

TransplantWorld

2019 | Issue 2

Journal of the



World Transplant Games Federation
Powered by the gift of life

"Almost there!"

In praise of the people who inspire others

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Great moments from WTG2019

World Transplant Football

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Front cover: 'Almost there' – people who inspire others. (David Drewett and Carey Smith)



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the gift of life

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Foundations of a Friendship

David Drewett and Carey Smith, both from Perth, Australia, share a special bond – having received heart transplants after being placed on mechanical hearts. Their journey to transplantation, and the milestones along the way, deserve telling. Here they talk in their own words about their friendship and what motivates them.

By Carey Smith

I first met David early one Saturday morning in late July 2015 at Fiona Stanley Hospital. I had been asked to be a patient for the Student Doctor's final practical exam, and as I had a Left Ventricular Assist Device (LVAD) it would be a challenge for the student doctors. I was surprised to see another LVAD patient there that I had not met previously -- the LVAD community is very small.

An LVAD is a mechanical heart, consisting of a pump roughly the size of a closed fist connected to the left ventricle of the heart. The pump is attached via a driveline to a control unit and rechargeable battery pack, carried on the patient's waist. LVADs pull the blood through the heart in a continuous flow, so LVAD patients don't have a pulse.

We got talking and I discovered that David had only received his LVAD the previous month, I received mine in January. While I had been placed on the transplant list, David mentioned that he was a 'destination' patient as his lungs were too damaged to qualify for a transplant.

We got to talking about our experiences pre and post the LVAD and about the upcoming City to Surf that the doctors wanted us to take part in, and the friendly rivalry began, with David confidently declaring he would beat me.

Race day

City to Surf race day arrived and I missed the LVAD group start (I was in the bathroom), the chase was on, I couldn't let David beat me. I finished the race without catching them. I had been beaten, or so I thought. It turned out I had overtaken them in the first five minutes but hadn't seen them. I won by over five minutes.

David was determined to get fitter and take the title next year.

A day in October 2015 is a day I won't forget. The phone at work rang at 9:30am, a heart transplant was scheduled, and



“The fitness and health I had maintained was a major contributor to my quick discharge, and for that I must thank David for pushing me.”

I was to come in as the backup. Quick trip home to get my gear and off to the hospital. It's 10:15am, I am five minutes from the hospital and the mobile rings. I am informed that I am now getting the transplant. All I remember is rushing between x-rays, blood tests, consent forms, and the operating theatre.

Eight days after the transplant I was discharged from hospital. The fitness and health I had maintained was a major contributor to my quick discharge, and for that I must thank David for pushing me.

A couple of weeks after my transplant a true miracle happened. I saw David coming out of the Heart Clinic with a stunned look on his face and was informed that his lungs had improved to the extent that he had been placed on

the transplant list. Just shows you what a bit of rivalry and exercise can do.

We both completed the City to Surf in 2016 with our new hearts, and once again I got the better of David. I should probably declare at this point that I am 49 and David is 67, so there is a bit of an age advantage.

I have competed at two Australian Transplant Games and completed in two mini triathlons. Driven on by the fear that David might one day beat me at something.

To my horror that day occurred at the 2018 Australian Transplant Games on the Gold Coast, with David beating me in the 100m Breaststroke by 1.5 seconds.

Everyone needs someone to push them and keep motivated, so thanks David.

GUEST EDITORIAL

Foundations of a Friendship *continued*

By David Drewett

What brings two totally different individuals together - heart disease!

After 25 years of heart disease and some 13 heart attacks, my specialists referred me to Fiona Stanley Hospital Advanced Heart Failure Unit in January 2015.

My LVAD was fitted in June 2015 and instantly, my life changed for the better. This LVAD was now mine for life as I was deemed to be a 'destination' patient, one that lives with a LVAD for the remainder of their life.

I initially met Carey Smith when we were asked to take part in the future Doctor's final practical exam. We were the patients to be examined by the candidates. Our specialists wanted LVAD patients to compete in the City to Surf, an event that raised awareness of many diseases, heart failure being one of them. The prize being the fastest patients in the world to complete 4km with an LVAD.

