

# Transplant World

2015 | Issue 1

Journal of the



World Transplant Games Federation  
Powered by the gift of life

**See inside:**

Photos and News  
from Around the World



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**Front cover:** Photo from the Mendoza  
2015 National Games in Argentina

# WORLD TRANSPLANT GAMES FEDERATION OFFICERS AND COUNCILLORS

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## Message from the President

Here we are again, nearly time for the 20th World Transplant Games and of course a first on the South American continent. We have been friends with our Argentinian transplant family for many years and are always happy to see them participate with us in all the countries around the world, so it is a great moment for Argentina to be able to welcome all of us to their home country... a very exciting prospect I am sure you will agree.

During the Games week in Mar del Plata, we will be saying goodbye to our friend and Councillor Anders Olsson who has chosen to retire from the WTGF Council. We thank Anders for all his input, his work for the Games in 2011 and his friendship. We wish Anders all the best for the future and trust that he will continue to take part in the Games. At the same time, I take this opportunity to express thanks not only to the current Council for their work, particularly those whose term of office is up but also to the staff of WTGF, Mary and Karen, who continue to work hard for the Federation.

The 2015 Council elections will hopefully allow an opportunity for new faces from different countries and cultures to join the Council and I wish all those nominated good luck for the election at the General Assembly on 27th August. My dream would be to have more transplant recipients on the Council as well as those involved directly in the field of organ donation, donor family members, co-ordinators and medical professionals.

During the last few months, we have established a new WTGF medical group – International Transplant Sport Medical Group (ITSMG) – which I have hoped for many years to start to work with many professionals around the world who have the double skills of medicine and sport and fitness. You

may read more about this on Page 4 of this Journal.

Also, we have been very happy to meet with the senior representatives of The Transplantation Society and to start to work more closely with them thanks to Mr Philip O'Connell – we are happy to have a representative of TTS to attend our Games this year and to witness the work of WTGF first hand. I feel that the work between our organisations can really now become closer as we both aim towards common goals.

In June, the WTGF Executive will have visited the host city of the 2017 Games – Malaga, Spain. This visit will allow us to start earlier our communication and planning with the LOC there and we will be able to report to you on this visit in the next Journal.

A new film has been prepared by our Communication Committee which will be used for future marketing of the Games and we hope to be able to show this to you all during the Games in Mar del Plata.

Finally, I am hoping for good bids for the Summer 2019 Games and remind you that up to now, we have had no bids for the Winter 2016 Games – if any country is considering the staging of a Winter Games event for transplanted athletes, I would be more than happy to discuss with you during the time in Mar del Plata.

Wishing you all a good journey to Argentina, a successful Games - and to those not travelling, I hope we meet again in Malaga 2017.

Yours friendly

**Olivier Coustere, President**



## Message from the Secretary

The Games are coming, and we hope you are too!

This will be the first time ever that the World Transplant Games have been held on the continent of South America. Many in Argentina are working on staging this first-time event on South American soil and we are confident that there will be plenty of amazing competition for our member countries' competitors and supporters. Be sure to review the Athletes' Code of Conduct on page 18 of this issue. All of the Federation's Awards for individual and team competition can also be found on this page. Good luck to all of the teams and to all the competitors!

There have been some minor changes in the sports rules for the 2015 Games. Please make sure that you take a minute to review the rules for your sport - the WTGF does make some changes to the general rules of sports in order to accommodate the format of our Games, which is almost entirely an age-group competitive event. Also, the Argentinians have added the sport of Tejo for the 2015 Games, if you are planning to participate, you should be sure that you know the rules and understand how to play.

Finally, we hope that each member country will be sure to be represented with a voting representative at the Federation's General Assembly which will be held during the Games in Mar del Plata. This is where your representatives - the Councillors - are elected and the issues facing the Federation are discussed. It's an important point in the organisation's governance every two years and we hope will have 100% representation from all of our members. If you have questions about your representation, please contact the WTGF office at [wtgf@wtgf.org](mailto:wtgf@wtgf.org)

Hope to see all of you in Mar del Plata!

**Gary Green, Secretary**

**“Once you choose hope, anything's possible.”**

Christopher Reeve



MAIN TOPIC • MAIN TOPIC • MAIN TOPIC • MAIN TOPIC • MAIN TOPIC • MAIN TOPIC

# WTGF INTERNATIONAL TRANSPLANT AND SPORT MEDICAL GROUP

The World Transplant Games Federation announces the launch of a new global initiative to examine the effect of participation in sports and fitness activities on individuals who have received organ transplants. This initiative has been the dream of President Olivier Coustere for some years and having spoken with many doctors with dual speciality in the field of medicine and sport, all of whom appeared very keen and interested to support his idea, it was finally decided that this is the moment to start.

With over 1,500 transplanted athletes from over 60 countries usually attending each World Transplant Games, the WTGF is in a unique position to witness and research the effects of sport and fitness after transplantation. In addition, the 70 member nations of the Federation provide an already existing network and access to transplant recipients and health professionals in many nations who can assist in the gathering of existing research and analysis on the effects of fitness and exercise in their respective transplant population.

Understanding the importance of evaluating the research that exists and to utilize the WTGF and WTGF events to further pursue the analysis of the effects and outcomes through sport and fitness, the WTGF is proud to initiate the **International Transplant and Sports Medical Group (ITSMG)**. This special

advisory group is composed of doctors with dual interests in medicine and sport who have previously conducted research, studied the effects of activity and exercise post-transplant, and who are leaders in the field in understanding the role physical activity plays in transplant outcomes.

