

Transplant *World*

2016 | Issue 2

Journal of the



World Transplant Games Federation
Powered by the gift of life

fit for life!

SUPPORTING ACTIVE LIVES
POST-TRANSPLANT



Fit for Life!

- Taking Chicago by Storm
- Announcing our 13 new Ambassadors
- International Congress of The Transplantation Society

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Front cover:

12 of the new Ambassadors in Chicago
Hitoshi gets in the action
Masaaki Usui, Astellas Pharma,
Chris Thomas, WTGF and
David Fleming, Donate Life

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GUEST EDITORIAL • GUEST EDITORIAL • GUEST EDITORIAL • GUEST EDITORIAL

Earlier in the year the Council of the World Transplant Games Federation was delighted to secure the services of Professor Jeremy Chapman as Chair of the Fit for Life! Panel, specifically appointed for the difficult task of choosing the first of our Fit for Life! Ambassadors.

The Federation extends grateful thanks to Professor Chapman and to all of the hard-working Fit for Life! panel, comprising of Dr Marcelo Cantarovich, Vice President The Transplantation Society, Canada; Dr Paul Harden, Oxford Transplant Centre, United Kingdom; Dr Alessandro Nani Costa, National Transplant Centre, Italy; Gudrun Manuwald-Seemuller, Transplant Recipient, WTGF Councillor, Germany; David Nix, Chair Donor Family Network, United Kingdom and previous WTGF Councillor, Jukka Nurmi, Finland.

Professor Chapman also kindly offered to contribute to our Journal as Guest Editor so many thanks to him for these reflections.



RESETTING THE CLOCK

All across the world, transplantation brings new hope to people with organ failure and approximately 120,000 people last year received this precious gift globally. What happens next? For some, sadly, the promise is not fulfilled, but for most people the return to a chosen style of life is a reality, albeit with effort.

Transplantation is not a cure but an opportunity to reset the clock on life and gives people a chance to start again. Transplantation is a continuing journey towards a healthy body and mind involving good nutrition, careful attention to medication and staying fit.

At each World Transplant Games we see some of the success stories of transplantation showcasing their new lives. The Games are perhaps the best declaration of long-term successful transplantation.

The Fit for Life! program of the World Transplant Games Federation, has shown us some extraordinary people from all across world who grab that chance for renewed life and demonstrate what human ingenuity and energy can deliver. Reading the applications was a humbling experience shared by all the judges, in which we had a glimpse of the astonishing range of experiences. The common thread of determination is demonstrated through the amazing diversity of the applicants.

The ambassadors will have more challenges ahead of them –

the World Transplant Games Federation and sponsor Astellas are asking them to encourage and enthuse others to follow their example – role models for a fit future after transplantation.

This will not be easy. As a physician with a lifetime of experience dealing with kidney and pancreas transplant recipients I know how hard it is to stick to the medications, good nutrition and exercise regimes. It is too easy to forget the pain, drudgery and suffering of chronic illness and be lured into a false sense of security by new found health.

It is up to all of us to encourage people to take the steps needed for benefiting from transplantation. Physicians have an important role as do the transplant nurses and co-ordinators who are ideally placed to help, support and to show the way forward. Family are critical supports for everyone.

The first few Fit for Life! ambassadors, featured in this issue, are indeed role models to a life that offers so much promise. Please read about them and help them to spread the message of the value of taking every opportunity in life after transplantation and the beneficial impact of physical health on mental health.

Prof Jeremy Chapman AC FRACP

Director Division of Medicine and Cancer Westmead Hospital NSW Australia
Editor in Chief Transplantation

OBITUARY

Orien Young



It is with great sadness that the World Transplant Games Federation notes the passing on 30th September 2016 of Orien Young, 85, of Portsmouth, in the United Kingdom.

Orien was one of the key figures in the Federation’s early history and development, serving as a member of the WTGF Council and the chair of the Sport Committee for many years. His passion was athletics - specifically the sprinting events - and was himself an international competitor and club record holder. His contributions to athletics, in particular in his coaching, officiating, and managing of the Portsmouth Athletic Club, earned him the gratitude of legions of athletes, parents, and athletics

supporters. He served as Club President for many years, and as a result of his work, was named an honorary Life Vice President. During his life he became a dialysis patient and subsequently received two kidney transplants.

As a tribute to his life of sports and his contributions to so many, his memorial service on 27th October began at the Portsmouth Athletic Club’s competition venue in Alexandra Park with his family and friends accompanying him on his final 100 meters.

The Federation plans an appropriate remembrance for Orien at the next World Transplant Games in Malaga in June, 2017.

Message from the President

I have often likened the World Transplant Games to a beautiful slick Ferrari. When the garage door opens and it cruises down the street it turns heads and everyone is impressed. The challenge we have had in the past is our World Transplant Games – as the world’s largest awareness event for donation and transplantation - only comes out of the garage once every two years! Our Executive and Council knows we can do much more. After all, here we are as an organisation with access to a community that is a testament to the long term and successful outcomes of transplantation across the world. What is our potential and what does it look like?

Let’s set the scene of Saturday, November 5.

