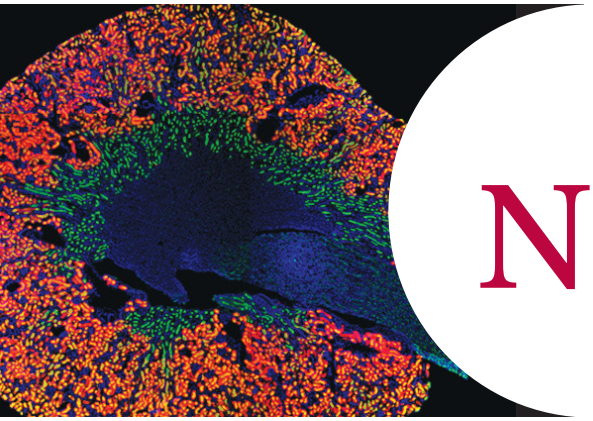

WashU Medicine
DIVISION OF NEPHROLOGY
Alumni Newsletter Fall 2025

NEPHROLOGY UPDATE

Growing Participation in WashU Glomerular Diseases Symposium

Small group case studies, hands-on renal pathology workshops, lively lectures and expert-led panel dicussions. These highly engaging activities are the hallmark of the annual WashU Glomerular Diseases Symposium, which is growing in both interest and participation.

Each year, the event draws renowned experts in glomerular diseases from regional, national and international institutions, fostering a rich exchange of clinical insights and research advancements. According to Tingting Li, MD, MSCI, a leading nephrologist and Director of WashU Nephrology's Glomerular Center of Excellence, the symposium has continually evolved to meet participants' needs.

"We have added hands-on workshops, interactive breakout sessions and even a Jeopardy-style game to boost engagement and reinforce key concepts in a fun, memorable way," says Dr. Li.

The thoughtfully designed sessions offer an immersive learning experience for nephrology professionals at all levels, making the symposium a must-attend event for clinicians committed to advancing care in glomerular diseases.

Now in its third year, the symposium is a collaboration between the Division of Nephrology and Division of Anatomic and Molecular Pathology. One of the standout sessions was a renal pathology workshop led by Joseph Gaut, MD, PhD, Chief of Anatomic and Molecular Pathology and Section Head of Renal Pathology, and renal pathologist Nidia Messias, MD, Associate Director of the Glomerular Center of Excellence, which explored a range of nephritic and nephrotic syndromes through a practical, case-based lens. The workshop was such a hit that organizers are planning to offer even more hands-on opportunities at next year's symposium. "Understanding and interpreting renal pathology is crucial for accurate diagnosis and treatment planning in glomerular diseases, yet nephrologists often lack formal training in pathology," says Dr. Li. "This workshop helps to bridge a key educational gap for many nephrologists."

Dr. Matthias Kretzler, director of the Michigan Kidney Translational Medicine Center at the University of Michigan, delivered an outstanding keynote lecture on "Precision Medicine in Glomerular Diseases." Other featured speakers included Dr. Brad Rovin from the Ohio State University, Dr. Richard Lafayette from Stanford University, Dr. Dana Rizk from the University of Alabama at Birmingham, Dr. Laura Mariani from University of Michigan, Dr. Patrick Nachman from University of Minnesota, Dr. Rasheed Gbadegesin from Duke University, and Dr. Monica Reynolds from University of North Carolina at Chapel Hill. Expert panelists included Dr. Isabelle Ayoub from the Ohio State University, Dr. Dawn Caster from University of Louisville, Dr. Shikha Wadhwani from University of Texas Medical Branch, Dr. Sayna Norouzi from Loma Linda University, and Dr. Adam Kilian from Saint Louis University. Multiple faculty members within Washington University, including Dr. Anuja Java, Dr. Timothy Yau, Dr. Patricia Kao, Dr. Taha Mohamed Djirdeh, Dr. William Martin,

continued on page 2

Top: Hands-on activities, such as a renal pathology workshop, were in high demand during this year's Glomerular Diseases Symposium.

Bottom: The 3rd Annual Glomerular Diseases Symposium brought together specialists from across the country.