The objectives of the ITSMG are:

## Objective 1 Repository of Verified Studies

To gain better knowledge and to capitalize on the number of transplant patients gathered at the Games – the largest gathering of transplant recipients in the world. The aim is not to have to reinvent the wheel each time in every country and to be able to gather scientific articles regarding physical rehabilitation - different for different organs; heart, liver, kidney, etc. and fill a repository of these articles. The Federation will make this body of research available on the WTGF website, in different languages (at least a summary in English when the article is not in English).

## Objective 2 Studies

The ITSMG will also facilitate new studies regarding the effects of sports and fitness in this population, i.e. organ survival, general health, quality of life. Initially, the goal would be to establish one study utilizing the participants in the 2015 or 2017 World Transplant Games who are routinely asked for the cooperation when they register and can opt in or opt out.

## Objective 3 Conference Participation

The ITSMG will work to develop presentations, posters, or any other relevant medium to present information about sport and fitness after transplantation at professional symposia, patient meetings, or any appropriate venue. Topics are to be

audience-specific and could range from reporting on medical aspects at professional meetings to quality of life topics for patient focused meetings - traveling as a transplant recipient – jet lag, tiredness, dehydration, and effect on sports performance.

To assist the members of the ITSMG, the WTGF has retained Colleen Horan-Green of the United States, a former director of the U.S. Transplant Games and an experienced administrator, to serve as program manager of the ITSMG.

**“The WTGF is in a unique position to witness and research the effects of sport and fitness after transplantation”**

The WTGF asks your assistance in helping identify individuals and organizations that might have conducted or are currently conducting and interested in the outcomes of such analysis. Also, we are asking you to provide to us existing data and published research that might have been done in this area in your respective country. The objective of this task is for us to create a global portal on the WTGF website of all studies, research and analysis that will hopefully become the main source of information world-wide as to the effects of sport and fitness on the transplant population and to commission further studies and analysis based on that date to further positive outcomes of said population. Your assistance is greatly appreciated. All inquiries and information can be sent to [itsmg@wtgf.org](mailto:itsmg@wtgf.org).

**Colleen Horan-Green**



# XX World Transplant Games, Mar del Plata, Argentina

## 23rd to 30th August 2015



In Mar del Plata, the beautiful "seaside" city located 405km from Buenos Aires, there is much excitement as preparations are made to make the XX World Transplant Games 2015 a fascinating festival of sport which will demonstrate to the world the importance of organ donation in a wonderful and unique way - by showcasing the skills of transplant athletes worldwide!

The event will be the first of its kind to be held in a Latin American country and will represent a unique opportunity to promote the importance of organ donation and to help more people in the region to access organ and tissue transplants.

Mar del Plata is a very popular tourist resort in Argentina, offering good amenities and hotels, which boasts a 47km coastline with beautiful variations of scenery. In Mar del Plata, modern buildings merge beautifully with the older architectural buildings. There are many attractions including museums, tours and an aquarium theme park to name a few. Also the quality shopping is a popular pastime for visitors as the area is well known for leather goods and knitted clothing. For the evenings Mar del Plata has a varied nightlife that will suit all ages and tastes. See the official tourist website for full details of the area [www.turismomardelplata.gov.ar](http://www.turismomardelplata.gov.ar).

Sunday 23rd August is the day for registrants to officially

collect their accreditations and receive their information for the week ahead and this marks the beginning of amazing days full of competition and fun. The usual World Transplant Games sports are available in Mar del Plata - Athletics, Badminton, Bowling, Cycling, Golf, Swimming, Road Race, Petanque, Squash, Tennis, Table Tennis and Volleyball – and this year there will also be Tejo, a discipline mainly played in Argentina and Uruguay which is a highly inclusive sport allowing people of all ages and abilities to participate. The expectation around the world is high for a wonderful week with the full flavour of Argentine hospitality and culture.

The website for the Games can be found at [www.trasplantados2015.gob.ar](http://www.trasplantados2015.gob.ar) so please visit this regularly to feel the excitement of what will be a wonderful World Transplant Games in the beautiful city of Mar del Plata. Registration details can also be accessed on the website and enquiries can be sent to [inscripcion@trasplantados2015.gob.ar](mailto:inscripcion@trasplantados2015.gob.ar).

The Local Organising Committee and the people of Mar del Plata look forward to offering a very warm welcome to competitors and their supporters in their wonderful city by the sea.

### World Transplant Games 2015

[www.trasplantados2015.gob.ar](http://www.trasplantados2015.gob.ar)







# Málaga 2017

## XXI World Transplant Games

Málaga, with 3,000 years of history and the ancient home of the Phoenicians and Romans as well as its Arabic and Jewish heritage, is ready to welcome participants from all over the world to the XXI World Transplant Games in 2017. The World Transplant Games in Málaga are supported by both the Spanish Government and the Andalusian Government, together with the Málaga Regional and Local Governments – a truly joint venture illustrating how important and vital the message of organ donation and transplantation is to Spain.

Participants arriving from all over the world will not only enjoy the competition in excellent sports facilities, but also experience our beautiful way of life and the warm hospitality of our people. The experience of Málaga in hosting main international and national sports events is a guarantee, not only of having top class sports facilities, but for the success of the organisation of the event.

Málaga enjoys an average of 320 sunny days a year and wonderful weather all year round.

The recipients and supporters will feel welcomed and loved from the minute they arrive in Málaga. As most of the hotels are located in the city centre, the majority of the museums, monuments, restaurants, shops, leisure activities and nightlife are all within walking distance making the experience of the city truly enjoyable.

