**WHAT DOCTORS HAVE TO SAY ABOUT KIDNEY DONATION:**

***"Just think people have no problem having only one kidney, so we have to ask, why did G-d give us two kidneys? Perhaps it is so you would have an extra one to donate and save a life!*** “ - Dr. Stuart Greenstein, Kidney Transplant Surgeon, Montefiore Medical Center, Bronx, NY

***"We are born with approximately 4-5 times the kidney function that we need, to be healthy and stay off of dialyisis- to not have kidney failure. So by donating one of your kidneys, you are still left with with 2-3 times the amount of kidney function that you need to be healthy and lead a normal life"*** -Dr. Joseph Del Pizzo. Vice Chairman, Department of Urology, Associate Professor of Urology and Transplantation Surgery , Weill Cornell Medical College - New York, NY

***“Kidney donation is a relatively SAFE OPERATION, and many donors will never feel the loss of their second kidney. So giving up a kidney causes no disadvantage to your long-term health. In fact, studies have shown, that KIDNEY DONORS actually LIVE LONGER than the general population - because donors come from a pool of people in good health."*** - Dr. Michael Edye, former Adjunct Associate Professor of surgery, Mt. Sinai Medical Center, New York, NY - <http://www.nydailynews.com/life-style/health/prospective-kidney-donors-article-1.374079>

***“Very Safe Operation"*** - Dr. Jay Levine, General Surgeon, St., Mary's Health Care, West Michigan, MI

"***Those who donate a kidney have an "extremely low" risk of developing kidney failure in their remaining organ, U.S. researchers. "It's certainly safer than many other things we choose to do in our lives."*** – Dr. Dorry Segev, transplant surgeon, John Hopkins, Baltimore, MD

“***Once people have recuperated from the surgery – they should be 100% completely normal - no special diet, no limitation on their exercises , no special medications.”*** – Dr. Lloyd Ratner, Director, Renal and Pancreatic Transplant Program, surgeon – NY Presbytarian – Columbia Medical Center

***"There's a lot of misconceptions about kidney donation and a lot of fear. But if people take the time to get the facts, they find out the risks are very minimal. People are born with two kidneys. You only need one."***  - Michelle Winsor, Kidney Transplant Coordinator, Sharp Memorial Hospital, San Diego, CA

**QUOTES FROM PEOPLE WHO DONATED A KIDNEY:**

***“People always ask me why I donated my kidney - and I always respond with, why wouldn’t I donate a kidney? I had 41 surgeries in my life and the kidney donation was the easiest surgery of them all***" - John Feal, Long Island, NY, 9/11 responder, donated a kidney to a stranger. Donated a kidney, despite his foot was crushed while helping to remove debris from the twin towers wreckage. Doing great!

***“It is easy, it is simple. There is no reason in the world, if you are a healthy person, to not consider donating your kidney. Your life will not change one bit******but somebody else’s life will change 200%!*** *-* ***It would probably be the best decision that they have ever made in their life -*** Vicki O’Neill Haber, Denver, Colorado

***"I have gained so much more then I gave through donating a kidney”*** – Marisa Hester, Alabama

***"There is no greater feeling than knowing you brought life to another human being. It has truly been an amazing experience that ranks right up there with the birth of my 9 children. If I could, I would do it again tomorrow."***  - Rabbi Ephraim Simon, Chabad of Teaneck, NJ, who donated a kidney AND part of his liver and is doing great, Boruch Hashem!

***"Donating a kidney to a woman I had never met was the greatest experience of my life. To give for the pure sake of giving brings the deepest joy imaginable. I am profoundly grateful for the opportunity that changed my life in every way"***  - Lori Palatnik, Silver Springs, Maryland

***“I think this is the right thing to do. I don’t think anyone should fear it . They wouldn’t allow you to do this if you weren’t healthy enough.”*** - Larry Seidman, New Jersey

***“I decided to start the testing process for kidney donation, because I felt the awesome responsibility to not look away when someone was dying and I knew I could help save them. It was the best decision of my life!”*** – ” Rabbi Ari Sytner, Monsey, NY – author of, “The Kidney Donor’s Journey – 100 Questions I Asked Before Donating My Kidney.”