It is nearing half-time of the New Zealand All Blacks versus Ireland Rugby Match at Soldier Field, Chicago. 62,500 fans – a record for a rugby match in the United States – have come to witness this unique event. Amongst them are 12 transplant recipients – our new Fit for Life! Ambassadors. All dressed smartly in their grey and orange jackets. Along with our Executive, our ambassadors, ranging in age from their mid-20s to mid-60s, make their way down the tunnels of the stadium and on to the sideline. The game still has five minutes to half time. And then on queue we are paraded on to the centre of the pitch to formally announce our new global Fit for Life! Initiative. Each ambassador is introduced providing living proof of the tangible benefits of donation. Heart recipients, heart and double lung recipient, liver recipient, kidney recipients, A kidney and pancreas recipient and a bone marrow recipient. All of them pictures of health and vitality.

The purpose of Fit for Life! is to encourage recipients to lead active lives post-transplant. It is our new flagship program and alongside the World Transplant Games will help inspire the next generation of recipients to get moving. Moments later we are back in the tunnels as the All Blacks are about to return to the pitch. One of our ambassadors breaks down in tears. It’s an emotional time. Overwhelming. We hug, the tears spread. It’s the dawn of a new era.

Thirty-six hours later I am walking through the international terminal in Sydney and a Kiwi fan spots me and my bag emblazoned with Fit for Life! ‘Are you one of those recipients?’ he asks. ‘Gee mate they were impressive, good lookers too.’ I



Masaaki Usui, Astellas, presenting Chris with a cheque for Fit for Life! at the match



Left to right: Tyler Marciniak, Astellas, Chris Thomas, David Fleming, Donate Life, Kevin Cmunt from Gift of Hope and Masaaki Usui

smile and tell him about our new initiative. This is our potential.

Fit for Life! has now been launched to both the professional community and the wider public. Fellow Executive Member, Liz Schick, Councillor, Dr Ka-foon Chau and myself were thrilled to introduce the program to the International Congress of The Transplantation Society (TTS) in Hong Kong in August. This was the first-time TTS has allowed a ‘patient’ group access to the congress. At that meeting transplant children from Hong Kong were the faces of the program. In Chicago, it was our ambassadors.

This is a key to our future. To throw a spotlight on the recipients who are living life to the fullest. Liz, our fellow Executive member, Andre Lassooij, and his recently completed marathon bike ride, and of course our new ambassadors who came from many different continents to Chicago for this life-time opportunity.

Inspiring recipients is not the only purpose of Fit for Life! We will use this program to promote donation to the public to encourage organ donor registration and family discussion.

In Chicago, we helped set a new world record for the most amount of online donor registrations in an eight-hour period. It was great to work with David Fleming from Donate Life in the USA on this record. It was an impressive weekend. So how did we achieve it? It started with a vision, and the support of our Executive and Council.

But the missing ingredient was a partner who believed in the message and was prepared to join with us to help change the way recipients embark upon their new lives. The Federation is proud to partner with Astellas Pharma. Astellas has a long history of helping recipients through immune-suppression. But they understand that is just one part of the equation of maintaining a transplanted organ. Recipients need a more holistic approach. It starts with the mind; it includes nutrition



and diet and it extends to the confidence to get active. ‘More transplant recipients, more active, more often’. Welcome to Fit for Life!

Chris Thomas
President

FUTURE EVENTS • FUTURE EVENTS • FUTURE EVENTS • FUTURE EVENTS

Welcome to the XXI World Transplant Games in Málaga, Spain!

25th June to 2nd July 2017



Excitement is mounting in Málaga now that registration has opened this month. Hurry to register for the Early Bird rates which will end on 10th February 2017, with the closing date for all registrations set at 16th April 2017. The whole city is looking forward to welcoming transplant recipients and their supporters to Málaga!

For the first time in the history of the World Transplant Games Federation, living donors and donor families will have the opportunity of competing in five events – this makes our Málaga Games extra-special.

Due to its beautiful climate, great hotel facilities, hospitality, culture, beach-life, transport infrastructure and first-rate sporting venues, Málaga has become the go-to destination for fun, relaxation, sport and large sporting events of the first order.

Almost any sports discipline can be practiced in our city – both indoors and outdoors - golf, swimming, sailing, diving, windsurfing, sports fishing, canoeing, hiking, tennis, paddle, athletics, cycling, archery and horse riding. This dynamism

has resulted in our city being proclaimed the European Capital of Sport for 2020.

We have amazing social events planned that promise to make our Games most memorable. We begin with the Opening Ceremony in Málaga’s unique Plaza de Toros, featuring a parade of teams from around the world and including performances to surprise the crowd. Later cocktails will be served at Muelle Uno, in the Puerto de Málaga – another unique city location, close to the harbour and the sea.

Amongst the other events planned for registrants are a cultural evening in the gardens of the famous Automobile Museum and the Russian Museum; children’s activities at the mouth of the Guadalhorce River - a kayak gymkhana, archery, orienteering and other activities will provide enrolled children with an adventure-filled day; an organ donation march designed to raise awareness will be held for everyone, including citizens of Málaga, which will follow Malaga’s promenade and finish on the beach where WTG registrants can sample the region’s typical skewered sardines.

Saturday, 1st July will be a huge day of excitement with the Closing Ceremony at the athletics track in the afternoon followed by an amazing Gala Dinner at the Palacio de Ferias y Congresos.

All World Transplant Games athletes, supporters, living donors and donor families will enjoy an open, welcoming city - and the best conditions for healthy sport and competition.

Please visit the Games website for full information and sign up for our newsletters to keep up-to-date with all the latest news. We would love you to follow us on Facebook as well to make sure that you don’t miss anything.

You can be assured that the Málaga LOC is working hard to bring you the best World Transplant Games experience we can offer!