By mid-June this summer, the WTGF Executive will visit our city to meet with the Local Organising Committee, visit the main sports facilities and catch up with the progress of the event. Together we will continue working together towards the success of the XXI World Transplant Games.

**Francisco Quereda**  
Spain



# World Transplant Games Federation and Social Media



One of the many strengths of the WTGF is in how it brings together, at the patient level, transplant communities from across the globe. The coming together of the individual athletes offers them the opportunity to learn from each other and draw strength from the shared experiences of living with organ failure and embracing the gift of life that is organ donation. It also gives us a powerful voice to promote the importance and success of organ donation for transplantation.

With our Summer Games every two years and the Winter Games in the intervening years our members do not get the opportunity to meet in person too often. As a consequence, the Council of the WTGF decided that there would be value in embracing the world of social media to help develop the sense of community on an on-going basis.

We have a WTGF Facebook page ([www.facebook.com/WorldTransplantGamesFederation](http://www.facebook.com/WorldTransplantGamesFederation)) that is regularly updated with a variety of posts. The primary focus of the page is to act as a forum for the sharing of information with people who are interested in transplantation and sports. We share inspirational stories of activities going on in member countries, general developments that may be of interest to our community and sports related posts that may encourage people to remain, or become, actively involved in regular sports activities.

The WTGF has many audiences to consider. As well as our athletes there are donor families who can take great comfort in seeing what can be achieved through the gift of life. There are those who are newly diagnosed with organ failure who can be inspired by the stories that come out of transplant sports – there is the potential for a bright future. There is the general public who may not have previously considered organ donation but on seeing what can be achieved through the gift of life they can be inspired to have the all important family discussion about organ donation.

Our Facebook page offers a window into the world of transplant sports that allows all of our audiences to draw on the knowledge and experiences of our wider community. With over 2000 fans worldwide we are growing this 'virtual community' every week and the larger the community we have the more each individual can benefit and the louder our voice becomes.

There is also a second Facebook page that is dedicated to the next Summer World Transplant Games, ([www.facebook.com/OfficialWorldTransplantGames](http://www.facebook.com/OfficialWorldTransplantGames)). It was first established for the 2011 World Transplant Games in Sweden and it has subsequently been passed on to South Africa (2013) and Argentina (this year). With over 4700 fans this is a popular page with great potential. The page offers the LOC the opportunity to communicate easily with a wide audience of prospective athletes and supporters. Information that is posted on this page can range from the practical (details on sports, accommodation, etc.) to the cultural (things to look out for when in country at the Games).

In more recent times we have started to engage with the world of Twitter ([www.twitter.com/wtgf1](http://www.twitter.com/wtgf1)). This forum offers us the opportunity for more directed messages and the 140 character limit encourages brevity and clarity in postings.

You can also find out more about the forthcoming Games from our latest Twitter account; [www.twitter.com/WTGFnews](http://www.twitter.com/WTGFnews).

Join us on social media, if you have not done so already, and together we can make our community stronger for all its members and give us a powerful voice in the wider community.

**Colin White**  
WTGF Councillor





# 2nd Hong Kong Transplant and Dialysis Games



*Medal winners from the donor family kid's team (left) and young liver transplant recipient (right)*

The 2nd Hong Kong Transplant and Dialysis Games were held on 8th and 9th November 2014. There were 24 teams, including 21 local teams, a team formed by the kids of the donor families and two overseas teams from China and Macao.

A total of 590 athletes registered including 383 athletes - heart, lung, kidney, liver, bone marrow and cornea transplant recipients - and 169 dialysis patients. There were 26 child participants, under the age of 17, from the donor families. The youngest participant was aged two and oldest was 82. There were four new teams participating, two from paediatric units (bone marrow and kidney) and two from charitable dialysis centres. When compared to the 1st HK Transplant and Dialysis Games in 2012, there was a 10% increase in number of participants.

This year, swimming was added into the program, so there were swimming, table tennis, badminton, track and field and petanque events held over two days of competition. All together there were a total of 296 events registered with an average of 2.3 events per registrant. Three of the athletes participated in ten events each! Excluding swimming, which was a new category this year, participants created 73 new records in track and field when compared with 2012.

During the kickoff of the Transplant and Dialysis Games in May, a sharing program in the community was also launched. 43 volunteers and 40 transplant recipients were trained up as ambassadors to share their stories and promote organ donation at schools, churches and non-government organizations. During the six months sharing program, we have visited and contacted 26 schools and churches - more than 10,000 students and citizens. We obtained the promise of the attendees to spread the message of organ donation to 200,000 people.

We also held a series of promotion activities including a road show, a sedan chair race, press conference and media interviews, organized with more than 100 media exposure.

We are particularly pleased to have more than 800 volunteers, including medical staff, sports groups, students and volunteer agencies, to help out during the organization process. We believe that seeding the concept of organ donation and transplant into the heart of the volunteers is equally important as to demonstrate the benefit of organ transplant through the excellent performance of the athletes in the competition.

**Dr. Ka-foon Chau**  
Hong Kong



*Champion athlete - bone marrow recipient (8 gold medals and 1 silver)*



## COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS

*Left to right - Christian Grassl with his supporting son Tobias, Chantal Bausch, Gudrun Manuwald-Seemüller, Peter Hellriegel*



# We Are All Winners!

**Team Germany at the Austrian Winter Championships for Transplant and Dialysis Patients**

Göstling am Hochkar / Austria  
from 22nd to 23rd  
January 2015

Sixty participants came together for the Skiing Championships of the Austrian Transplant Sports Federation (ATSF) in January 2015. Besides the Austrian participants, there were also teams representing Italy and Slovenia and a small but successful team from Germany (TransDia Sport Deutschland).