Message from the Chief

As I reflect on 2025 and look forward to the coming year, I am happy to report that several of our faculty have received major research grants in the past few months. Maggie Chen, MD, PhD, FASN, Monica-Chang-Panesso, MD, and Moe Mahjoub, PhD, all were the recipients of R01 grants from the NIH that came at a difficult time in academic medicine when research funding is facing an uncertain future. The American Society of Nephrology noted in a letter to Congress in September 2025 that the NIH is shrinking the number of applications funded, with estimates that the NIDDK research budget might decrease significantly in 2026.

That's the wrong direction, with more than 37 million Americans living with kidney diseases. One in seven adults in this country are diagnosed with kidney diseases, and it is vital that we continue advocacy efforts to highlight the vital discoveries made in the lab, evaluated in clinical trials and moved into patient care. I recently was elected as an ASN Executive Councilor and, in two years, will serve as the organization's president. I pledge to loudly advocate for the outstanding research in our division and elsewhere that seeks to understand and better treat kidney diseases.

We continue to excel, not only in research but also in education. From our annual Glomerular Diseases Symposium, which consistently draws specialists and interest from around the country, to our nephrology fellowships, which have enjoyed successful recruiting seasons recently, our division remains one of the best in the country.

Our commitment to excellence remains strong. I am overwhelmingly grateful to our faculty and staff who remain steadfast in the face of challenging times and move our field and our clinical care services forward. Thank you to those who keep our mission, vision and values moving onward and upward.

Ben

Benjamin D. Humphreys, MD, PhD
Joseph P. Friedman Professor and Chief
Division of Nephrology
Washington University School of Medicine

Glomerular Diseases Symposium

continued from page 1

Dr. Muhammad Yasir Baloch, and Dr. Alfred Kim, also played an active role, serving as presenters and leading small group discussions.

"We are seeing a remarkable wave of innovation in glomerular diseases," notes Dr. Li. "Advances in disease mechanisms and targeted therapies are redefining clinical care. Our symposium is one way we're helping clinicians stay informed and connected in this rapidly evolving field."

Plans are in the works to expand the program even further, building on the overwhelmingly positive feedback from attendees. "As new therapies continue to emerge," says Dr. Li, "the need for ongoing education and collaboration has never been greater."

Thank You!

We thank the following individuals who have donated generously to support our research and teaching missions as well as our programs and services:

April – September 2025

Dr. Thomas Ralph Pohlman (MD '76, Res/Fel '81) and Dr. Elsie Winstead

Ms. Ame Krippner and Mr. Brian Krippner

Mrs. Jane Simmons and Mr. Edward C. Simmons, III

Ms. Julie Decker

Ms. Patricia M. McKevitt (MSW `69)

Support WashU Nephrology

If you would like to support our research and teaching mission or contribute to our programs and services, please contact Rachel A. Hartmann, Medical Advancement at WashU Medicine Nephrology, by phone: 314-935-9715 or email: rachel_hartmann@wustl.edu.

You may also support the Division through appreciated stocks, deferred giving, beneficiary plans or other assets.

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On the Web/SM:

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Director
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Laura Kipper
Transplant Fellowship Program Coordinator
lkipper@wustl.edu

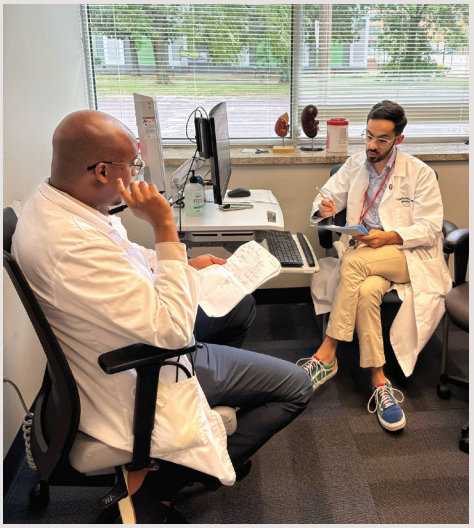
Fellowship Notes

Seth Goldberg, MD, Nephrology Fellowship Program Director

We are always seeking ways to improve the educational experience for our trainees. At the urging of our fellows, we instituted a major change to the dialysis curriculum earlier this year that has been met with unanimous approval! The dialysis rotation now is a purely outpatient service, with fellows being the first point of contact at our university-owned Forest Park Kidney Center (FPKC). With hands-on experience and having a substantial role at the monthly anemia, bone-mineral, access, and adequacy meetings, our fellows will be even better equipped for leadership positions when directing the care of patients on dialysis.

