

Western Nephrology Patient Resources

Patient Publications Recommended by Western Nephrology Physicians*	
AAKP Kidney Beginnings	http://bit.ly/2Fv6NLq
AAKP Nutrition Counter	http://bit.ly/2DRod8m
AAKP Nutrition Counter (Spanish)	http://bit.ly/2BGltUs
NKF Choosing a Treatment for Kidney Failure	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=504
NKF Choosing a Treatment for Kidney Failure (Spanish)	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1892
NKF High Blood Pressure and Chronic Kidney Disease	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1648
NKF High Blood Pressure and Chronic Kidney Disease (Spanish)	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1648
NKF If You Choose Not to Start Dialysis Treatment	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1040
NKF Learn About Kidneys and Kidney Disease	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=434
NKF Learn About Kidneys and Kidney Disease (Spanish)	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1712
NKF Nutrition and Chronic Kidney Disease	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=574
NKF Nutrition and Chronic Kidney Disease (Spanish)	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1839
*Copies of these 7 publications are available from our clinic front desk	
Western Nephrology	
Western Nephrology Credit Card on File Program	Contact Billing at 303-456-5484 or email billing@westneph.com
Western Nephrology Financial Policies	http://westneph.com/financial-policies/
Western Nephrology Notice of Privacy Practices	http://westneph.com/wp-content/uploads/2018/02/Patient_NPP_NoFill_rev2018.pdf
Western Nephrology Patient Forms	http://westneph.com/patient-resources/online-patient-forms/
Western Nephrology Website	http://westneph.com/
Western Nephrology Website Patient Portal	http://westneph.com/patient-resources/patient-portal/
Advance Directives	
AARP Advance Directives (available in Spanish also)	http://bit.ly/2DUUWsh
Advance Directives –Caring Info. Colorado	http://www.caringinfo.org/files/public/ad/Colorado.pdf
Aging with Dignity Colorado – the 5 Wishes	https://www.agingwithdignity.org/colorado
Colorado Advance Directives Consortium	http://bit.ly/2nuUU1n
Medicare.gov Advance directives & long-term care	http://bit.ly/2nobQG0
Advocacy and Support	
American Association of Kidney Patients (AAKP)	https://aakp.org
American Diabetes Association	http://www.diabetes.org/
American Kidney Fund	http://www.kidneyfund.org/
American Heart Association	http://www.heart.org/
American Stroke Association	http://www.strokeassociation.org/STROKEORG/
National Kidney Foundation (NKF)	https://www.kidney.org/
National Association of Diabetes and Digestive and Kidney Diseases (NIH/National Institute of Health)	https://www.niddk.nih.gov/
NKF Patient Resources & Support	https://www.kidney.org/patients
NKF Helpline	https://www.kidney.org/nkfcare or call 1-855-653-2273
Polycystic Kidney Disease (PKD) Foundation	https://pkdcure.org/
Clinical Trials Registry	
US National Library of Medicine	www.clinicaltrials.gov
National Institute of Health	https://www.nih.gov/health-information/nih-clinical-research-trials-you/list-registries
US Dept. of Health & Human Services	https://www.hhs.gov/ohrp/international/clinical-trial-registries/index.html
Dialysis Clinics	
American Renal Association Colorado	http://americanrenalcolorado.com/
Kidney Centers of Colorado (American Renal Association)	http://americanrenalcolorado.com/
Kidney Center of the Rockies (Avon, CO)	http://kidneycenteroftherockies.com/
Dialysis Travel	
Dialysis at Ski – Vail Valley Dialysis Clinic	http://kidneycenteroftherockies.com/dialysis-at-ski/
NKF Travel Tips for Kidney Patients	https://www.kidney.org/atoz/content/traveltip
Dialysis Finder	http://www.dialysisfinder.com/