It is traditional to arrive on Thursday so Friday can be used to adjust to the altitude, the snow, the weather and the pistes and also to visit the cross-country ski run. There are two competitions each year - the giant slalom and cross-country skiing in the classical style. This year the distance was 2km for women and 4km for men.

The German team were very pleased with their good results - Chantal Bausch won the silver medal in the age group 18-50 years - in fact she switched rank with last year's silver medal winner, who won gold this year. Within the 60+ age group, Gudrun Manuwald-Seemueller was delighted to win the gold medal. The German men did their very best, but Christian Grassl and Peter Hellriegel were no match for the alpine experts from Austria. However, that does not imply that they did not have fun! Quite the contrary! There was fog on the pistes but no fog in the minds!

In the men's cross-country skiing, Austrian Martin Krimbacher was in a class of his own - as last year's Tyrolean Vice-Champion, he easily won the race against German Peter Hellriegel, who competed in cross-country for the first time in his life.

Although the conditions relating to visibility were rather bad, the atmosphere around the participants could not have been

better. In the end, everyone was happy that they had reached the finish line without being injured, it didn't matter in what time or in which rank they crossed. Every transplant person could celebrate the biggest victory in their life even before they started the race. They had all received the gift of a new life through their successful transplantation. They had all conquered their diseases and are now able to live a normal life with only small restrictions.

The dialysis patients showed impressively that they can compete in sports despite their stressful and energy-sapping dialysis. Dialysis patients who try to keep themselves fit can better bear this enormous burden for their bodies and minds better and especially for longer increasing their chances of receiving a donated kidney.

*"We want to reassure people with a similar fate and motivate them not to resign their struggle against their heavy disease. We want to pass on this message: it is worth fighting. A sports competition like this is also a good opportunity to demonstrate to the general public that people can live a normal life after a successful transplant and even go back to their jobs, although they do face some restrictions because of the many pharmaceuticals they need to take on a daily base to prevent a rejection of the donated organ."* - ATSF Chairman Martin Krimbacher.



**Peter Hellriegel**  
Germany



**Hubert Kehrner**  
Austria



## EVENTS FROM AROUND THE WORLD



*Hello from the Mendoza National Games in Argentina - excited to welcome everyone to Mar del Plata!*

# National Transplant Games and Events from around the World



*Huge smiles in the Philippines at the KITAP year end reunion party*



*More fun at the KITAP year end reunion party!*



*Young people at the amazing Bhutan Winter Awareness Campaign 2015*



*French Ski Training Camp 2015*



## EVENTS FROM AROUND THE WORLD



*A wonderful occasion - the Indian Transplant Games*



*Happy memories from the Bulgarian National Games*



*Some happy medal winners at the Korean Transplant Games*



*WTGF Councillor, Colin White with the Irish TACKERS participants and Robbie Lyons - kidney recipient and TACKERS volunteer*



*Racing for the line at the Hong Kong Games*

*Great times at the Korean Transplant Games*







WTGF President Olivier Coustere and Councillor Stoyanka Markova Ananieva at the Donors' Parade in Sofia.



## VII NATIONAL BULGARIAN GAMES FOR TRANSPLANTED AND DIALYSIS PATIENTS

### 1st INTERNATIONAL FOOTBALL TOURNAMENT IN SUPPORT OF ORGAN DONATION

The VII Bulgarian National Games for Transplanted and Dialysis Patients was held in the city of Sofia under the patronage of the Prime Minister of the Republic of Bulgaria from 1st to 3rd May 2015.

There were 42 participants at the Games from all over the country, the youngest contestant was 11 years old and the oldest was 67. The disciplines in which the participants competed were track and field, swimming, table tennis, badminton and darts.

Our special guest was the President of the World Transplant Games Federation, Olivier Coustere who made a speech in which he encouraged the Bulgarian transplant participants to keep practising and keep showing society that transplant recipients can lead healthy and successful lives.

After the Opening Ceremony, with music from the Bulgarian Army Orchestra and accompanying cheerleaders, all the contestants and many guests participated in the Donors' Parade. That evening in one of Sofia's parks, candles were lit and lanterns were released into the night sky, in memory of all

the donors.

1st  
to 3rd  
May 2015  
Sofia

The 1st International Football Tournament in Support of Organ Donation was held alongside the National Games. There were three teams participating from Bulgaria, Romania and Turkey. Recipients, donors, doctors, transplant specialists and professional football players were all eligible to compete in the matches. The football tournament was devised to encourage the involvement of famous football legends and to publically show their support for organ donation, to succeed in changing society's attitude towards donation and to increase the number of transplants.

Bulgaria and Romania shared first place and Turkey finished second. The organisations from both Turkey and Romania promised to continue with the tournament in the future and the Turkish team promised to return the gesture of the invitation in autumn 2015.

**Stoyanka Markova Ananieva**  
Bulgaria





# Nationwide Awareness Campaign on Kidney Health in Bhutan

13th February 2015 - 21st March 2015



The Bhutan Kidney Foundation (BKF), in collaboration with Dzongkhag District Administration, schools and hospitals, carried out a nationwide awareness campaign on "Kidney Health in Bhutan" with the project funded by the Civil Society Organization Fund Facility. The BKF's team, along with six volunteers, started off the 36 day campaign in Chukha Dzongkhag on 13th February 2015 and concluded in Thimphu Dzongkhag on 26th March 2015.

