

## Dave's Story

By Dave Bora

### Kidney Donor and Recipient

For the last 20+ years, health has been my number ONE priority. For those of us who are in better health, we are blessed, and to others who may be experiencing issues due to age or other reasons: let's stay positive, our bodies are very resilient, and our minds can heal too. Diet and lifestyle matter, and modern medicines and treatments also sure help a lot.

As for my health issues, at a young age of 22 years old (1977), I became a living kidney donor to my brother. At that time, and even now, that act does not stand out to be a BIG DEAL, and I probably wasn't even thinking about it much because when a family is in crisis, there cannot be hesitation or second thoughts. We do what's needed, so it was a spontaneous act, but the dividends I got from that donation have been fantastic. My life has been immensely blessed, it has connected me with many wise and helpful people, I saw many beautiful parts of the world, and overall, I have been living a comfortable and joyful family life.

Now, fast forward to 2010: I came for my kidney function evaluation at UCLA when I was diagnosed as a stage 3 CKD and soon met with Dr Anjay Rastogi and his wonderful team. Thereafter, kidney function had been progressively going down, and by early 2016, I started PD (peritoneal dialysis), a home treatment with a machine. Dr Rastogi and the Davita team were most helpful, encouraging, and dedicated people. With their help, I intensified my transplant options. But for any organ transplant, finding a matching organ is a BIG DEAL! Living donors are hard to find, and to get a matching deceased organ anywhere in California, the queue is more than 10-12 years! So, I had to broaden my search, and lo and behold, my luck opened up again, and within a short 3 months of registering with a small private hospital near Dallas, TX, I received my call for a transplant offer in November of 2018. We had to move ASAP! Transplant is a huge *project management*: involving hospital, family support, insurance, expenses, etc. And yet the bigger deal was to stay alive during the post-transplant recovery time when the body goes through many shocks with tons of medicines. There were many episodes of hopes and fears, but all along I was in immense gratitude for the medical staff whose dedication was outstanding. Every day I salute and pray for my unknown donor who has reinforced my belief that ***we are all connected as one human race with invisible bonds of love and compassion for each other.***

While I accept the inevitability of death, until that time comes, I want to stay busy with activities and be productive and independent! That is why I am volunteering to be an Ambassador of the CORE Kidney Team. I would like to give back and help others in need as well. I am participating in UCLA's organ donors' PFAC (Patient Family Advisory Council) voluntary team. I volunteer at many charities and support groups as well: attend group discussions on ancient wisdom, book reviews, and adult classes of sharing and learning. Another area I am fond of is youth mentoring for US and international high school and college students. I am a certified Youth Mentor, and it's a wonderful mutual learning experience. I regularly practice yoga and meditation. And not the least, I love to travel and see as much as I can these wonders of the world.