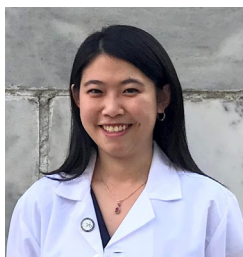


To the Recipient of My Sister's Kidney

Are we now sisters in the
most unlikely of ways?
Our bodies sifting life
the same way,
interwoven glomeruli
filtering electrolytes
My sister's diluted reflection
in your body, humming away
silently without limitations.
We are
bound together by organs
bound together by circumstance
Please care for this part of her
pumping steadily in your
abdomen, hidden away
from sight, meticulously
calculating charge and size
of molecules in your body.
Please care for this kidney,
some part of life's second chance.
Please drink enough water
and limit your sugar intake.
Please eat a healthy diet
and limit your salt intake.
Please check your blood pressure
and limit your stress intake.
All this is to say please take care.
Part of my sister lives in you too,
and forever I am defined as an older sister
even if she is gone. But,
here you are in the flesh
part of her living on.

Ellen Zhang, BA
Boston, Massachusetts



Ellen Zhang is a student at Harvard Medical School who is passionate about using writing as a lens to unravel the complexity of medicine, enhance empathy, and provide humanistic care.

Address for Correspondence: ellen_zhang@hms.harvard.edu

doi: [10.1053/j.ajkd.2022.08.023](https://doi.org/10.1053/j.ajkd.2022.08.023)

© 2022 by the National Kidney Foundation, Inc.