As part of these changes, our fellows also have in increased role in the management of patients undergoing home hemodialysis and peritoneal dialysis. The FPKC serves as the headquarters of our Home Modalities clinics, and fellows on this rotation have enhanced opportunities to collaborate with faculty and staff stationed there. As the future of renal replacement therapies is movement out of brick-and-mortar hemodialysis centers and into the home setting, gaining a wealth of experience is crucial to the next generation of nephrologists (not to mention providing a highly-marketable skill to our graduates!).

Change, this time of the year, also involves celebrating the accomplishments of recent graduates and welcoming in a new class of trainees. Two of our six graduating fellows have remained in the St. Louis area, a trend that has continued over the decades. In October, Barnes-Jewish Hospital opened a new 16-story tower dedicated to the care of cardiac and vascular patients. Featuring the Cardiac and Cardiothoracic ICUs, the Plaza West Tower serves as home base for our Consult 1 team, giving it a decidedly cardio-renal flavor. The north end of campus already provides a unique onco-nephrology experience for our trainees. Our ever-growing hospital is now the 5th largest in the country and we are proud that nationwide recruiting efforts have brought in an outstanding group of first-year fellows who have hit the ground running.



Hands-on experiences are highlighted in the new outpatient dialysis rotation

Welcome to Our New Transplant Nephrology Fellows

WashU Nephrology's training pathway for transplant nephrology is seeing an increased number of applicants. We offer two positions in the fellowship annually. This cycle we have three: Mahmoud Musa, MD, began his fellowship in December 2024 while Hamza Ikrai, MD, and Zainulabdeen Alsaedi, MD began their fellowship this past summer. "The important thing we tell our fellows is to always have curiosity, to read, and to engage in discussion," says Transplant Nephrology Fellowship Director Massini Merzkani, MD. "Didactic education is vital, but in a way that is open to discussion, allowing fellows to reinforce the knowledge through participation."

(From L to R): The newest transplant nephrology fellows, Dr. Hamza Ikrai and Dr. Zainulabdeen Alsaedi, stand with Transplant Nephrology Fellowship Program Director Dr. Massini Merzkani, MD, and nephrology transplant fellow Dr. Mahmoud Musa.

New WashU Nephrology Fellows

Catey Ashlyn Abbott, DO
Residency: University of Arkansas
Fayetteville, AR

Jacob Lambertsen, MD
Residency: Atrium Health Wake Forest Baptist
Winston-Salem, NC

Meng Hsun Lee, MD
Residency: Maimonides Medical Center
Brooklyn, NY

Bibi Shazeeda Razak, MD
Residency: Richmond University Medical Center
Staten Island, NY

Hoang Tang, DO
MercyOne Des Moines/ PHC Consortium
Des Moines, IA

Kevser Akyuz Yesilyaprak, MD
Residency: Wayne State University
Rochester Hills, MI

Congratulations and best wishes to our recent fellowship graduates:

Atlee Baker, MD
Clinical Instructor/Interventional Nephrology Fellow
University of Michigan

Yasir Baloch, MBBS
Assistant Professor of Medicine
WashU Nephrology

Alex Calderon, MD
Mercy Hospital
Fort Smith, AR

Felina Innaci Dass, MBBS
Private Practice
Orange County, CA

Audrey Netzel, MD
Nephrology Associates of Northern Indiana
Fort Wayne, IN

Olga Postovitenko, MD
Mercy Hospital
St. Louis

Alumni Connections

Daniel Coyne, MD

Professor of Medicine, WashU Nephrology
Nephrology Fellow, 1986-1989

After 32 years on the faculty of WashU Nephrology, Daniel Coyne, MD, is hanging up his stethoscope and heading into retirement. The beloved nephrologist has served as the Medical Director of the Chromalloy American Kidney Center (CAKC) and the Medical Multispecialty Clinic in the Center for Advanced Medicine. And for many of our alumni, he is a revered mentor, having served as the Director of our Nephrology Fellowship Program from 1999-2007.