Málaga 2017 LOC

www.wtgmálaga2017.com
www.facebook.com/officialworldtransplantgames/



Photos © Malaga City Tourist Board





XXI

MÁLAGA • SPAIN

WORLD TRANSPLANT GAMES 2017

JUNE 25 TO JULY 2

TAKE YOUR PLACE IN HISTORY!



MORE INFO AND REGISTRATION ...



www.wtgmálaga2017.com

Organiza:



Colabora:





Photo: Visit England

NewcastleGateshead: Gearing up to Host World Transplant Games 2019

In the summer of 2015, Newcastle Gateshead was delighted to host the British Transplant Games and it was the success of these Games that inspired us to bid for the World Transplant Games in 2019.

Every year, NewcastleGateshead warmly welcomes millions of visitors from across the globe to a range of sporting and cultural events set against the iconic backdrop of the River Tyne and its bridges, the landmark Angel of the North and some of the UK's most prestigious venues which include the Gateshead International Stadium.

The World Transplant Games 2019 will benefit from this track-record with a

sporting programme delivered across indoor and outdoor venues in the very heart of the city. With coast and countryside just a short distance away, the compact and well networked city and wider region is packed with experiences for athletes and their supporters to explore outside of the sports arena. To help Games visitors make the most of our vibrant destination, we are also planning an exciting cultural and social programme that will bring athletes, visitors and local communities together during the Games.

As the spiritual home of transplantation – with doctors and facilities that have led pioneering work in transplantation for many years – our ambition is to host a truly visible games, which will

shine a spotlight on the benefits of transplantation.

In 2018 NewcastleGateshead is hosting the Great Exhibition of the North, showcasing the very best in art, design and innovation from across Northern England. Hosting the World Transplant Games the following year will enable us to build on this great creative tradition and we look forward to extending our famously warm welcome to competitors and supporters alike in 2019.



Sarah Stewart OBE
Chief Executive,
NewcastleGateshead
Initiative

Introducing the First Fit for



Ashleigh Mounger

Age 29 - Liver Recipient
USA

Growing up, Ashleigh was active in multiple sports and a competitive athlete. She earned degrees in both Exercise Science and Psychology so that she could encourage and educate others about the importance of being healthy and fit, both physically and mentally. In 2007, she was diagnosed with Wilson's disease and turned her focus to coaching athletes. Since her liver transplant in June 2015, which was made possible thanks to her living donor, her sister Marisa, she has been living her life to the fullest.

Ashleigh started her fitness and healthy lifestyle journey three weeks' post-transplant when she walked in her first 5km race. She is now mommy to a beautiful and very active 2-year-old daughter and has returned to coaching gymnastics and tumbling six days a week and usually pushes herself to workout with home DVDs.

Her goal to stay fit is not only to challenge herself physically but to also make sure she has mental strength and nourishes her body through ideal portions. Ashleigh believes in being active and staying as healthy as you can.

Ashleigh is hoping to compete in her first World Transplant Games in Malaga, Spain in 2017.



Chantal Bausch

Age 23 - Heart Recipient
Germany

Chantal is a 23-year-old heart recipient of 11 years. As a child she played hockey, tennis and golf from a young age. After spending a year in hospital, Chantal's first priority was muscle growth. She had a bumpy start post-transplant and was taught at home for half the year. On returning to school she started to play hockey again which aided in reducing stress. She had several achievements in hockey including selection in the Bremen state team and she now trains three times a week with weekend matches. She coaches children aged 16.

Chantal also plays golf and tennis and enjoys organizing sports events. She was a media volunteer at the 2011 FIFA Women's World Championships and the 2014 Karate World Championships, and assisted in preparations for the 2016 German Transplant Games.

Chantal is currently writing her bachelor thesis on the effectiveness of current campaigns and hopes to develop a campaign concept to further promote organ donation in Germany. She is also training as a ski instructor and would like to teach skiing to transplanted kids in Anzeré.

Chantal has been participating in Transplant Games since 2012.



Claude Laflamme

Age 53 - Kidney Recipient
Canada

Claude realized quickly after his transplant that this precious gift of life deserves the utmost respect. He decided to live his life to the fullest following three core principles: regular physical activity, healthy nutrition and a positive outlook on life.

Four months after his procedure, he returned to the gym not knowing what he would be able to accomplish. He started with stretching, light weight-lifting and improving his cardiovascular resistance.

One of his passions is cycling, and he cycles 20km to work each way which allows him to integrate physical activities in his daily routine. During weekends he cycles with friends in the countryside and is considering training for a Gran Fondo next summer. His training schedule consists of spinning classes at the gym and participating in a structured training program. He also enjoys hiking and hiked the Torres del Paine in Patagonia and the Cinque Terre in Italy with his children.

In his professional life, in collaboration with the Canadian Patient Safety Institute, he promotes the importance of patient and family engagement to improve surgical outcome.

Life! Ambassadors #1



Cristian Ezequiel Garrido

Age 25 - Lungs Recipient
Argentina

Cristian received a lung transplant due to Cystic Fibrosis (CF) for which he had always been under intensive treatment. He found in sports a tool to care for himself, be a role model and at the same time spread awareness on organ donation and CF. Cristian is a swimmer and as part of the Argentine National Team, was a medalist in the 2013 and 2015 World Transplant Games, and participates in Open Water competitions with conventional swimmers.