***"Giving a kidney was one of the highlights of my life. I learned so much about myself in such a short time. Rarely do we see the fruit of our labor so quickly, yet I helped save another persons life and improved the quality of their life immediately.”*** - Rabbi Steve Moskowitz, Long Island, NY

***"As a result of my kidney donation, I feel richer than Donald Trump and Bill Gates combined!"*** - David Koster, Brooklyn, NY

***"How much was I willing to do for my fellow man ? Veahavta Reacha Kimocha. In the end it really was between G-d and myself. I am so greatful to have been the right shaliach at the right time.“*** - Chaya Ben Baruch, Safed, Israel

***“I'm in absolute awe that I was able to participate with Hashem's help in prolonging and saving a life"*** - Marci Rapp, Jerusalem, Israel

***“My swimming has improved since donating and my fitness level has not deteriorated.***” - Sopha Goode, Washington

***“I felt great and recall thinking I would do it all over again tomorrow. This journey was probably the most meaningful experience in my life.”*** – Angela Stimpson, New York

***“It's the best thing that has ever happened to me. More people need to know that it will change their lives for the better."*** – Winnie Liu, Utah

***“If only people knew how amazing it will make you feel. I mean, i know I helped save a life, but it has changed me. Just an unexplainable experience. Has brought me closer to G-d. Just simply amazing!***” - Aimee Wheeler Bultemeier – Missouri

***“No need to worry when donating a kidney. It’s the biggest blessing that could be.” -*** Mordichai Shuchat, New York

***"Giving a kidney was no big deal...I've had dental treatment that was worse" -*** Paul Dixon, UK

***“I would love to do more to help with kidney donation! I actually had a level of depression set in after the donation because I wish I could do it again! It was the BEST day of my life! It is hard to explain to someone who hasn't been through the experience just how awesome the feeling is…”***  – Melissa Mandracchia, Burlington, MA.

***“The best decision I have ever made with no regrets .There is nothing more valuable than the gift of life.” -*** Laura Friedberg, Stanford, CT

***"I donated my kidney in 2013 and took up running afterwards! Never felt better!!!***  - Judy Singer, Kibbutz Meirav, Mt. Gilboa, Israel

***"My life is BETTER now! Physically I feel great, but mentally even better!****" -*Brian Glennon , New Jersey

***“Donating a kidney was the greatest experience of my life. If I can do it again, I would do it again tomorrow!”*** - Chaya Lipschutz, Brooklyn, NY (Her brother & nephew donated a kidney as well.)

***“I truly believe sharing my extra kidney is one of my most important purposes in life. It is just as meaningful and important as bringing my three sons into this world. I feel incredibly blessed to have had this opportunity. If I could, I would do it again and again.”*** – Lea Hanan, “joyful kidney donor” - Seattle, Washington

***“Kidney donation is safe, a quick recovery, completely free to the donor, and incredibly rewarding. In less than two weeks I was back at work and feeling great. You can live with one kidney the rest of your life, while saving a life. I donated to a stranger, but to me it was no-brainer. I only wish I can do it again! I got more out of donating a kidney than my kidney recipient did! I gave a kidney, but gained a lifelong friend.” -*** Mark Rankin, St. Pete, FL

***“It was the BEST decision I ever made and very proud to be a living donor!”*** – Margery Lipenski, upstate, NY

***“Was great. Not really a huge effort for me. Now every day I can say I did this. Saved someone’s life. Feel like I got the gift!****”–* Mike Brady, 68 years old, donated in a kidney chain

***“I’m doing fantastic! Cannot believe how quick & painless my recovery was.”***

* Sheri Turner Nadig, Chicago, Il**.**

***“If I had another, I'd give it in a heartbeat, Giving my kidney away was one of the best experiences of my life. I believe the reason we all have two kidneys when we only need one is because we were meant to give one away. To help another person live to see their children grow up or live to have grandchildren — what better gift is there****?"* – Cynthia Bowers – she donated a kidney as well as 2 of her children! - Salt Lake City, Utah

Quote from this story: https://www.deseret.com/2010/2/4/20094241/cathy-free-donating-kidneys-a-family-thing

**For more information about kidney donation or to become a kidney donor, contact:**

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***Chaya’s kidney donation project is endorsed by: Rabbi Dovid Goldwasser, Brooklyn, NY***