"I also was a fellow here and I was surrounded by top residents, fellows and faculty during my training," recalls Dr. Coyne. "They are among the most stellar people I've met in medicine. All were very accessible and had an infectious love of science and teaching." He also worked in the lab of Dr. Aubrey Morrison, who taught Dr. Coyne "a great deal of science, and also how to read scientific literature and think critically and independently." He says, "I saw master lectures by the likes of Eduardo Slatopolsky, Saulo Klahr, Keith Hruska, and others."

He joined the faculty after completing his fellowship and worked as an attending physician in the CAKC before being lured to his birthplace of Ohio to take a position as an assistant professor at Case Western Reserve School of Medicine (where he also earned his medical degree). Three years later, though, he returned to WashU.

"I wanted to focus on clinical care in academia, and Dr. Marc Hammerman offered me a position and gave me great latitude to help manage the CAKC and reorganize clinical services as our patient load expanded. I noted huge opportunities to expand our clinical practice, but it was Dr. Hammerman and Dr. Steven Miller who developed the business plan that is still paying dividends for the Division."

Along with clinical responsibilities, Dr. Coyne began researching anemia and renal bone disease, both commonly seen in patients with chronic kidney disease. He says he began to question prevailing dogma, thanks in part to Dr. Morrison's training. "Within eight years, I was writing commentaries for JAMA and JASN on the use and abuse of epoetin in dialysis patients," he says. "Modern management has curved to my views, and that's better for patients."

He also conducted dialysis research with Dr. Slatopolsky, noting, "Here I was being taught and guided by an international expert weekly!" Dr. Coyne's most impactful research was in the field of anemia. In a clinical trial called DRIVE, researchers showed that administering intravenous iron to anemic hemodialysis patients could greatly decrease the need for epoetin. Subsequent trials validated the danger of epoetin, and the safety of iron therapy in CKD patients.

Now stepping down from responsibilities in stages, he has halted his research activities, and has been working part-time since January 2024. He formally retires from the Division at the end of the year.

He and his wife plan to enjoy more time with their nine grandchildren. He has become quite the gardener — he calls them "gardening challenges" to overcome at his home and lake property. He looks back at his time and his training at WashU fondly. "Dr. Steven Cheng and now Dr. Seth Goldberg have built a fellowship program second to none, recruiting incredibly bright and positive fellows to our program. Any resident interested in Nephrology should aspire to be here at WashU."

Daniel Coyne, MD, enjoying a conversation with a CAKC patient.

Dr. Coyne and his wife, Tamara, at the wedding of his youngest daughter earlier this year (Sept 2025).

Dr. Coyne with his then seven grandchildren during Christmas 2023.

Program Spotlight

Another Record Year for Kidney Transplants

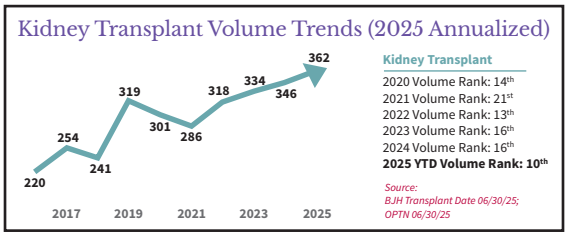
WashU Medicine's Nephrology Transplant team is heading for another record year of kidney transplants. "This year we will likely reach 375 kidney transplants," notes Tarek Alhamad, MD, MS, MBA medical director of Transplant Nephrology. "This comes with a strong base of referrals and evaluations that we have been performing in the last few years. Those are reaching new record numbers with more than 2,300 estimated referrals in 2025 and more than 1,200 new kidney transplant evaluations."

The Washington University Barnes-Jewish Kidney Transplant Center is the highest volume center in Missouri and among the highest in the nation, with more than 300 kidney transplants annually for the past several years. Kidney transplant outcomes continue to be better than the national average based on the OPTN/UNOS outcome reports.