Cristian is a Kinesiologist and specializes in Child Neuro-rehabilitation. He currently serves as President (and Founding Partner) of Cordoba CF Foundation, Delegate for the Province of Córdoba in the Transplanted Sportsmen Association of Argentina (A.DETRA), and is a Member of the Rotaract Club Alberdi.

Cristian has been a Global Shaper for the Córdoba Hub network which is led by young people who are exceptional in their potential, their achievements and their drive to make a contribution to their communities. Cristian was selected as one of the "10 Outstanding Young People of Córdoba" in 2015 by the Chamber of Commerce, and was a speaker in 2015 TEDxCordoba.



Emma Hilton

Age 26 - Heart Recipient
United Kingdom

Emma is a heart transplant recipient of 14 years. Post-transplant she was told that the two main issues facing young recipients were non-compliance of their drugs and a lack of exercise. She was introduced to the British Transplant Games and a year later she won her first gold medal. Since then the British Games has provided her with a platform to show the success of organ donation and make lifelong friendships and support networks.

Emma has competed at every World Transplant Games since 2007. In 2008, she was awarded Ambassador of Sport in Harrow and more recently has been short listed for the 2016 sporting achiever of the year.

Emma began to study Sport Science at University however at the beginning of her final year she was diagnosed with Lymphoma and was too unwell to continue. When she recovered, she went back and graduated in Health and Exercise and Sport Science with a 2:1.

Emma was determined to return to training and slowly built up her stamina and has been training three times a week ever since. In 2015 she accomplished her dream of winning triple gold in the 100m, 200m and 4x100m relay in the World Transplant Games in Argentina.



Hitosho Totsuka

Age 47 - Kidney Recipient
Japan

On April 15, 1998, age 17, Hitoshi received a kidney from his mother and began a new life. The sickness that had removed his ability to play sports was suddenly gone and he was once again able to be active.

He started to exercise beginning with jogging to build stamina. He regularly exercised and followed a diet however when he turned 30, he found his body could no longer easily retain its strength. Then he encountered the World Transplant Games and participated at Kobe, Japan in 2001. Following that, he has participated in every Games with the exception of Durban 2013.

Hitoshi also plays tennis weekly, runs races (Tokyo Marathon/Shonan Marathon) and regular 10ks and participates in other exercise to keep in shape.

Hitoshi was hesitant in adding muscle mass and increasing creatinine values in his body. Advice from a local Professor reassured him that if there is no problem with kidney functionality, then a rise in creatinine levels should not present any problems. This motivated him to get active.

Hitoshi has been involved in the management of the National Transplant Games in Japan and is active in promoting organ transplantation through sports.

Introducing the First Fit for



Kate Phillips

Age 31- Heart and Double Lung Recipient
Australia

Kate was born with congenital heart disease and Pulmonary Hypertension. Following a cardiac arrest at 24, she was considered a high risk of sudden death and yet it was then that she decided to become a triathlete. All that stood in her way was the small issue of needing a heart and double lung transplant.

Back home post-transplant, Kate began walking, gradually building up to include hills and then running! Kate completed a 5km walk 2 ½ months' post-transplant and at three months she was back in the pool. Before reaching the six month mark she had finished another fun run and participated in an ocean swim.

Kate took her training to the next level by joining a triathlon club and only six weeks later she completed the Noosa Triathlon. To celebrate her third transplant-anniversary she competed in the Cairns Half Ironman becoming the first female transplant recipient to compete in an Ironman event in Australia.

Kate is an ambassador for the Cycle of Giving, a member of the Queensland Transplant Team, and regularly shares her story with school and sporting groups. Kate's passion is showcasing what is possible post-transplant through a fit and active lifestyle.



Montague Summers

Age 27 - Bone Marrow Recipient
Australia

Montague received his bone marrow transplant at the age of 18, from an unrelated donor, during treatment for Acute Lymphoblastic Leukemia. Montague found solace in running. The few minutes of running which his body allowed him, helped him remain focused on life outside of the hospital. He used exercise to regain strength mentally and physically post leukemia leading him to compete in his first Australian Transplant Games in 2010 and WTGF in Sweden. As he continued to compete the focus became about running with his friends next to him.

Montague studied Exercise Science and Business Management and dedicated his final year to two projects. One project analyzed research for long term athlete development and the second project developed impact strategies and programs to address the social issue of low prevalence of exercise in transplant patients, pre and post-transplant.

Montague's current role as the Regional Development Officer for Sporting Wheelies Cairns, allows him to be engaged with key stakeholders, policies and programs to get people active, enhancing the lives of people with a disability through community engagement and education in sport and healthy living.



Ronald Grainger

Age 66 - Kidney Recipient
Ireland

Ron was diagnosed with an inherited degenerative kidney disorder at the age of 32, and was aware that by his early 50's, he would develop end-stage renal failure and require either dialysis or a transplant. Ron's fitness levels deteriorated significantly but receiving a kidney transplant at the age of 53 changed that. Immediately following his transplant, he set himself specific exercise goals to ensure returning to a good level of fitness. Within nine weeks post-transplant, he returned to a busy job as a Urological Surgeon and still maintained a reasonable level of fitness mainly by walking and golfing.

As Ron approached retirement, he decided to take a more serious approach to fitness participating in the European Transplant and Dialysis Games in 2014, obtaining various medals, and subsequently returned to gym exercise undertaking a programme of resistance and weight training. He had not competed in any running events for 48 years but he was able to compete and obtain four gold medals and one bronze at the most recent European Transplant and Dialysis Games.

