

Fitness resources for kidney patients

By Teresa Van Der Horn, USU Dietetic Intern

As a person with kidney failure, many factors affect your quality of life. One area that has come a long way to help improve the quality of life for patients is rehabilitation. Please check out the following rehabilitation resources:

Life Options Rehabilitation Advisory Council (LORAC) offers many teaching and training tools in renal rehabilitation. Their phone number is 800-468-7777 and web site address is www.lifeoptions.org.

AAKP Patient Plan: Materials address the specific issues that typically occur during the four phases of kidney disease. For more information, contact AAKP at 100 South Ashley Drive, suite 280, Tampa, FL 33602; phone (800) 740-2257; fax (813) 223-0001; email: aakpnat@aol.com and web site: www.aakp.org.

American Kidney Fund provides the "Anderson Community Service Program" to enhance the quality of life and rehab prospects for ESRD patients. For more information, contact Carol Lynn Halal at (800) 638-8299, ext. 114, or email her at chalal@akfinc.org.

R&D Laboratories has developed a web site, (iKidney.com) to help health care professionals and renal patients with educational materials and tools. The web site is an interactive web site for people to share tips, recipes, etc. The site also offers articles, answers, bulletin boards, nutrition information and a kids corner.

Renal E-Health Initiative is a partnership between Baxter International, Inc., Microsoft and Cisco. The companies are developing dialysis and clinical software. This project is still in progress. Check out their interactive educational web site: www.kidneydirections.com.
right away.