The sharp increase in the number of referrals and evaluations is due primarily to the team's efforts to broaden outreach visits to dialysis units, nephrology clinics and general nephrologists in a growing region that now includes all of Missouri, northern Arkansas, Oklahoma, western Kentucky, southwest Illinois and parts of Iowa.

Despite the high volume, the kidney transplant program maintained better than expected outcomes (per national metrics). "Maintaining good outcomes is related to careful evaluations of candidates, close follow-up of newly transplanted patients as well as a coordinated process that identifies and closely monitors patients at high risk of rejection and graft loss," says Dr. Alhamad. "Our higher volume reflects the extensive expertise in medical and surgical teams in kidney transplantation."

Dr. Alhamad estimates that 500 new patients will be added to the wait list this year, and the potential is there for another record year surpassing 400 kidney transplants in 2026.



Quality Improvement

PRE-ESKD Checklist Paying Dividends for CKD Clinic Team

In the Washington University Dialysis Center, nephrologists, nurses and clinical nurse educators are noticing the impact of a new education system designed to inform advanced chronic kidney disease patients of the steps needed to prepare for dialysis and also keep providers up to date on steps taken. The system, called the Pre-End Stage Kidney Disease (ESKD) Checklist, is now an easy progressive list to monitor that now has become part of patients' electronic medical records.

"This tool helps track specific milestones, such as education referral, modality selection, transplant referral, vaccination, access planning and dialysis readiness," says nephrologist Charbel Khoury, MD. "Managing patients with advanced CKD requires careful coordination across multiple teams, including the CKD clinic, dialysis educators, vascular surgeons and transplant programs. The checklist streamlines and allows us to better monitor that process."

Clinical Nurse Manager Fabrienne Harper, RN, BSN, says the project started two years ago and enhances the comprehensive educational process that was formalized in 2021. "Patients with State 4 kidney disease and an estimated glomerular filtration rate (eGFR) of 20 are automatically referred to our Kidney Disease Education Class, explains Nephrology Clinical Nurse Manager Fabrienne Harper, RN, BSN. "At this stage of renal impairment, it is critical to begin preparing patients for the possibility of dialysis or transplantation. Every patient progresses differently — some rapidly decline, while others maintain stable kidney function for a longer period. Our goal is to standardize education at this point, ensuring all patients receive timely information and support."

Prior to the checklist, the team found several patients were initiating dialysis without first receiving the recommended hepatitis B vaccination. Timely surgery to create vascular access ports also needed monitoring. The checklist was first piloted as an Excel document, but it rapidly became a digital tracking tool. "Because the checklist is embedded in the EMR, milestones are visible to every member of the care team, which now enables seamless transitions and reducing missed opportunities because nurses and medical assistants can help nudge physicians to focus on individualized decision-making," says Dr. Khoury. "Ultimately this part of the project, which began as a quality improvement initiative led by one of our recent fellows, Olga Postovitenko, MD, represents a shift from reactive to proactive care."

Dr. Khoury notes early evidence shows that checklists and EMR-based registries improve adherence to guidelines, support better transitions and increase rates of timely referrals.

"This not only improves patient outcomes but also empowers the entire care team to deliver reliable, coordinated and high-quality care," adds Dr. Khoury.

Harper agrees. "We can track no-shows to the clinic and call patients with reminders so that they can better avoid being hospitalized after missing appointments," she says. "Nobody falls through the cracks and that enhances care for everyone we see."

Research Highlights

KidneyCure Grant Awarded

Monica Chang-Panesso, MD, has been awarded a grant from KidneyCure for her research on "Elucidating the Role of Metabolic reprogramming in the Repair Capacity of the Aged Kidney." She is among 23 grant recipients announced in August 2025. Specifically, Chang-Panesso received a Transition to Independence Grant, which are grants to help young investigators achieve independent research careers.

Monica Chang-Panesso, MD

KidneyCure is the foundation of the American Society of Nephrology that was established in 2012 to fund research by new investigators and fellows.

Dr. Chang-Panesso's research focuses on investigating the molecular mechanisms of kidney repair after acute injury. This latest research will study how aging alters the body's response and contributes to failed recovery after an episode of kidney injury.

