

## Information from the Internet ~ for the Kidney and Urinary Program ~

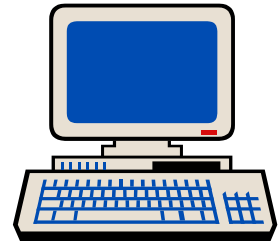
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Many people want to search on their own for information about kidney disease, treatment, support groups and current research. You can use the Internet or 'the net' in your own home, at a library or a friend's place.

People use the Internet to find information and get support from other people with similar problems. This can help you talk to your health care providers about your treatment, ask questions, get answers and find the support you need.

You can use the Internet to find information about:

- kidney disease and other problems
- treatment
- organ donation
- books, videos and tapes
- organizations that can help
- personal stories
- and much more



### First a warning . . .

Information you find on the net can be put there by anyone who knows how to use a computer. This information is not always accurate or based on research or science. We caution you to think before you give any personal information, credit card numbers, addresses or buy any products over the net. Discussion groups and chat rooms can be useful for some people to share experiences, however many people have been caught by scams, people who do not tell the truth and people taking advantage of other people.

**Be careful.**

### Getting started . . .

Spending about 1 hour with someone who uses the net will help you get started. After that, you can talk to net users and read about the Internet in many newspapers and magazines to learn more.

## Ways to find information:

There are 2 ways to find information on the net:

- type in a topic and search
- type in a specific address and search

## Search by topic . . .

You need to click onto a search engine to start. Yahoo, Google, Profusion and Alta Vista are some names of engines. Type the topic you want information on in the empty box provided and then click the search button.



Kidney disease is a good topic to start with. The engine will find all of the places you can look for information. You can click on any words that are bold, coloured or underlined to read more about the topic.



**Web** Results **1 - 10** of about **2,000,000** for **Kidney Disease** |

[News results for Kidney Disease](#) - [View today's top stories](#)

 [Even Mild Kidney Disease Raises Risk of Death](#) - [Reuters](#) - 23 hours ago

[National Institute of Diabetes & Digestive & Kidney Diseases ...](#)

National Institute of Diabetes and Digestive and **Kidney Diseases** of the National Institutes of Health. We conduct and support biomedical ...

[www.niddk.nih.gov/](http://www.niddk.nih.gov/) - 22k - 21 Sep 2004 - [Cached](#) - [Similar pages](#)

[Atlas of Diseases of the Kidney](#)

On-line edition brought to you by ISN Informatics Commission and NKF cyberNephrology. Series Editor Robert W. Schrier Professor ...

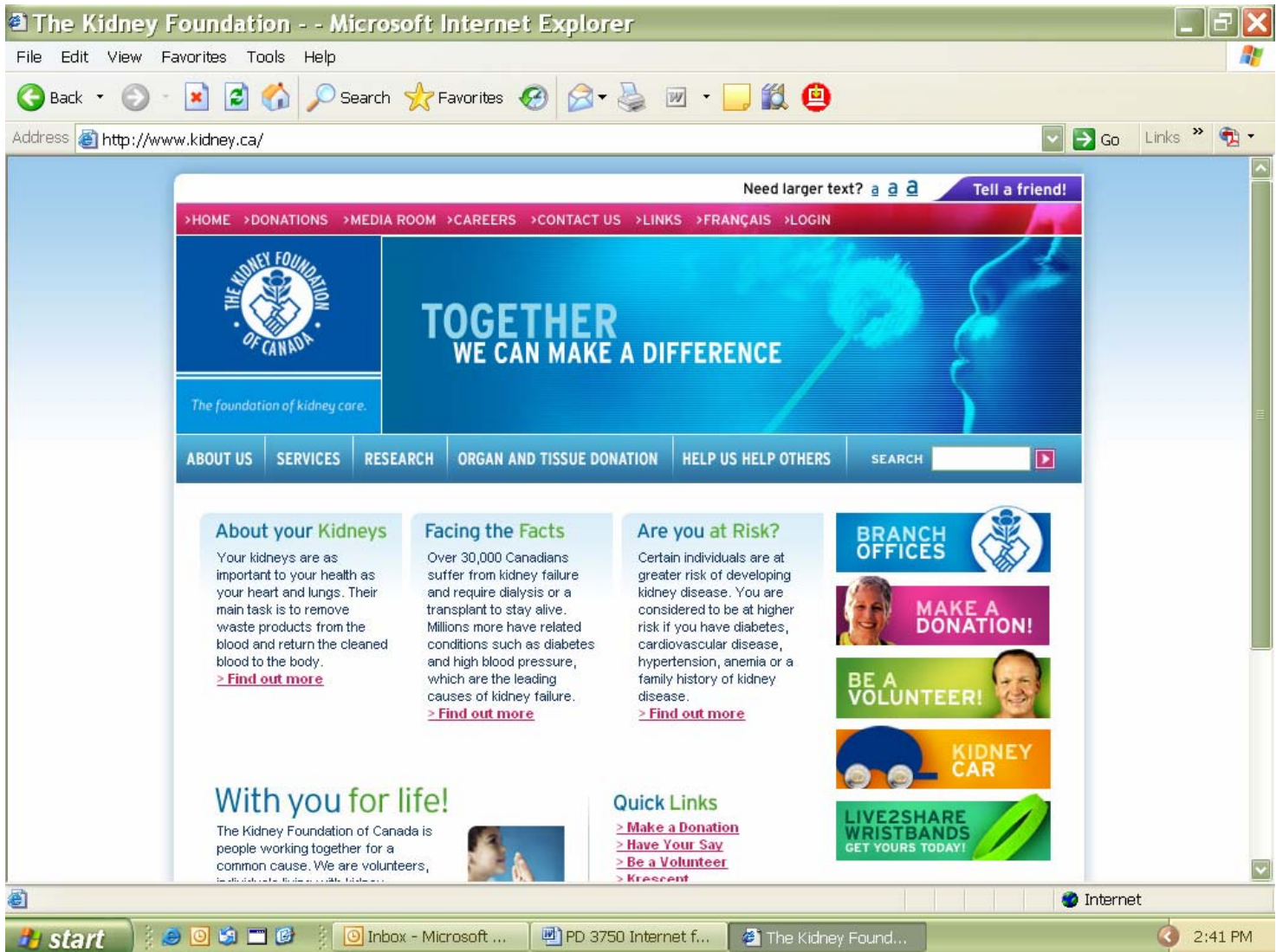
[www.kidneyatlas.org/](http://www.kidneyatlas.org/) - 6k - [Cached](#) - [Similar pages](#)

## Search by address . . .

When you know the exact address you can type it in the Address box at the top of the screen.

For example, The Kidney Foundation of Canada's address is:

**<http://www.kidney.ca>**



The screenshot shows a Microsoft Internet Explorer browser window displaying the homepage of The Kidney Foundation of Canada. The address bar shows <http://www.kidney.ca/>. The page features a navigation menu with links for HOME, DONATIONS, MEDIA ROOM, CAREERS, CONTACT US, LINKS, FRANÇAIS, and LOGIN. The main banner includes the organization's logo and the slogan "TOGETHER WE CAN MAKE A DIFFERENCE". Below the banner is a search bar and a navigation menu with categories: ABOUT US, SERVICES, RESEARCH, ORGAN AND TISSUE DONATION, and HELP US HELP OTHERS. The content area is divided into several sections: "About your Kidneys" (describing kidney function and providing a "Find out more" link), "Facing the Facts" (stating that over 30,000 Canadians suffer from kidney failure and providing a "Find out more" link), "Are you at Risk?" (listing risk factors like diabetes and hypertension, and providing a "Find out more" link), "Branch Offices", "MAKE A DONATION!", "BE A VOLUNTEER!", "KIDNEY CAR", "LIVE2SHARE WRISTBANDS GET YOURS TODAY!", and "Quick Links" (with links for "Make a Donation", "Have Your Say", "Be a Volunteer", and "KIDNEY CAR"). The Windows taskbar at the bottom shows the Start button, several open applications, and the system clock at 2:41 PM.

When you type this address in and click on search, you will be connected to the Kidney Foundation of Canada's Home Page. First you pick English or French to read. Then click on any information you want.

## About your own health . . .

Finding information on the net is fun and easy to do. Once you start, you may get hooked. **Do not forget to take time out for your own health and treatments!**

**Here are some addresses that provide good, safe and up-to-date information:**



The Kidney Foundation of Canada:  
**<http://www.kidney.ca>**

The Combined Health Information Database – CHID  
**<http://chid.nih.gov>**

American Association of Kidney Patients  
**<http://www.aakp.org>**

The National Kidney Foundation:  
**[www.kidney.org](http://www.kidney.org)**

The Polycystic Kidney Research Foundation or PKD Foundation:  
**<http://www.pkdcure.org>**

Canadian Diabetes Association:  
**[www.diabetes.ca](http://www.diabetes.ca)**

Juvenile Diabetes Foundation:  
**<http://www.jdf.org>**

St. Joseph Healthcare Hamilton:  
**[www.stjosham.on.ca](http://www.stjosham.on.ca)**  
Click on: Consumer Resources

**About address changes:**

If an address has changed, most sites will tell you where to go for the change. Some sites will be under construction at times and others will have closed or changed. Most of the time you will be able to find the information you are looking for by using this guide or asking a friend for help.