The BKF carried out this project with the following objectives:

## Primary Objective:

- Create awareness on kidney related diseases and their causes through documentary film screening

## Secondary Objectives:

- Facilitate early detection and suggestive preventive measures
- Educate and promote organ donation

## Major Activities:

- An inspirational talk by a transplant recipient and a volunteer kidney donor
- A survey to be completed by the participants/audiences.
- A documentary film screening
- Interactive session (Question & Answer)
- Medical checkups (blood pressure, sugar random & Body Mass Index)
- Awareness materials distribution (documentary soft copy and BKF brochures)

A documentary film titled "Kidney Health in Bhutan" advocated the positive impacts of a healthy lifestyle and good dietary habits. This was targeted at not only those in the high-risk category but also the general public. Afterwards copies of the documentary were distributed to the academic heads in schools/colleges and to influential people to maximize the awareness of the general public.

Inspirational talks by a transplant recipient and a volunteer kidney donor encouraged many kidney patients to consider transplant treatment. The activity also inspired compassionate Bhutanese people to become living kidney donors. Four individuals actually offered to become living donors and BKF will be following up with the necessary counselling and

procedures. Also these talks served to discourage financial considerations and raised awareness on the legal aspect of organ trade.

The health team from Dzongkhag did health screening for the general public. This ensured early detection of those at high risk and preventive measures were suggested for those with early symptoms. Also doctors provided insight on the issues associated with the diseases. With more than 85% of the participants taking advantage of the free medical checkup services, those detected with early symptoms were encouraged to seek medical help while the Foundation made a point of following up the high risk group for further counselling.

The awareness campaign was held mostly in schools and universities, in the belief that school and college students can pass on the knowledge they acquire to their parents, family and relatives. As a result approximately 10,850 people were reached.



*Inspirational talks  
Medical checkups*

A primary objective of the campaign was to inform the participants about kidney disease and the survey carried out before and after the program, showed that 95% of the participants were well informed about kidney disease and the current situation in Bhutan.

In introducing the Bhutan Kidney Foundation, the campaign also strengthened the relationship between the Foundation and stakeholders such as Mongar and Gelephu Regional Referral Hospitals and well-wishers; strengthened trust between the Foundation and patients/families; and established coordinators in Mongar and Gelephu hospitals for the better delivery of aid and services to the dialysis patients.



In order to ensure the potential benefit that the Bhutanese people could obtain from this project, the sensitisation campaign was carefully planned and scheduled. The campaign focused the intrinsic desire of the Bhutanese citizen in curbing kidney disease. The Foundation is optimistic that it has made a huge impact within Bhutan in the prevention of kidney disease, making this country a better place to live and so enabling citizens to contribute equally towards "Gross National Happiness".

**Tashi Namgay**  
Bhutan

# News from France

## 29th Heart Race 2015

From 18th to 22nd March - 4 days/4 nights, 750 km, 225 runners, 138 volunteers - an extraordinary race supporting organ donation!

As every year, with huge support, and attended by Professor Christian Cabrol (who performed the first heart transplant in Europe in 1968), the Heart Race 2015 featured 16 teams, each with 14 runners as well as an entire team of 14 transplanted runners, who raced from Paris to the winter sports resort Les Arcs (Arc 1800 in Savoy in France) over four days and four nights covering 750km in relay.

At the same time, "10,000 Hearts for the Hospital" collected more than 29,605 paper hearts, almost triple their goal. These symbols of generosity and support for transplanted people and patients waiting for a graft were made by schoolchildren along the race course on the basis of one heart, one child. The most memorable moments of the race and one of the key points was the extraordinary participation of the villages along the course of the race, thanks to the work by volunteers of Trans-Forme to increase awareness

- and the "heart villages" (Moutiers and Bourg-Saint-Maurice). Besides applause and warm support, the inhabitants often accompanied the paper heart deliveries with a friendship drink, by night and day, which was always very appreciated by the runners and volunteers.

This year, two transplanted Tunisians joined the team Trans-Forme. They came especially for the Heart Race and left after four days with many wonderful memories.

For this year, another guest took part in the race. Marine Lorphelin, Miss France 2013 and "Godmother" of the team Trans-Forme, was present for the start and for some stages of the race to show her support for organ donation.

The Heart Bucket Challenge – inspired by the Ice Bucket Challenge: this challenge is to fall over yourself a bucket filled with some "paper hearts" and then to nominate three other people for this challenge. This Challenge was completed by many competitors and has promoted the Heart Race and organ donation in social media.

Trans-Forme also developed its communication by increasing its presence on social media. Thanks to Twitter and Facebook, the Heart Race has been followed many people this year.

## The 23rd French National Transplant and Dialysis Games 2015

This year, the Games took place in Montargis (Loiret) from 13th to 17th May 2015. More than 190 participants gathered to promote the success of transplantation and the need for organ donation. The 116 athletes, 6 to 86 years old, competed in 20 different sports. Many public events such as the Organ Donation Walk, François' Walk, "Piano and Dance" Recital, the play "Un don pour une vie" also took place.

## Sailing, Football and Skiing

In addition to this major event, Trans-Forme also organises sailing, skiing and football events. Regardless of the age, the type or the level of practice, all members can participate.

"Les Voiles de la Vie", sailing for young transplanted members, will take place in 2015 from October the 17th to October the 24th.

As for soccer, the Transplant Football Team faced the Women's Team from Besancon in April 2015. The next game will be in Paris for the ENSAE Sol'Foot Challenge on June 13th.

A Skiing training camp was also organised in Les Arcs from 9th to 12th January 2015. During the stay, Trans-Forme members learnt to Alpine Ski and other winter activities.