"Elderly patients are at higher risk of an episode of acute kidney injury and have worse outcomes compared to young patients," says Dr. Chang-Panesso. "Trying to identify ways to make the aged kidney more resilient is something that I hope to help understand with my studies."

SOAR Program Sparks Research Interests

WashU Nephrology's Summer Opportunities for Achievement in Research (SOAR) program already is producing relevant research and widening interest in the field of nephrology. For the second year, the Division's WashU Kidney O'Brien Center for Chronic Kidney Disease Research funded a mentorship for undergraduates to engage in basic scientific research. This year, undergraduate student Katie Chen worked in the laboratory of Leslie Gewin, MD, under the bench mentorship of postdoctoral research scholar Kevin Hurtado, PhD. The team studied the role of a peroxisomal fatty acid oxidation (FAO) protein in chronic kidney disease (CKD).

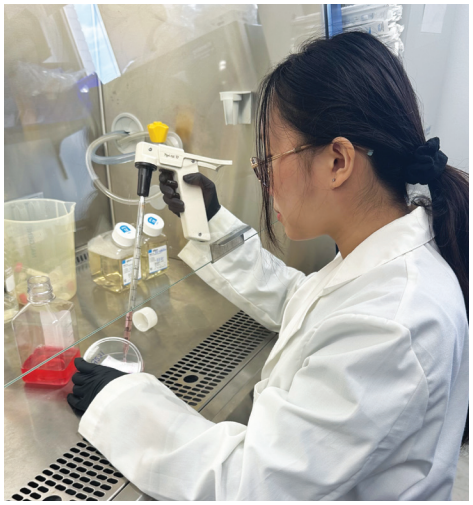
"One key driver of CKD is impaired metabolism," notes Hurtado. "In the Gewin lab, we study underexplored aspects of kidney metabolism to discover new avenues for treating CKD. The project Katie and I explored was the role of a specific FAO enzyme called ACOX1."

"We had identified some genes that were expressed differently in mice with and without ACOX1 in their kidney tubules through RNA sequencing," says Dr. Gewin. "Katie's job was to validate some of these targets using qPCR techniques and Western blots."

Chen had a running start in the lab, having already worked part-time with Dr. Gewin's team before participating in SOAR, which enabled her to become more involved in research and learn new laboratory techniques. "I wasn't only performing experiments; I understood why every part was necessary and felt confident presenting my data at the end of summer," Chen says. "It's furthered my desire to contribute to the nephrology field."

SOAR Program Director Naoka Murakami, MD, notes, "It is exciting to think that SOAR may help attract bright young minds into the nephrology field and contribute to building its future. I think the program has brought fresh energy and perspective to the lab, which I find inspiring and motivating."

Applications for the summer 2026 SOAR program will open in November 2025.



Katie Chen works in the laboratory of nephrology physician scientist Leslie Gewin, MD.

Division Chief Benjamin Humphreys, MD, PhD, with SOAR research intern Katie Chen and SOAR program director Naoka Murakami, MD, PhD.

Faculty News and Awards

Humphreys Elected to ASN Executive Council

Benjamin Humphreys, MD, PhD, FASN, the Joseph Friedman Professor of Renal Diseases in Medicine and chief of WashU Nephrology, has been elected as an Executive Councilor for the American Society of Nephrology. The four-year term begins January 1, 2026 and in 2028-2029 Dr. Humphreys will serve as the 61st president of ASN. He joins two prior WashU Chiefs of the Division of Nephrology that have served as President of the ASN: Dr. Neal Bricker, 1966–1967; and Dr. Saulo Klahr, 1985–1986. The ASN Council is the society's governing board.

"I am deeply honored to have been elected to serve on the Council and as future President," says Dr. Humphreys. "Academic medicine faces both remarkable promise and real headwinds, I look forward to strengthening our community and advancing discovery, mentorship, and patient care together with ASN membership, staff and my fellow Councilors."

Dr. Humphreys is internationally recognized for his research in the field of kidney injury, repair and fibrosis and has brought single cell and spatial technologies into the kidney research community. He currently leads the Single Cell Omics Research Evolution (SCORE) Core in the WashU Kidney O'Brien Center for Chronic Kidney Disease Research. He has been funded by the NIH for over 20 years, is a former president of the American Society for Clinical Investigation, recently served

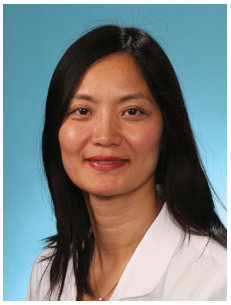
Benjamin Humphreys, MD, PhD

as Chair of the Board of Scientific Counselors for the National Institute of Diabetes and Digestive and Kidney Diseases and has served in numerous roles for the ASN. He is an Associate Editor of the Journal of Clinical Investigation, an elected member of the American Society for Clinical Investigation and the Association of American Physicians and has published more than 125 peer-reviewed articles.

Li Named Associate Clinical Chief

Tingting Li, MD, MSCI, has been appointed Associate Clinical Chief for WashU Nephrology. In this new position, Dr. Li will direct and oversee clinical faculty professional development and clinical practice operations in the division. As such, she is responsible for direct patient care responsibilities in inpatient, outpatient and dialysis care settings and will lead oversight of clinical outcomes and patient satisfaction.

Dr. Humphreys, Chief of the Division of Nephrology, says, "Dr. Li's vast experience and knowledge of WashU and BJH make her the ideal leader to serve in this role. As a former trainee who also has private practice experience as well as deep expertise in clinical trials, mentorship and leadership in glomerular diseases, Tingting is well-versed in our academic vision, commitment to clinical excellence and discovery, and our focus on education and service to our community. She also brings a most welcome entrepreneurial spirit to the role, as reflected by her



Tingting Li, MD, MSCI

leadership of the remarkably successful annual Glomerular Diseases Symposium."

Dr. Li, who also serves as Director of the Glomerular Center of Excellence, is a 2005 graduate of our Nephrology Fellowship Training Program. She earned her MS in Clinical Investigation at WashU Medicine in 2018.

Baloch Joins Faculty

Muhammad Yasir Baloch, MD, has joined the division as Assistant Professor of Medicine in the Division of Nephrology. Dr. Baloch is a 2025 graduate of our Nephrology Fellowship Program. He earned his medical degree from Bolan Medical College in Pakistan before completing his internal medicine residency at Florida State University in Tallahassee. During his nephrology fellowship at WashU, he served as a clinical educator in the WashU Teaching Physician Pathway. On faculty since July, Dr. Baloch serves as Director of Fellowship Outreach and Recruitment in addition to his clinical duties.

Muhammad Baloch, MD

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Work/Life Balance x 5!

All of us probably work quite hard to juggle family and work responsibilities. WashU nephrologist Patricia F. Kao (Theodos), MD, MS, MHPE, says it takes a village and a comprehensive wipe-board calendar to keep track of her busy family, especially when all five of her sons are competitive swimmers! In an interview with SwimSwam recently, Dr. Kao noted that competitive swimming "has been the cornerstone" of her family for 16 years, with each of her sons joining a swim team when they turned five years old. Her sons — Niko, 21, Austin, 19, Xander, 19, Camden, 17, and Lucas 13, all excel at competitive swimming. "I don't sleep much!" laughs Dr. Kao. "I could not survive without my supportive colleagues! Being a part of a division that values work-life balance, and the ability to plan my on-call schedule a year ahead allows me to attend as many swim meets as possible."

She also swam competitively in high school. In fact, she swam at the same St. Louis school as her sons, John Burroughs School. Her three oldest children now swim competitively or play club water polo while in college. To make it all work in between her busy schedule at WashU, Dr. Kao says she keeps a comprehensive Google calendar that is shared with all family members. "I also have a color-coded dot system on a wipe-board calendar that tells who is driving to and from different locations."

She adds, "Most importantly, I have made sure that my kids can cook, clean house, help with running errands, and driving siblings to practice. It takes a village, for sure, and I want to make sure my boys learn practical skills so they can function independently."

Read more at https://swimswam.com/five-brothers-and-a-mother-who-all-said-yes-to-swimming/

Dr. Kao with her five sons, Austin, Xander, Niko, Lucas and Camden (L to R).

Dr. Kao (right) with her high school swim coach, who also coached four of her sons (three are pictured).