, end of life and grief to help support others in similar situations. This is not specific to kidney disease.
7. **Diabetes Canada:** www.diabetes.ca
 - A wealth of Information about diabetes and complications of diabetes.
8. **Kidney Community Kitchen:** www.kidneycommunitykitchen.ca
 - Interactive website that has a meal planner, recipes, and all you want to know about diet and kidney disease.
9. **National Library of Medicine:** <https://medlineplus.gov/>
 - Non-Canadian resource (from USA government) but excellent resource for drugs, supplements, over-the-counter medicines, and herbal remedies.
10. **Hypertension Canada:** www.hypertension.ca
 - Excellent resources about high blood pressure and educational materials.
11. **Smoking cessation:**
 - Smokers Help Line www.smokershelpline.ca
 - Talk Tobacco www.smokershelpline.ca/talktobacco/about
 - Talk Tobacco is designed to meet the need for culturally relevant, accessible, and targeted tobacco and vaping cessation services for First Nation, Inuit, Métis, and urban Indigenous communities.