**Elodie Alves**  
France



*The Transplant Team with their "Godmother" Marine Lorphelin*



*Schoolchildren supporting the runners along the route*







## 5th National Spanish Transplant Games 2015

The celebration of the 5th Spanish National Transplant Games took place this year in the city of Alcázar de San Juan in Ciudad Real, Castilla La Mancha from 23rd to 26th April.

Sports for the transplanted in Spain were started as tool to promote organ donation and is the best showcase to demonstrate the real benefits and the good quality of life of recipients who have received heart, liver, lung, kidney, pancreas or bone marrow transplants. 92 people attended the event, representing almost all of the regions of Spain. The Comunidad de Madrid, with 21 attending, and Castilla La Mancha, with 16, had the most numbers of participants. For the first time in the history of these Games intestine recipients and dialysis patients took part in the event.

The Games were held primarily to increase the awareness in society of the importance of organ, bone marrow and blood donation and also to transmit a message of hope to the people that are waiting for a transplant, as well as promoting a healthy life and the practice of sport between the transplant recipients.

This year eight different disciplines were available for the athletes: athletics, badminton, cycling, golf, swimming, panel, tennis, and table tennis. The participants ranged in age between



18 years to over 70, although the average age was 30 to 59 years. It's important to highlight here the slow but steadily increasing numbers of the female participants at the Games in Spain.

The event was a huge success; mainly due to the collaboration of the local sports clubs, the Civil Protection and Red Cross attendance, our various sponsors and the City Hall of Alcázar de San Juan.

During four intense days the competitors and their companions enjoyed a warm conviviality, not just during the competitions, but also on the charity hiking through the city to promote organ donation in which all participants took part.

To this day, Spain is the world leader in the number of transplants performed. In 2014 there were 2,678 kidney transplants, 1,068 hepatic, 262 lung transplants, 265 heart, 81 pancreas and 6 intestinal transplants - all completed with thanks to the generosity of 1,682 donors. The rate of donation in Spain has risen to 36 donors per million.

The transplant sport association in Spain - Association Deporte & Trasplante España - has a mission to promote organ donation and demonstrate the quality of life of transplant recipients through sport. This non-profit organisation supports the participation of athletes in national and international competitions and has been an essential element in realising the dream of holding the World Transplant Games in the Spanish city of Málaga in 2017.

The 5th National Transplant Games 2015 has been the best showcase to promote organ donation to the general public and to demonstrate that there is no greater gift than a second chance to live.

**Mateo Ruiz**  
Spain

**"For the first time in the history of these Games intestine recipients and dialysis patients took part in the event."**

TACKERS • TACKERS • TACKERS • TACKERS • TACKERS • TACKERS • TACKERS



# TACKERS 2015: A parents' perspective

Ligia and Vitor Martins accompany 11 year old Vitor Junior to TACKERS and join the 'TACKERS Friends' program

TACKERS Camp is much more than an adventure week for transplanted kids; it's an amazing experience for all - kids and parents.

Before experiencing this special week, as parents we felt excited and at the same time frightened for our son Vitor. It was the first time that he would be on his own, meeting a lot of new people and letting others, albeit experienced professionals, take care of his medication. It was also scary for him, but he was willing to take on this challenge and adventure.

During the TACKERS week, we saw our child open his wings and FLY! He grew in self-confidence and enjoyed every single moment. He realized that there were other kids living with a transplant and living a completely normal life like non-transplanted kids or as near as they could.

TACKERS also promotes a healthy lifestyle, motivating the kids to do sport and to challenge their limits. For our son it was his very first time on skis. He is now hooked! Winning a medal - and everyone wins at TACKERS - was also an incredible moment for him.

TACKERS were also a life changing experience for us as parents. Seeing our child, the only child from Portugal amongst some 45 children from 15 countries, integrated in camp and facing up to new challenges as well as being able to exchange experiences with other parents from around the globe did us a world of good. It was also a joy to see young adult transplant recipients that had once attended TACKERS as campers, participating as volunteers. They are such great role models for the new TACKERS campers.

TACKERS was not just a pleasant week in the Alps, we brought home a stronger, self-confident son and we, as parents, felt more confident and stronger for having attended. It was a life-changing experience for us that we would highly recommend to all.

For details of TACKERS and TACKERS Friends 2016:  
[www.tackers.org](http://www.tackers.org)

**Ligia and Vitor Martins**  
Portugal



**TACKERS & TACKERS 'Friends' 2016  
will be held from 23-30 January 2016.**

For those who cannot make January, an additional  
'Friends' week will be held from 12- 19 March 2016.

For more information please visit [www.tackers.org](http://www.tackers.org)





# Eurotransplant Statistics

These interesting statistics relate to transplantation activity in European countries during the 12 months March 2014 - March 2015 and have been reproduced from the Eurotransplant Newsletter dated May 2015.