Western Nephrology Patient Resources

Fitness and Exercise	
AARP: Get Fit on the Sly	http://bit.ly/2EuVKCn
Classic Stretch (Online and on PBS TV)	http://classicalstretch.com/
Classic Stretch (PBS TV Channel 6)	http://www.rmpbs.org/schedule/
Classic Stretch (PBS TV Channel 12)	http://bit.ly/2BLJBWZ
Joel Harper - Firming After 50	http://bit.ly/2DSP9om
National Institute on Aging: Workout to Go (free booklet)	https://go4life.nia.nih.gov/workout-to-go
NKF 18 Easy Ideas for Family Friendly Exercise	https://www.kidney.org/content/18-easy-ideas-family-friendly-exercise
Sit and Be Fit (PBS Channel 12)	http://bit.ly/2nuoEva
WebMD Fitness 101: Absolute Beginner's Guide to Exercise	http://wb.md/2DTHLFb
WebMD Health and Fitness Slideshows	https://www.webmd.com/fitness-exercise/ss/default.htm
Health Conditions	
AAKP Nutrition and Chronic Kidney Disease (Stages 1-4)	http://bit.ly/2s0LZJz
American Heart Association: High Blood Pressure Guidelines	http://bit.ly/J9z90j
Kidney School	http://kidneyschool.org/
National Institute of Diabetes, Digestive and Kidney Diseases	https://www.niddk.nih.gov/
National Library of Medicine	https://medlineplus.gov
National Forum of ESRD Networks	http://www.esrdnetworks.org/
NKF 6 ways to Prevent Kidney Stones	https://www.kidney.org/atoz/content/kidneystones_prevent
NKF Publication library ("store") also in Spanish	http://nkf.worksmartsuite.com/UserContentStart.aspx
National Osteoporosis Foundation	http://www.nof.org/
International Society for Clinical Densitometry	https://www.iscd.org/
Help to Quit Smoking	
American Lung Association – help to quit smoking	http://www.lung.org/stop-smoking/?referrer=https://www.google.com/
Smokefree.gov – help to quit smoking	https://smokefree.gov/
Stop Smoking Support Programs (also in Spanish)	https://medlineplus.gov/ency/article/007440.htm
Kidney Transplant Programs in Colorado	
Porter Adventist Hospital	http://www.porterhospital.org/body.cfm?id=252
Presbyterian St. Lukes Hospital	http://bit.ly/2BZOvzC
University of Colorado Health Sciences Center	http://www.uch.edu/conditions/transplant-services/index.aspx
Recipes and Nutrition	
AAKP Delicious! Cookbook	https://aakp.org/product/aakp-delicious-cookbook/
AAKP Delicious! Cookbook 2nd Edition	https://aakp.org/product/aakp-delicious-cookbook-2nd-edition/
AAKP Delicious! Recipe Card Series 3rd Edition	http://bit.ly/2rXF8k6
American Heart Association: Recipes for Blood Pressure Management	http://bit.ly/2BKtuZD
DASH Diet	https://www.kidney.org/atoz/content/Dash_Diet
DASH Eating Plan (National Institute of Health)	https://www.nhlbi.nih.gov/health-topics/dash-eating-plan
NKF Kidney Friendly Recipes	https://www.kidney.org/atoz/search?search=recipes
NKF List of Cookbooks for Kidney Patients	https://www.kidney.org/atoz/content/list-cookbooks-kidney-patients
NKF My Food Coach (includes searchable recipes)	https://foodcare.com/myfoodcoach/signin
Nutritionist: Brittany Sparks	https://www.nutritionbybrittany.com/
Reading and Lifestyle	
AAKP Magazine	https://aakp.org/magazine/
NKF Kidney Living Magazine	https://www.kidney.org/patients/KidneyLiving

Western Nephrology Locations



Locations / Contact Information

Western Nephrology Clinics

Arvada	5265 Vance Street, Suite 200 Arvada, CO 80002 303-232-3366 Fax 303-232-8734
Boulder	4743 Arapahoe Avenue, Suite 104 Boulder, CO 80303 303-433-4200 Fax 303-443-5470
Dacono	4943 State Highway 52, Suite 240 Dacono, CO 80514 303-776-7759 Fax 303-776-3958
Lafayette	2655 Crescent Drive, Suite D Lafayette, CO 80026 303-443-4200 Fax 303-443-5470
Lakewood	St. Anthony's Medical Plaza 2 11700 West 2nd Place, Suite 345 Arvada, CO 80002 303-232-3366 Fax 303-232-8734
Longmont	1960 Ken Pratt Boulevard, Suite B Longmont, CO 80501 303-776-7759 Fax 303-776-3958
Westminster	8410 Decatur Street, Suite 100 Westminster, CO 80031 303-430-7000 Fax 303-430-1506
Westminster at Orchard	St. Anthony's North 14300 Orchard Parkway, 3rd Floor Westminster, CO 80023 303-430-7000 Fax 303-430-1506
Western Access Center	8410 Decatur Street, Suite 300 Westminster, CO 80031 303-426-4147 Fax 303-487-5682

Locations / Contact Information

Administration

(No Medical Services Available)

4891 Independence Street, Suite 120
Wheat Ridge, CO 80033
303-456-5495 | Fax 303-456-7490
Hours: Monday – Friday 8:00 am – 5:00 pm

Billing

303-456-5484 | Fax 303-456-7490
Email: Billing@westneph.com
Hours: Monday – Friday 8:00 am – 5:00 pm

