

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 (Sp.)	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 (Sp.)	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1892
▪ NKF High Blood Pressure & Chronic Kidney Disease	http://nkf.worksmartsuite.com/GetThumbnail.aspx?assetid=1648
▪ NKF High Blood Pressure & Chronic Kidney Disease (Sp.)	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 (Sp.)	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 (Sp.)	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 (also available in Sp.)	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/

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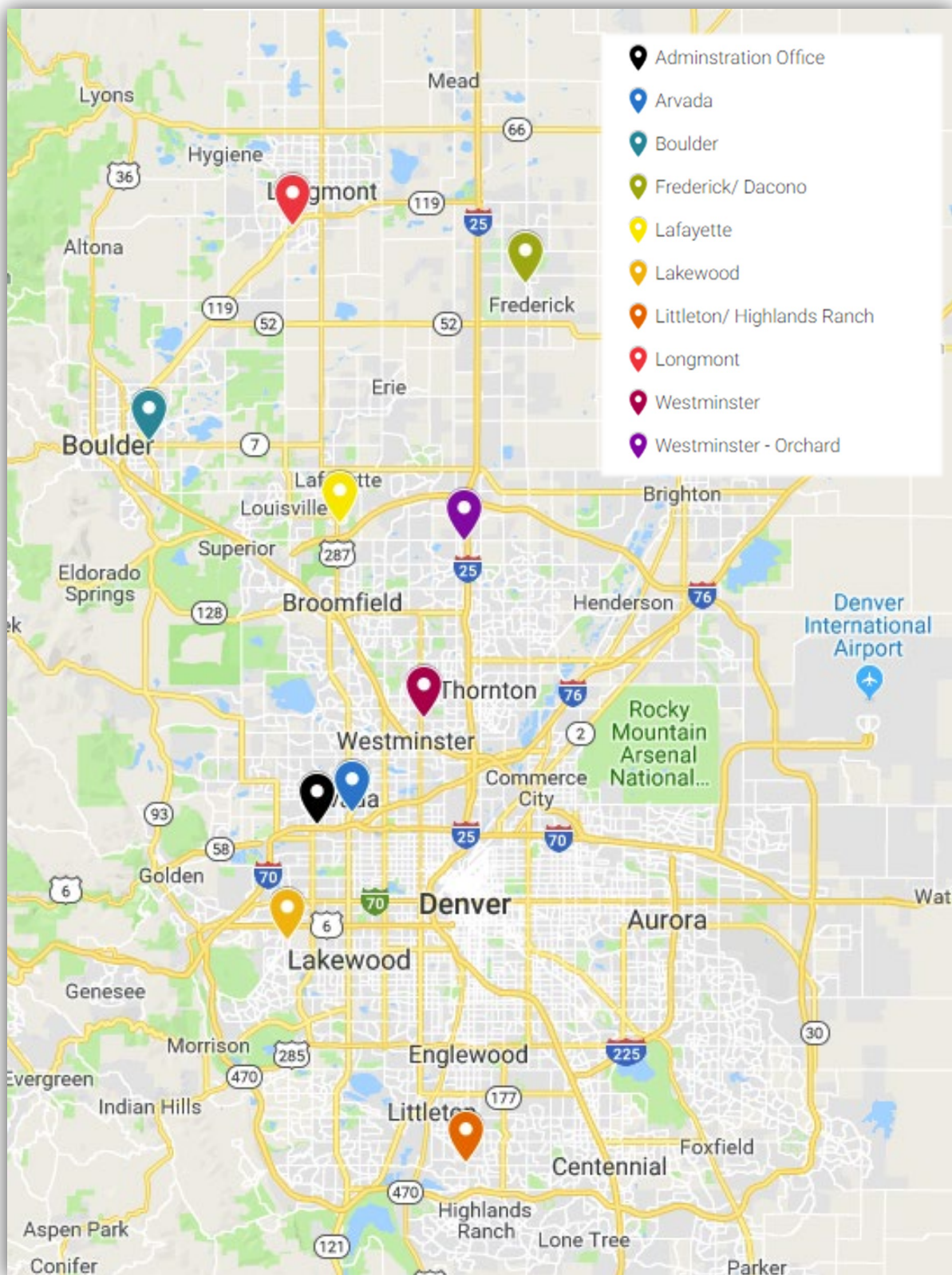
▪ National Association of Diabetes and Digestive and Kidney Diseases (NIH/National Institute of Health)	https://www.niddk.nih.gov/
▪ NKF Patient Resources & Support	https://www.kidney.org/patients
▪ NKF Helpline	https://www.kidney.org/nkfcares or call 1-855-653-2273
▪ Polycystic Kidney Disease (PKD) 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/
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 & Kidney Diseases	https://www.niddk.nih.gov/

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▪ 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 available in Sp.)	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 available in Sp.)	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. Luke’s 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
▪ AHA: 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 Patient Resources

Western Nephrology Clinic Location Map



Western Nephrology Patient Resources

Western Nephrology Clinic Locations

Arvada

5265 Vance St., Suite 200
Arvada, CO 80002
Phone: (303) 232-3366 | Fax: (303) 232-8734

Boulder

4743 Arapahoe Ave., Suite 104
Boulder, CO 80303
Phone: (303) 433-4200 | Fax: (303) 443-5470

Frederick/ Dacono

5992 Iris Pkwy
Frederick, CO 80504
Phone: (303) 776-7759 | Fax: (303) 776-3958

Lafayette

2655 Crescent Dr., Suite D
Lafayette, CO 80026
Phone: (303) 443-4200 | Fax: (303) 443-5470

Lakewood

11700 W. 2nd Pl.
Medical Plaza 2, Suite 345
Lakewood, CO 80002
Phone: (720) 651-9500 | Fax: (720) 710-8130

Littleton/ Highlands Ranch

2 W. Dry Creek Cir., Suite 240
Littleton, CO 80120
Phone: (303) 232-3366 | Fax: (303) 232-8734

Longmont

1960 Ken Pratt Blvd., Suite B
Longmont, CO 80501
Phone: (303) 776-7759 | Fax: (303) 776-3958

Westminster

8410 Decatur St., Suite 100
Westminster, CO 80031
Phone: (303) 430-7000 | Fax: (303) 430-1506

Westminster at Orchard

14300 Orchard Pkwy, 3rd Floor
Westminster, CO 80023
Phone: (303) 430-7000 | Fax: (303) 430-1506

Western Access Center

8410 Decatur St., Suite 300
Westminster, CO 80031
Phone: (303) 426-4147 | Fax: (303) 487-5682

Western Nephrology Administrative Office

Main Office *(No Medical Services Available)*

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

Billing Department

Phone: (303) 456-5484 | Fax: (303) 456-7490
Email: billing@westneph.com

New Patient Scheduling

Phone: (303) 456-5495 | Fax: (303) 456-7490

Western Nephrology Patient Resources

American Renal Associates Dialysis Centers

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

Kidney Center of Arvada

5265 Vance St., Suite 100
Arvada, CO 80002
Phone: (303) 403-1127 | Fax: (303) 403-1128

Kidney Center of Bear Creek

11058 W. Jewell Ave.
Lakewood, CO 80232
Phone: (303) 233-4204 | Fax: (303) 233-4214

Kidney Center of Frederick

5992 Iris Pkwy
Frederick, CO 80504
Phone: (303) 833-1381 | Fax: (303) 833-1382

Kidney Center of Lafayette

2655 Crescent Dr., Suite C
Lafayette, CO 80026
Phone: (720) 890-4661 | Fax: (720) 890-4662

Kidney Center of Lakewood

6166 West Alameda Ave.
Lakewood, CO 80226
Phone: (303) 922-6371 | Fax: (303) 922-6372

Kidney Center of Longmont

1960 Ken Pratt Blvd., Suite A
Longmont, CO 80501
Phone: (303) 485-7100 | Fax: (303) 485-7099

Kidney Center on Main

2144 North Main St., Suite 2
Longmont, CO 80501
Phone: (303) 485-8911 | Fax: (303) 485-8912

Kidney Center of Northridge

1865 W. 121st Ave.
Westminster, CO 80234
Phone: (303) 429-9550 | Fax: (303) 429-9540

Parker Kidney Center

18320 Cottonwood Dr., Suite C
Parker, CO 80138
Phone: (303) 805-2060 | Fax: (303) 805-2061

Kidney Center of the Rockies

Buck Creek Medical Plaza
50 Buck Creek Rd., Suite 110
Avon, CO 81620
Phone: (970) 949-3236

Thornton Kidney Center

8451 Pearl St.
Thornton, CO 80229
Phone: (303) 227-9981 | Fax: (303) 227-9982

Kidney Center of Westminster

8410 Decatur St.
Westminster, CO 80031
Phone: (303) 430-6518 | Fax: (303) 430-6519

Kidney Center of Wheat Ridge

6920 W. 38th Ave.
Wheat Ridge, CO 80033
Phone: (303) 463-3041 | Fax: (303) 463-3044

Western Nephrology Patient Resources

DaVita Dialysis Centers

Arvada Dialysis Center

9950 W. 80th Ave.
Arvada, CO 80005
Phone: (303) 456-9556 | Fax: (303) 456-8836

Boulder Dialysis Center

2880 Folsom
Boulder, CO 80304
Phone: (303) 440-5600 | Fax: (303) 444-5470

Brighton Dialysis Center

4710 E. Bromley Ln.
Brighton, CO 80601
Phone: (303) 659-2511 | Fax: (303) 659-2595

Lakewood Dialysis Center

1750 Pierce St.
Lakewood, CO 80214
Phone: (303) 238-6111 | Fax: (303) 232-4505

Lakewood Crossing Dialysis Center

1057 S. Wadsworth Blvd.
Lakewood, CO 80226
Phone: (720) 962-6199 | Fax: (720) 962-6755

Lakewood West Dialysis Center

11700 W. 2nd Pl., Suite 325
Lakewood, CO 80228
Phone: (303) 987-4672 | Fax: (303) 987-6589

Thornton Dialysis Center

8800 Fox Dr.
Thornton, CO 80260
Phone: (303)430-7020 | Fax: (303) 487-9572

Westminster Dialysis Center

12365 Huron St., Suite 500
Westminster, CO 80234
Phone: (303) 451-9093 | Fax: (303) 451-0561

Western Nephrology Patient Resources

Hospitals We Serve

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

Avista Adventist Hospital

100 Health Park Dr.
Louisville, CO 80027
Phone: (303) 673-1000

Boulder Community Hospital

1100 Balsam Ave.
Boulder, CO 80301
Phone: (303) 440-2273

Colorado Acute Long Term Hospital

690 N. Meade St.
Denver, CO 80204
Phone: (303) 264-6900

Lutheran Medical Center

8300 W. 38th Ave.
Wheat Ridge, CO 80033
Phone: (303) 425-4500

Good Samaritan Medical Center

200 Exempla Cir.
Lafayette, CO 80026
Phone: (303) 689-4000

Long's Peak Hospital

1750 E. Ken Pratt Blvd.
Longmont, CO 80504
Phone: (720) 718-7000

Longmont United Hospital

1950 Mountain View Ave.
Longmont, CO 80501
Phone: (303) 651-5111

North Suburban Medical Center

9191 Grant St.
Thornton, CO 80229
Phone: (303)451-7800

St. Anthony Hospital

11600 W. 2nd Pl.
Lakewood, CO 80228
Phone: (303) 321-0000

St. Anthony North Hospital

14300 Orchard Pkwy
Westminster, CO 80023
Phone: (720) 627-0000

Vibra Hospital

9451 Pearl St.
Thornton, CO 80229
Phone: (303) 288-3000

