

Kidney Care Clinic- Useful Sites for Patients



BC Renal

[BCRenal.ca](https://www.bcrenal.ca)

Check out the Health Info section for patients.

[BCRenal.ca](https://www.bcrenal.ca) ► [Kidney Care](#) ► [Kidney Care \(Non-Dialysis\)](#)

BC Transplant

[Transplant.bc.ca](https://www.transplant.bc.ca)

Check out the section on Living Donation. <http://www.transplant.bc.ca/health-info/organ-donation/living-donation>

HealthLink BC

[HealthlinkBC.ca](https://www.healthlinkbc.ca)

Healthy eating:

<https://www.healthlinkbc.ca/healthy-eating>

Physical activity:

<https://www.healthlinkbc.ca/physical-activity>

Mental health:

<https://www.healthlinkbc.ca/mental-health-substance-use>

Medications:

<https://www.healthlinkbc.ca/medications>

Call 811 toll-free in BC to speak with a patient navigator, nurse, dietitian, exercise professional or pharmacist.

Healthy Families BC

[HealthyFamiliesBC.ca](https://www.healthyfamiliesbc.ca)

Tools, resources and programs for healthy living.

Kidney Foundation of Canada

[Kidney.ca](https://www.kidney.ca)

Includes information for patients [newly diagnosed](#) with kidney disease and about the [Peer Support Network](#).

Kidney Foundation of Canada Community Kitchen

[KidneyCommunityKitchen.ca](https://www.kidneycommunitykitchen.ca)

Kidney diet information, meal planning tools and kidney-friendly recipes.

Kidney School

[KidneySchool.org](https://www.kidneyschool.org)

Interactive, web-based learning program designed specifically for patients.

Life Options

[Lifeoptions.org](https://www.lifeoptions.org)

Research-based information site with free downloadable information on all topics related to kidney disease.

National Kidney Disease Education Program

[nkdep.nih.gov](https://www.nkdep.nih.gov)

Information on how to delay or prevent kidney failure.

Quit Now

[QuitNow.ca](https://www.quitnow.ca)

Offers support, information, and practical tips to help quit smoking.