New Patient Scheduling

303-456-5495 | Fax 303-456-7490
Hours: Monday – Friday 8:00 am – 5:00 pm

Dialysis Centers

<http://westneph.com/dialysis-centers/>

American Renal Associates

Kidney Center of Arvada
5265 Vance Street, Suite 100
Arvada, CO 80002
303-403-1127 | Fax 303-403-1128

Kidney Center of Bear Creek
11058 West Jewell Avenue
Lakewood, CO 80232
303-233-4204 | Fax 303-233-4214

Kidney Center of Frederick
5992 Iris Parkway
Frederick, CO 80504
303-833-1381 | Fax 303-833-1382

Kidney Center of Lafayette
2655 Crescent Drive, Suite C
Lafayette, CO 80026
720-890-4661 | Fax 720-890-4662

Kidney Center of Lakewood
6166 West Alameda Avenue
Lakewood, CO 80226
303-922-6371 | Fax 303-922-6372

Locations / Contact Information

Dialysis Centers Continued

**American Renal
Associates
(continued)**

Kidney Center of Longmont
1960 Ken Pratt Boulevard, Suite A
Longmont, CO 80501
303-485-7100 | Fax 303-485-7099

Kidney Center on Main
2144 North Main Street, Suite 2
Longmont, CO 80501
303-485-8911 | Fax 303-485-8912

Kidney Center of Northridge
1865 West 121st Avenue
Westminster, CO 80234
303-429-9550 | Fax 303-429-9540

Parker Kidney Center
18320 Cottonwood Drive, Suite C
Parker, CO 80138
303-732-6235

Kidney Center of the Rockies
Buck Creek Medial Plaza
50 Buck Creek Road, Suite 110
Avon, CO 81620
970-949-3236

Thornton Kidney Center
8451 Pearl Street
Thornton, CO 80229
303-227-9981 | Fax 303-227-9982

Kidney Center of Westminster
8410 Decatur Street
Westminster, CO 80031
303-430-6518 | Fax 303-430-6519

Kidney Center of Wheat Ridge
6920 West 38th Avenue
Wheat Ridge, CO 80033
303-463-3041 | Fax 303-463-3044

Locations / Contact Information

Dialysis Centers Continued

DaVita

Arvada Dialysis Center
9950 West 80th Avenue
Arvada, CO 80005
303-456-9556 | Fax 303-456-8836

Boulder Dialysis Center
2880 Folsom
Boulder, CO 80304
303-440-5600 | Fax 303-444-5470

Brighton Dialysis Center
4710 East Bromley Lane
Brighton, CO 80601
303-659-2511 | Fax 303-659-2595

Lakewood Dialysis Center
1750 Pierce Street
Lakewood, CO 80214
303-238-6111 | Fax 303-232-4505

Lakewood West Dialysis Center
11700 West 2nd Place, Suite 325
Lakewood, CO 80228
303-987-4672 | Fax 303-987-6589

Lakewood Crossing Dialysis Center
1057 South Wadsworth Boulevard
Lakewood, CO 80226
720-962-6199 | Fax 720-962-6755

Thornton Dialysis Center
8800 Fox Drive
Thornton, CO 80260
303-430-7020 | Fax 303-487-9572

Westminster Dialysis Center
12365 Huron Street, Suite 500
Westminster, CO 80234
303-451-9093 | Fax 303-451-0561

Locations / Contact Information

Hospitals We Serve <http://westneph.com/locations/hospitals-served/>

Avista Adventist Hospital
100 Health Park Drive
Louisville, CO 80027
303-673-1000

Boulder Community Hospital
1100 Balsam Avenue
Boulder, CO 80301
303-440-2273

Colorado Acute Long Term Hospital
690 North Meade Street
Denver, CO 80204
303-264-6900

Lutheran Medical Center
8300 West 38th Avenue
Wheat Ridge, CO 80033
303-425-4500

Good Samaritan Medical Center
200 Exempla Circle
Lafayette, CO 80026
303-689-4000

Long's Peak Hospital
1750 East Ken Pratt Boulevard
Longmont, CO 80504
720-718-7000

Longmont United Hospital
1950 Mountain View Avenue
Longmont, CO 80501
303-651-5111

North Suburban Medical Center
9191 Grant Street
Thornton, CO 80229
303-451-7800

Locations / Contact Information

Hospitals We Serve Continued

St. Anthony Hospital
11600 West 2nd Place
Lakewood, CO 80228
303-321-0000

St. Anthony North Hospital
14300 Orchard Parkway
Westminster, CO 80023
720-627-0000

Vibra Hospital
9451 Pearl Street
Thornton, CO 80229
303-288-3000

Patient Notes:
