

My name is Mary McFarlane. In 2018, I was fortunate to be healthy enough to donate my kidney through the Paired Exchange Program, allowing my husband, Mark, to receive a much-needed kidney. While I was not able to donate directly to him, I feel privileged to have been able to help him and a stranger move on from the confines of dialysis.

Having witnessed someone I love struggle through daily dialysis, I know the desire to do anything possible to help them have a better quality of life. I am grateful to have been healthy enough to participate in the donation process. The human body is amazing, and six years later, the donation has had minimal impact on my physical health. I have resumed all my running, hiking, and physical activities that I enjoyed prior to donation.

Recently, I participated in the One-Kidney Climb Kilimanjaro 2024 and am very blessed to be able to participate in the Three Volcanoes Challenge Guatemala 2025. My continued goal is to amplify awareness and discussion about living kidney donation and the Paired Exchange Program in Canada as well as around the world. My participation in the previous climb has helped me promote a more Canadian presence to the Kidney Donor Athletes organization and helped facilitate connections with other Canadian donors. My hope when this climb is to build further on the initial progress and impact we have made with Canadian donors/potential donors and others worldwide.

I am an Insurance Claims Specialist in Southwestern Ontario, Canada. I live with my husband Mark and our dogs. In my spare time I enjoy running, long country walks with the pups, gardening and spending time with our friends and family. I donated on July 25, 2018, at London Health Sciences in London, Ontario