## Statistics Eurotransplant, 12 month period ending March 31

*Number of transplants performed from deceased donors registered in period*

TRANSPLANT COUNTRY	KI	BKI	LI	SLI	PA	KI + PA	HE	BLU	SLU	HE + BLU	LI + KI	SLI + KI	LI + PA	LI + KI + PA	HE + KI	HE + LI	BLU + LI	BKI + PA	TOTAL
<b>2015</b> Austria	328	8	123	-	3	18	52	122	3	-	4	-	-	-	3	-	-	-	<b>664</b>
<b>2014</b> Austria	328	4	139	2	2	19	66	130	1	2	2	-	-	-	2	-	-	-	<b>697</b>
<b>2015</b> Belgium	360	2	202	4	35	7	77	103	6	1	14	-	1	1	4	-	1	-	<b>818</b>
<b>2014</b> Belgium	436	1	229	8	18	5	76	104	3	-	11	-	1	-	3	-	1	-	<b>896</b>
<b>2015</b> Croatia	194	-	132	-	1	4	35	-	-	-	2	-	-	-	-	-	-	-	<b>368</b>
<b>2014</b> Croatia	165	1	103	2	1	4	33	-	-	-	1	-	-	-	-	-	-	-	<b>310</b>
<b>2015</b> Germany	1423	18	807	77	16	104	282	290	40	6	12	3	1	-	3	-	1	-	<b>3083</b>
<b>2014</b> Germany	1378	12	765	70	20	106	290	317	42	13	16	2	5	-	1	1	1	1	<b>3040</b>
<b>2015</b> Hungary	323	-	73	1	-	15	53	-	-	-	2	-	-	-	-	-	-	-	<b>467</b>
<b>2014</b> Hungary	205	1	38	1	-	12	39	-	-	-	-	-	-	-	-	-	-	-	<b>296</b>
<b>2015</b> Netherlands	461	5	147	6	7	25	46	66	15	-	5	-	-	-	-	-	-	-	<b>783</b>
<b>2014</b> Netherlands	399	3	131	6	15	21	49	74	20	-	4	-	-	-	-	-	-	-	<b>722</b>
<b>2015</b> Slovenia	54	-	29	-	-	1	30	-	-	-	1	-	-	-	-	-	-	-	<b>115</b>
<b>2014</b> Slovenia	57	-	24	-	-	3	32	-	-	-	-	-	-	-	-	-	-	-	<b>116</b>
<b>2015</b> Non ET	-	-	1	-	-	-	5	2	-	-	-	-	-	-	-	-	-	-	<b>8</b>
<b>2014</b> Non ET	-	-	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	<b>2</b>
<b>2015</b> <b>Total</b>	<b>3143</b>	<b>33</b>	<b>1514</b>	<b>88</b>	<b>62</b>	<b>174</b>	<b>580</b>	<b>583</b>	<b>64</b>	<b>7</b>	<b>40</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>10</b>	<b>-</b>	<b>2</b>	<b>-</b>	<b>6306</b>
<b>2014</b> <b>Total</b>	<b>2968</b>	<b>22</b>	<b>1429</b>	<b>89</b>	<b>56</b>	<b>170</b>	<b>587</b>	<b>625</b>	<b>66</b>	<b>15</b>	<b>34</b>	<b>2</b>	<b>6</b>	<b>-</b>	<b>6</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>6079</b>

He-Heart Ki-Kidney Pa-Pancreas Li-Liver SLU-Lung BKI-both Kidneys BLU-Both Lungs SLI-Split Liver

*Number of organs used for transplantation from deceased donors registered in period*

DONOR COUNTRY	AUSTRIA	BELGIUM	CROATIA	GERMANY	HUNGARY	LUXEMBOURG	NETHERLANDS	SLOVENIA	NON ET	TOTAL
<b>2015</b> <b>Kidney</b>	338	407	231	1547	342	3	494	70	5	<b>3437</b>
<b>2014</b> <b>Kidney</b>	360	447	184	1493	222	16	427	75	2	<b>3226</b>
<b>2015</b> <b>Heart</b>	70	77	37	285	57	1	41	17	12	<b>597</b>
<b>2014</b> <b>Heart</b>	74	76	33	297	50	3	48	21	7	<b>609</b>
<b>2015</b> <b>Liver</b>	144	236	144	781	123	2	171	36	13	<b>1650</b>
<b>2014</b> <b>Liver</b>	159	259	116	752	72	6	151	35	13	<b>1563</b>
<b>2015</b> <b>Lung</b>	98	219	31	591	110	2	143	16	38	<b>1248</b>
<b>2014</b> <b>Lung</b>	118	196	37	643	111	2	164	29	50	<b>1350</b>
<b>2015</b> <b>Pancreas</b>	21	36	5	116	15	1	44	1	-	<b>239</b>
<b>2014</b> <b>Pancreas</b>	21	25	6	122	13	-	39	7	-	<b>233</b>

# Announcement of Awards at the World Transplant Games, Mar del Plata, Argentina 2015



The Outstanding Athlete, Outstanding Junior Athlete and Outstanding Team Awards will again be presented at the World Transplant Games in Mar del Plata this year.

The WTGF Outstanding Athlete and Outstanding Junior Athlete awards are awarded to a man and a woman and a boy and a girl respectively who have been nominated by their team manager and selected by the Judiciary Committee using the following criteria:

- Performance (number of medals won)
- Quality (strength of competition)
- Diversity (achievements in multiple sports)
- Sportsmanship

The Outstanding Team Award recognizes a team whose athletes have won the most medals relative to the team size. A minimum of 20 athletes is required for consideration for this Award. The Award will be determined by granting points for each medal earned by athletes at the Games (three for gold, two for silver, one for bronze), and then by dividing the number of points earned by each team by the number of athletes on the team. Doubles, team and relay medals count as one medal.

As at previous Games, the Maurice Slapak Award for the Men's 5k Road Race Team and the Peter Griffin Award for the Men's Freestyle Swimming Relay Team will also be presented to the Gold medal winners of these events.

Good Luck to all!

