

In June 2022, I made the life-changing decision to donate a kidney to my younger brother, whose health was rapidly declining due to lupus nephritis. At just 41 years old, he faced the grim prospect of a significantly limited life expectancy and a lifetime on dialysis, battling severe anemia, uncontrolled hypertension, weakness, and fluid overload. Watching him lose his vitality was unbearable, and I knew I had to act.

After learning I was a match, I immediately reached out to Mount Sinai Hospital, determined to help my brother regain his health. Throughout the process, I was deeply moved by the support of past kidney donors, who eased my concerns about the procedure and reassured me of the full life I could continue to live post-donation. On June 28, 2022—my brother's birthday—I gave him the gift of a new life. Within 24 hours of the transplant, his new kidney produced 10 liters of urine, and within a week, he was off blood pressure medication and no longer needed blood transfusions. Two years later, he is leading a new life and on minimal immunosuppressive medications.

This incredible experience renewed my brother's health and ignited a fire within me to challenge myself in ways I had never imagined. Six weeks after the donation, I began training for my first-ever marathon. Despite Tampa, Florida's intense heat and humidity, I pushed through the summer months, determined to prove that kidney donation doesn't limit one's potential. In November 2022, just five months after the surgery, I crossed the finish line of the NYC Marathon, completing a journey that symbolized resilience, determination, and the incredible strength of the human spirit.

Now, as a proud member of Kidney Donor Athletes, I am joining forces with fellow kidney donors to conquer the 3 Volcano Challenge in Guatemala in January 2025. Together, we are pushing our physical limits to show that kidney donors can lead active, vibrant lives while championing the cause of organ donation.

Our mission goes beyond just climbing mountains; it's about raising awareness, breaking myths, and inspiring others to consider kidney donation as a powerful way to save lives. I hope my story—and the stories of my fellow kidney donors—can motivate others to explore the possibilities of donation and support our fundraising efforts, which are dedicated to ensuring more people receive the gift of life.

I am 47 and live in Tampa, Florida, with my amazing wife Amisha, two amazing daughters, Laila and Shailee, and our dog, Cooper. I am a hematologist and medical oncologist in private practice and teach medical residents. I find solace in the mountains and enjoy running, CrossFit, travel, meditation, live music, skiing, and recently surfing.