Ron believes that exercise and fitness has improved his sense of wellbeing, increased his ability to undertake physical challenges and also given him great satisfaction.

Life! Ambassadors #2



Suretha Maartens

Age 29 - Kidney Recipient
South Africa

Suretha Maartens received a kidney transplant in 2011. After persuasion from her transplant doctor, she decided to train for and participate in the 2012 SATSA National Games, where she walked away with three first places and records broken. She has now taken part in two World Games for which she has won several medals.

Suretha believes being "Fit for Life" requires so much more from a person than just being able to run a few miles, or throw a ball. Suretha believes you have to train your mind and soul to be acceptant, tolerant and ambitious towards the challenges life throws at you.

To Suretha, being "Fit for Life" is being an example of how to be grateful, showing others how to be excited about life and all the wonderful things and opportunities it has to offer. "I pray, laugh, train my mind, train my body and life each and every day as any other person, but within myself I know I am living harder, stronger and happier because I know I have received a second chance, and I decided to make it AWESOME!"



Sonia Carolina Vargas Roper

Age 33 - Kidney & Pancreas Recipient
Colombia

Sonia received her kidney and pancreas transplant on 25th December 2012 and with that felt a new opportunity had invaded her body. Sonia was working through social networks and various public spaces to promote organ and tissue donation when she learnt about the World Transplant Games in Mar Del Plata, Argentina 2015. She travelled alone to attend the congress at the Games and she recalls the emotion she experienced. She believed that she was not an active athlete but seeing the other participants she had hope for herself. After meeting the Director of the Colombian Association of Transplanted Athletes, she was told "you can if you believe you can".

Today Sonia is swimming regularly and training, helping her to overcome her tiredness and giving her motivation, keeping her body and mind as well as her kidney and pancreas healthy. It is a way to pay tribute to her donor and all those who assisted her during her transplant, showing that you can reach your dreams with commitment and ambition.



Luis Francisco Sanz Diaz

Age 28 - Kidney Recipient
Spain

Since a child, sport has always been a big part of Fran Sanz's life. Aged 17, he was diagnosed with glomerulonephritis interstitial. It was a huge blow to have to go through dialysis at such a young age however he always played sports and exercised. He received his kidney transplant when he was 20 and began to set some goals.

Fran Sanz began training for an Ironman Triathlon, with a lot of care, listening to his body and improving day by day. Fran Sanz thought the Ironman would be a long-term goal, but in 2015 the first ever Ironman event came to Madrid, his hometown. He had to participate so on 27th September 2015 he became the youngest transplant recipient to finish a full distance Ironman.

Fran Sanz believes that being able to conquer this goal showed him that he is capable of challenging himself to even higher levels. He believes it is his responsibility and duty as a recipient to promote the message of donation and aims to be an inspiration to patients who are waiting for a transplant.



Matthew Field

Age 29 - Kidney Recipient
New Zealand

When growing up sport was everything to Matthew, he always dreamed of competing at a high level, and played football and cricket at a regional level, first XV rugby at high school and premier grade rugby league for Victoria University of Wellington.

When his kidneys failed at the age of 22, his dreams were shattered. Dialysis for twelve hours every night left him with no energy or confidence to play sport. He missed the freedom and social aspects of being involved in a sporting community. Post-transplant, he slowly began to set new goals and was unsure how much he could push his body.

His journey began when he saw an advertisement for the World Transplant Games during a clinic visit. It appealed to him because it seemed a reachable goal that would give him the chance to meet similar people. Today he focuses on living well, looking after his transplant and inspiring others by competing in the Australian and World Transplant Games. He trains for athletics daily and plays social basketball and football once a week also working in an active job thirty-six hours a week looking after racehorses.