**Gary Green**  
WTGF General Secretary

## ALL PREVIOUS WTGF AWARD WINNERS

### OUTSTANDING ATHLETE AWARD - MEN

2009	UK	John Barnes
2011	UK	George Newman
2013	GB&NI	Liam Barnett

### OUTSTANDING ATHLETE AWARD - WOMEN

2009	Australia	Kate Clark
2011	USA	Tracy Copeland
2013	South Africa	Heilie Uys

### JUNIOR OUTSTANDING ATHLETE AWARD - BOYS

2011	UK	Matthew Salkeld
2013	GB&NI	Nicole Mackenzie

### JUNIOR OUTSTANDING ATHLETE AWARD - GIRLS

2011	UK	Kelly Young
2013	Canada	Kaidyn Blair

### MAURICE SLAPAK AWARD - Men's 5k Road Race Team

2007	Argentina	Adrian Grunewald, Juan Juarez, Daniel Coniglio
2009	Hungary	Mezei Gergő, Venyericsán László and Zilaj Csaba
2011	UK	Ian Brannigan, Matthew Salkeld, Peter Murray
2013	Hungary	Gergo Mezei, Laszlo Venyericsan, Csaba Zalij

### PETER GRIFFIN AWARD - Men's Swimming Freestyle Relay

2009	UK	Jason Smit, James Flinham, Matthew Barton, Ben Pacey
2011	UK	Matthew Dodd, George Newman, Jason Smit, Ran Pulik
2013	GB&NI	Liam Barnett, Matthew Dodd, Benjamin Pacey, Stuart Robinson

## Athlete Code of Conduct

The WTGF Athlete Code of Conduct is reproduced here as a reminder for the 20th World Transplant Games in Mar del Plata, Argentina

**As an athlete competing in the World Transplant Games, I pledge that my conduct will reflect the highest level of sportsmanship, respect and decorum. I pledge to know the rules of my sports and to respect the judgment and the decisions of the officials. I pledge to compete with honesty, with fairness, and with a spirit of justice and at all times to show respect towards officials, volunteers, my fellow competitors and spectators.**

**I understand that to be a sportsman, I should respect not only the written rules but also the unwritten rules. I should attach more importance to the playing of the game than the winning of the game, to voluntarily renounce any advantage gained without strict adherence to the rules.**

**I understand that if at any time prior to or during the event my medical stability or health is questioned, I may be subject to removal from any or all events for my own safety.**

**I understand that if I compromise this pledge, I may be subject to disqualification from this and possibly other transplant sports-related events.**



# Carlos Lirio

At seventeen years of age, Carlos Lirio was leading an ordinary life in Junín de los Andes – he went to school, played football and went dancing with friends. Hooked on sports and open air activities, in March 1995 Carlos made one of his dreams come true when he managed to climb the Lanin Volcano, which is almost 3,800 metres high.

However, on 9th May that same year, Carlos woke up one morning feeling very bad. He was taken to hospital where he underwent sonogram tests and was later diagnosed with a dilated cardiomyopathy.

As his condition got more and more complicated, it was decided that Carlos should be transferred to the Favaloro Foundation, in the city of Buenos Aires. Once there, his condition continued to worsen and he suffered two cardiopulmonary arrests. It was clear then that the next step would have to be heart transplant surgery and this was carried out on 9th June, only one month after his disease was diagnosed.

Rehabilitation was slow for Carlos. When he was able to start doing some exercise, he began working with a physical therapist. Carlos still remembers how hard it all was, "At first, I got dizzy just by sitting up on the bed. I went from being a normal 17 year old who used to run and had managed to climb a 3,800 m mountain to someone who could not even walk. Sometimes I would try to walk and my legs would give in, and my therapist would grab me quickly before I ended up on the floor."

Next year, however, Carlos was able to go back to school, and he later moved permanently to Buenos Aires, 1,600 km away from his family, to be able to attend the teacher training college for Physical Education.

In December 1996, when Carlos was only 18, he participated

in the First National Tournament for Transplant Athletes in Argentina, where his performance in athletics was excellent. Because of this success, he was chosen to travel to Sydney, Australia the following year for the XI World Transplant Games. So far, Carlos has taken part in five World Transplant Games and, being a Physical Education teacher, he became Argentina's team manager in Durban 2013 responsible for over 50 athletes. For the past few years, he also has been working in the area of cardiac rehabilitation at the Favaloro Foundation with patients who have received a transplant. "I listen to them, I comfort them, and I understand their fears and their anxiety. I sympathise with those who are tired after walking only one block. If someone is feeling hopeless, I tell them my story to encourage them and cheer them up."

In addition, in 2005 Carlos was pleased to secure "free of charge" use of facilities from the National Sports Secretariat at the National Centre for High Performance in Sports and has been training his transplant students there in both swimming and athletics.

These days Carlos is involved in the organization of the XX World Transplant Games to be held in Mar del Plata this year. He is working several hours a day making sure that all athletes who arrive in Argentina will have an unforgettable experience.

"When I look back on my life, I have to admit I am a fortunate person. I have managed to find work doing what I like, I have had the opportunity to travel around the world participating in different World Transplant Games and I have made many good friends among transplant athletes. But the most important thing for me is my family: my wife Alicia, my 4 year old son Ulises and my daughter Isabella, who is 4 months old. I believe that if you want to achieve something, you can do it, despite the everyday obstacles life may put in your way. It all depends on your willingness to go on." This is the message from Carlos, a 37 year old man who is just a few days away from the 20th anniversary of his transplant, and who, despite the difficulties he has encountered in his life, has made all his dreams come true.

**Carlos Lirio**  
Argentina

# 20

The 20th World Transplant Games will take place in Mar del Plata, Argentina in August 2015

