



**Information for  
patients and  
carers**

**Useful books and websites for  
patients with kidney disease**

## Books



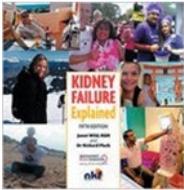
### **Help! I've got kidney failure**

by Dr Rob Higgins

Free /

[https://www.kidneycareuk.org/documents/57/Help\\_Ive\\_got\\_kidney\\_failure.pdf](https://www.kidneycareuk.org/documents/57/Help_Ive_got_kidney_failure.pdf)

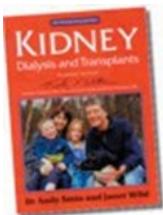
A nice, short and practical guidebook for patients who have received a diagnosis of kidney failure.



### **Kidney Failure Explained (Fourth Edition)**

by Dr Andy Stein and Janet Wild RGN

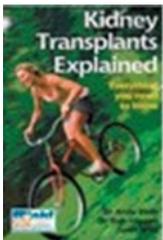
A well-written and comprehensive book on all aspects of kidney disease - highly recommended if you want to know a lot about your disease.



### **KIDNEY DIALYSIS AND TRANSPLANTS - the 'at your fingertips' guide**

by Dr Andy Stein and Janet Wild RGN

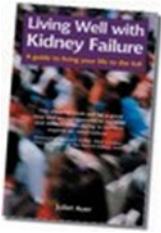
A very comprehensive book on all aspects of kidney disease, dialysis and transplantation. Much of this book is organised in questions and answers. Recommended if you already have information and want to know more



### **Kidney Transplants Explained: Everything you need to know.**

by Dr Andy Stein, Dr Rob Higgins, Janet Wild RGN.

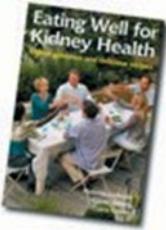
A very comprehensive book on all aspects of kidney transplantation. Highly recommended if you already have information and want to know more.



## **Living Well with Kidney Failure**

by Juliet Auer

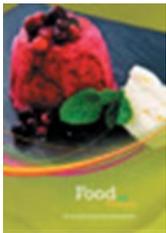
An extraordinary book. It is not about the scientific facts but about how to live life to the full as a kidney patient. Highly recommended.



## **Eating Well for Kidney Health: Expert Guidance and Delicious Recipes (Class Health)**

by Jackson, Green and James

Very much recommended – lots of good recipes for patients with kidney failure. There is no reason why dialysis patients should not eat wonderful food!



## **Food with Thought, tasty recipes for kidney patients and their families.**

2nd Edition published 8th March 2012 (World Kidney Day)

Buy at

<https://www.kidney.org.uk/shop/food-with-thought-tasty-recipes-for-kidney-patients-and-their-families>

## **Internet**

<https://www.kidneypatientguide.org.uk>

This webpage is a project on internet-based patient education. It was assembled by Wrexham Maelor Hospital Renal Unit and others. It contains information on a variety of aspects of kidney disease. Much information is well presented and animated.

<https://www.kidneycareuk.org/>

Kidney Care UK is the UK's leading kidney patient support charity, working to improve the lives of kidney patients and their families. Their website contains a broad range of patient support resources as well as links to online and telephone support services

<https://yakg.co.uk/>

Running in partnership with Kidney Care UK, the Young Adult Kidney Group is a patient-led peer support group for young kidney patients between 18-30 years of age. We have an active social media presence as well as a trained peer support team offering support and guidance.

<https://www.kidney.org.uk/>

The webpage of the UK National Kidney Federation, a charity for patients with kidney disease. This webpage contains information about kidney disease and transplantation as well as useful links.

<https://www.kidney.org/>

A US charity, the National Kidney Foundation probably hosts the largest patient information webpage today. It contains a vast collection of information that covers most, if not all, aspects of kidney disease. All brochures are available for download

<https://kidneyschool.org/>

This is a well-designed US webpage with an emphasis on structured patient education.

<https://homedialysis.org/>

A webpage provided by another non-profit organization. PD and Home hemodialysis are discussed in great detail – very useful if you consider dialysis at home.

<https://aakp.org/>

A US webpage hosted by the American Association of Kidney patients. It covers most aspects of dialysis and renal failure. There is a lot of information on all aspects of dialysis, including access, blood tests and nutrition.

<https://www.rsnhope.org/>

Another US non-profit webpage – the focus is on patient empowerment. This webpage also contains the famous “KidneyTalk” podcast – very entertaining and funny!

<http://www.kidneypatientnews.org/>

A US webpage hosted by the renal network (non-profit). It provides access to newsletters and brochures and a comparison of US dialysis facilities.

**Disclaimer:** We are not responsible for the content of the books and webpages listed above: they do not represent the views of the Renal Unit or of Lancashire Teaching Hospitals NHS Foundation Trust. These resources do not replace a consultation with your physician and nurse. Please notify us if links are no longer valid or broken.

## Sources of further information

**Contact us:**

**If you have any further questions please contact our pre-dialysis team: 01772-522902 (answer phone)**

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

**Department:** Renal

**Division:** Medicine

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