Bone marrow recipient Monty Summers with the American Eagles' mascot

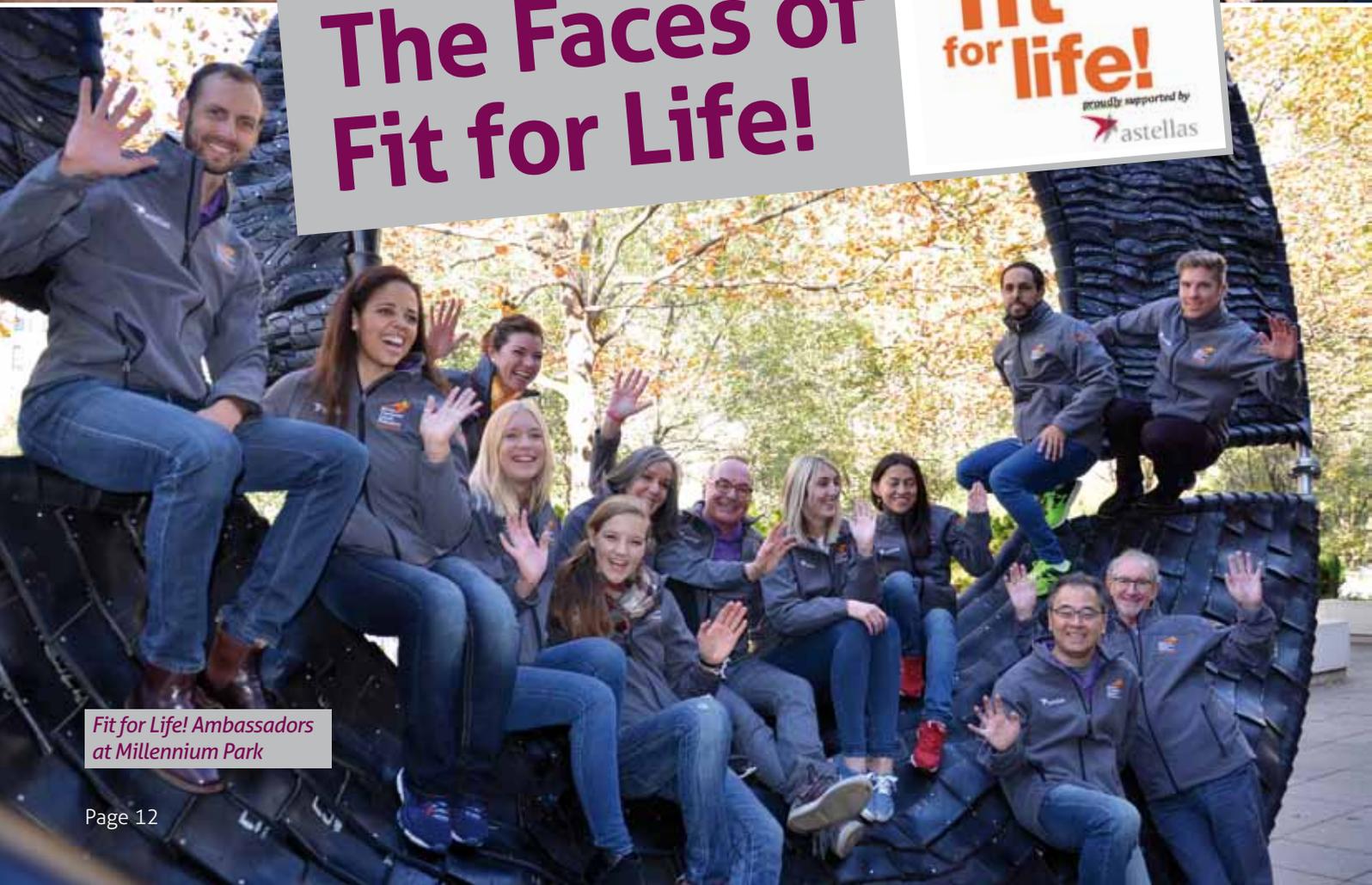


The WTGF Fit for Life! team at the Hong Kong Transplant Sports Association stand at the TTS Congress



At the Friday Rugby match

The Faces of Fit for Life!



Fit for Life! Ambassadors at Millennium Park



Dr Ka-foon Chau, Head of WTGF Medical Committee, at the International Congress of TTS



WTGF Honorary Secretary Liz Schick (left) at the International Congress of TTS



Dr K O Wing Man, Secretary for Food and Health of the Hong Kong Special Administrative Region visiting the WTGF stand at the TTS Congress



Claude Laflamme at the Fan Zone



Sonia Vargas Ropero and Chantal Bausch promoting the Guinness World Record





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EUROPEAN TRANSPLANT SPORTS CHAMPIONSHIPS

European Transplant Sports Championships 2016



In 2014, Finland put in parallel bids to host the 2016 European Transplant & Dialysis Sports Championships along with the European Heart & Lung Transplant Championships in Vantaa, Finland, under the banner of the **European Transplant Sports Championships**.

It was an exciting prospect as it would be the first time for both Championships to come together in this way and their combined strengths would offer a strong platform for the promotion of organ donor awareness and the importance of a healthy and active lifestyle, both for people on dialysis and people post-transplant.

Fast forward two years and teams from across Europe converged on Vantaa to meet in competition, camaraderie and an amazing celebration of the gift of life, all the time remembering the wonderful organ donors and donor families who made it possible.

It was an ideal setting for the WTGF President, Chris Thomas, to visit so that he could experience and understand the history and activities of both Federations first hand. It was also an opportunity for him to highlight the World Transplant Games as another sporting platform for all the athletes in attendance to consider.

The Local Organising Committee brought great innovation to proceedings as the two Championships were not the only events on promoting organ donor awareness. With the aid of EU funding there was also a parallel International Youth Camp for children and youths with organ transplants and their families. A number of public activities throughout the week also ensured that the message about the importance and success of organ donation for transplantation, was shared with the wider population.

Alongside this there was a Researcher Workshop and Transplant Sport



The 'Three Presidents' centre of group, left to right: Transplant Federation Brendan Gilligan, WTGF Chris Thomas, European Transplant & Dialysis Sports Federation, Judit Berente

Symposium. The aim was to set the first footsteps to integrate the European exercise guidelines for transplant recipients.

The Finnish hosts worked extra hard all week and ensured that the sports went well and that everyone had a memorable experience. The weather was a little uncooperative at the Opening Ceremony and on the first day at the track and field venue with unusual amounts of rain, but this neither dampened the camaraderie nor the powerful message that Organ Donation Works!

Colin White
Ireland



Report from the Colombian Association of Transplant Sports



Transplant athletes continue to work towards having fewer patients on the waiting list and through each competition they create opportunities for communication and recognition of the benefits of organ donation.

Sport certainly improves the quality of life of transplant recipients and in turn generates a culture of donation, showing that it was worth the decision taken by any person who saved the lives of transplant athletes.

Pablo Garcia, William Barragán, German Penilla and Ivan Rojas are part of those Colombian champions who can now celebrate life and give their gratitude to an 'Angel donor'. Today, with thanks to the Colombian Triathlon Federation, these athletes can be part of national competition and celebrate with everyone their chance to live. They are winners and heroes showing the worth of organ donation.

The Colombian Association of Transplant Sports, headed by its director Dr Edith Alejandra Martin, continues to fight for a Colombia that is inclusive and full of opportunities for all - every day more transplant recipients are saying "yes" to sport!

Dr Edith Alejandra Martin

Asociación Colombiana de deportistas Trasplantados
www.acodet.org



News from Brazil!

Haroldo Costa, kidney transplant recipient, World Transplant Games athlete and medal winner: *"As an athlete of the WTG, and for my efforts to increase organ donation awareness and donation in my country, using the sports through the WTG, the Organising Committee of the Olympic and Paralympic Games Rio 2016 gave me the honour to be one of the torchbearers in the Rio 2016 Paralympic Games. So I'm very proud about it and I think that is a kind of recognition of what we athletes have done in Brazil to promote organ donation."*

Golfing News from Sweden!

Karin Green wins PG's Prize

The Swedish Transplant & Dialysis Golf Championship has been decided at the Botkyrka Golf Club, south of Stockholm. Once again Karin Green from Skövde is the Champion.

Last year's Champion, Marie Billberg, organized a great competition at her home club. The course was in superb condition and the sun flowed from a clear blue sky. Karin Green managed her game well on the hilly, and in some places, narrow course and won on 78 shots net score. The form is stroke play minus handicap.

The traditional dala horse trophy - PG's Prize - was founded in 1995 and can be won by any Swedish recipient or dialysis patient. There is also a class for friends and relatives - and international friends are also very welcome. Information regarding

the venue and dates of the 2017 Competition will be published on www.transplantsweden.se.

Karin Green is a multiple winner of PG's Prize and will now have the honour of caring for the horse and arranging the competition for 2017.

CJ Ahl
Sweden

Karin Green (left) and Marie Billberg with "PG's Prize"



Photo: CJ Ahl

15th Australian Transplant Games

September 2016, Western Australia

The Australian Transplant Games and all the athletes behind them provide a wonderful focal point to the public to demonstrate the 'living proof' that transplantation works. However; while the promotion of donation to the public is key, it is also important to promote the value of the Games to the clinical sector in both donation and transplantation.

Across Australia there are hundreds of nurses, coordinators and doctors who have dedicated a lifetime of work to transplantation. Donatelife specialist nursing staff and intensivists strive to manage and care for donors and their families. Once every two years the outcomes of both donation and transplantation are on display for the world to see through the Australian Transplant Games. Is there another health sector where the product of all that work is celebrated in this fashion?

Transplant Australia introduced a number of programs to ensure we were able to promote the Games to our clinical sector. At the Opening Ceremony we staged a dragon boat race at the Sydney International Regatta Centre and invited the eight transplant units in NSW to enter teams.

Almost 100 staff from Sydney's transplant units, the Nepean Blue Mountains Area District Health Service, and sponsors participated in this race on the picturesque Regatta Centre. A similar amount of the public and healthcare staff participated in the Donatelife Fun Run.

Throughout the week many nursing and medical staff attended the different sporting events, either as volunteers or to hand out medals. To provide an environment where staff can interact with the successful and long-term transplanted recipients is a major priority for Transplant Australia. It is a great celebration not only of donation, but of the dedication of all the staff involved. Above all else, it is a celebration of the human spirit.

Chris Thomas CEO
Transplant Australia

2016 Most Outstanding Female Athlete
Michelle Daley being congratulated at the cycling by Paul Robertson, Transplant Coordinator, Westmead Hospital



IR Iran National Transplant Games

The national competition for transplant recipients took place on the Kish Island, Iran from 23rd to 28th August 2016.

The Iranian Transplant & Specific Patient Sport Federation hold this event each year with men and women in different age groups competing in various sports culminating in medals being awarded to winners on the last day at the Closing Ceremony.

This year there were athletes present who had attended the 2015 World Transplant Games in Mar del Plata, Argentina. Mojtaba Ahmadi, gold medallist in Durban 2013 as well as in Mar del Plata, took first place in the men's table tennis tournament (age 18 to 28) on Kish. Mr Hussein Rezaee, kidney recipient and gold medal winner in Mar del Plata, was extremely well prepared for competition and he is ready and waiting for Málaga 2017.

Fatemeh Hashemi
Iran

Fayeze, 14-year-old kidney recipient for two years, the youngest athlete participating: "Life expectancy depends on my sports life."

Mr Hassan Kianpoor, 64-year-old kidney recipient for 31 years: "The secret of my health is sport."

Sedigheh Safari, 31-year-old gold medal winner in table tennis in 2011, 2013 and 2015: "Sport is a part of life."

Westfield Health British Transplant Games, Liverpool, UK

28th - 31st July 2016

In 2014 the build-up and planning to the 2016 British Transplant Games started. I was honoured to be asked to join the Local Organising Committee (LOC) for Liverpool. A really big thanks goes to local Councillor Wendy Simons (LOC Chair) and all the LOC for putting their heart and soul into the task of making this "...the best Games ever".

The first day of the Games – Thursday, included Archery, Squash and Snooker. However, unfortunately the soft cricket had to be cancelled.

The parade of athletes was a lovely sight to see with a scenic Albert Dock setting. Yuri Matischen, the usual Master of Ceremonies in charge, did us proud again by being so professional at his job. A big thank you to Olympic gymnast - Beth Tweddle for also attending this event. I had the honour to deliver the athletes oath.

Friday was a busy day with 12 different sporting events taking place. Transplant Sport organised a very special lecture session, with Founder, Professor Maurice Slapak, Sir Roy Calne and kidney recipient of 46 years, Angela Dunn, speaking. This was followed by the launch of the Donation Conversation supported by 16 charities and a social

media "ThunderClap" that reached 9 million people! In the evening, there was the Darts and Loud Shirt Night. Each year the Loud Shirt Night is held to commemorate and to remember those of our transplant families that are no longer with us, or unable to get to the Games due to poor health. It also says a massive thank you to our donors who we think about on a daily basis. Each year the Liverpool Transplant Sports Team provides the trophy for the "Loud Shirt". The venue for this event was the Pan-Am on Albert Dock. The event and surroundings were amazing with professional dart boards and lighting. The Loud Shirt Night was won by Liverpool's John Spencer and members of TS committee were the judges.

Saturday saw further sports in amazing venues. The Donor Run took place early evening on the Liverpool Waterfront and was attended by over 1,500 competitors. Many teams organised their own Saturday night free time amongst themselves.

Sunday: The order and request for nice weather had worked its magic again, this again was a well organised event and a lot of Transplant Sport (TS) records were broken. Athletics took place all day at Wavertree Park. Wendy Simmons



and a few TS VIPs were involved with the children's tug of war competition. For me this summed up the ethos of the Games capturing the smiles on the children's faces when they were all presented with medals. Some children with severe physical challenges were able to get involved and win a medal by beating the TS VIPs.

The Gala Celebration was a fitting end to an amazing four days, with 2,000 attending this was challenging to say the least! There was a brilliant performance by Royal Liverpool's, Chantel Coleman, who performed two fantastic songs that got the dancing off to a great start. The Beatles tribute act followed, providing the local feeling for the audience. The TS flag was handed over to the North Lanarkshire Team and a promotional video was played to let everyone know about next years' Games in North Lanarkshire.

As always we were just happy to be there, to do our donors and their families proud, and to say thank you for the gift of life.

Steve Deakin MBE
United Kingdom



Left to right - Neil Eadie, Mike Crawford and Edward Crowe

WTG2017 Kayaking in Málaga



One of the additional sports on offer at the World Transplant Games in 2017 will be kayaking in the calm waters of the Port of Málaga.

This will be a great event in a highly sought after location, very close to the city centre in one of Málaga's most lively areas for strolling, shopping and eating out.

You will recognise a kayak as a type of canoe with room for one, two or four 'paddlers'. The paddlers are seated facing the direction of travel, unlike rowing boats, and the kayak is propelled using a double-bladed paddle that does not need to be supported on the hull.

There many designs and varieties of kayak, however they are always compact and manoeuvrable. Kayaks can be found in calm waters such as rivers, reservoirs, lakes, swimming pools, also in white-water and in the sea, even in the open sea. Such a variety of uses translates to a lot of different models of kayak.

Due to the strength and popularity of this sport, we are creating a specific race for the 2017 Games. This will consist of laps between three buoys set out in Málaga Port's still and beautiful waters. Please see the 2017 Sports Rules on the Málaga website for further details <http://wtgmalaga2017.com/en/sports/>

All equipment for the event will be provided and there will be a tutorial and a practical session arranged for beginners.

We are all very sure that athletes will enjoy participating in one of Málaga's local sports!

WTG2017, Málaga LOC



Life for Kids Cycling Tour - André Lassoij

This is an amazing achievement by André Lassoij, lung transplant recipient, founder of the Life for Kids Foundation, European Lung Foundation Award 2015, WTGF Councillor and Chairman of the WTGF Sports Committee.

The Life for Kids Cycling Tour for the promotion of physical activity for transplanted children, began in the Netherlands on 27th August 2016 at the AMC hospital in Amsterdam. André then made his way on through Belgium, UK, France and Spain where the tour culminated, after covering 3,610 km, on 30th October in Málaga, the host city for the 2017 WTG.

During the epic ride, which André undertook in the twentieth anniversary year of his transplant, he was joined along the route by supporters from different countries cycling alongside him. André visited numerous transplant centres as he travelled in each country and proved to everyone he met that he is truly Fit for Life!

André's key messages:

- After an organ transplant, there is a great quality of life possible. These children have a future.
- Donor families have to live with a great loss, but had the courage to give another child its life back. This may never be forgotten...



Above: André on the last leg to Malaga with supporters from Spain

Left: André congratulated by Vicente Granados-Cabezas, Málaga 2017 LOC Chairman

www.lifeforkids.org/
www.facebook.com/lifeforkids.org/

TACKERS (Transplant Adventure Camps for Kids) 4th – 11th February 2017 ANZÈRE, SWITZERLAND



- Children age 8-15, alone or accompanied
- All levels of skiers and snowboarders including beginners
- All equipment provided



www.tackers.org



Turning Innovative Science into Value for Patients

Astellas is committed to turning innovative science into medical solutions that bring value and hope to patients worldwide. Every day, we work together to address unmet medical needs with a focus on urology, oncology, immunology, nephrology and neuroscience as prioritized therapeutic areas while advancing new therapeutic areas and discovery research leveraging new technologies/modalities. We remain dedicated to meeting patients' needs, and our support for them will never waver.

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