Leading up to that race, the training became more intense and more focused. Carey won the race by about five minutes. My excuse was that I only had my LVAD for nine weeks and he for eight months, with more training and he being 18 years my junior - the rivalry was born.

One Monday in October 2015, while waiting for my gym session to start, I noticed Carey running towards the x-ray department with a doctor carrying his bag, and I realised he was getting a heart. Carey's recovery in the gym and his subsequent teasing, made me more determined to take his LVAD title the following year, as he was no longer eligible.

A miracle

Early in November after clinical testing, I was told my lungs and health had improved and I was now on the transplant list - a miracle!! Leaving the Clinic, the first person I met was Carey and I will remember that day until I die. He took my hand and congratulated me, it was truly emotional and genuine. He then guided me through the journey to transplant with his encouragement and the next January, I received my heart thanks to the generosity of my donor and family, unknown, but truly loved.



“ This was the start of a journey that provided me today with good health and above all, a good friend, mentor, motivator and life coach, Carey Smith.”

This was the start of a journey that provided me today with good health and above all, a good friend, mentor, motivator and life coach, Carey Smith.

The competitiveness has increased with Carey participating in two Australian Transplant Games, and myself one. At the Gold Coast Games, I finally got my revenge as we both swam in the 100m breaststroke final. Carey won the gold medal in his age group and I won the gold medal in mine and YES, I beat him.

This year Carey motivated me setting the times and standard needed for my events at the World Transplant Games in NewcastleGateshead, UK. I won a bronze medal in swimming, but the ribbon belongs to him.

The photo...Saturday at 6:00am on a recent Transplant getaway in Western Australia, we were still competing and actually, he had me, I was exhausted... THANKS MATE!!

Dedicated to all the 'mates' out there...



WTGF President **Chris Thomas** pays tribute to the people who play a valuable role in helping someone else live again

This Transplant World Issue is dedicated to mates. As an Australian I have grown up with this term, thinking it pretty much universal.

But checking out the Dictionary and it is, quintessentially, an Australian term. In fact, I think the urbandictionary.com sums it up best:

'Australian way of friendship, but is greater than friendship. It is treating people equally, regardless of race, gender, creed, religion, etc, and isn't shallow.'

I see a lot of 'mateship' at the World Transplant Games – where for a week we all indeed are equal – regardless of race, gender, creed or religion. Wouldn't it be nice if life was always that way? If the world saw itself through the prism of the friendships at the World Transplant Games?

Mateship, or simply caring for our fellow human beings, is ingrained in transplantation. I don't know one person who undertook the arduous journey of a transplant without a support network – be it a partner, family or friends. It is such a difficult path – you just have to have someone to share the load.

Organ donation, equally, is probably the greatest form of 'mateship'. Giving someone else life certainly goes beyond being 'acquaintances'! OK, that donor will never meet their recipient but surely leaving your heart, your lungs, your kidneys or liver to someone else, creates a relationship beyond the norm? No wonder so many recipients feel a unique bond with their donor.

In my 13 years associated with this wonderful cause that is the gift of life I have been privileged to witness many friendships – some even blossoming at the World Transplant Games. We have even had marriage proposals!

Team-based sports

Recently I was privileged to participate in the Invitational Transplant Football Tournament in Tours, France. Certainly 'mateship' was evident there. In fact, I

believe team-based sports bring out the best in mates. That desire to succeed (or in my case, not let my mates down!). Football certainly teaches you a lot about your self-worth, working as a team and resilience.

But one friendship stood out recently as my wife, Helen and I went for a dawn walk in the beautiful Margaret River south of Perth in Western Australia. I was there for a transplant family getaway organized by our WA Committee.

Racing each other up a steep hill near the beautiful Indian Ocean on a sparkling morning were heart transplant recipients, Carey Smith and David Drewett. Carey's a 'life of the party' type guy. Can organize anything with a moment's notice. David, a wry grin and laconic nature, masks his 'mover and shaker' persona.

They have a beautiful story which is told on pages 3 and 4. As an ex-journalist, I am drawn to these types of human interest stories. Both on mechanical hearts, one, Carey, was told he was on the transplant waiting list, the other, David, the mechanical heart was deemed 'destination therapy'. In other words, when it stops, well, that's about it.

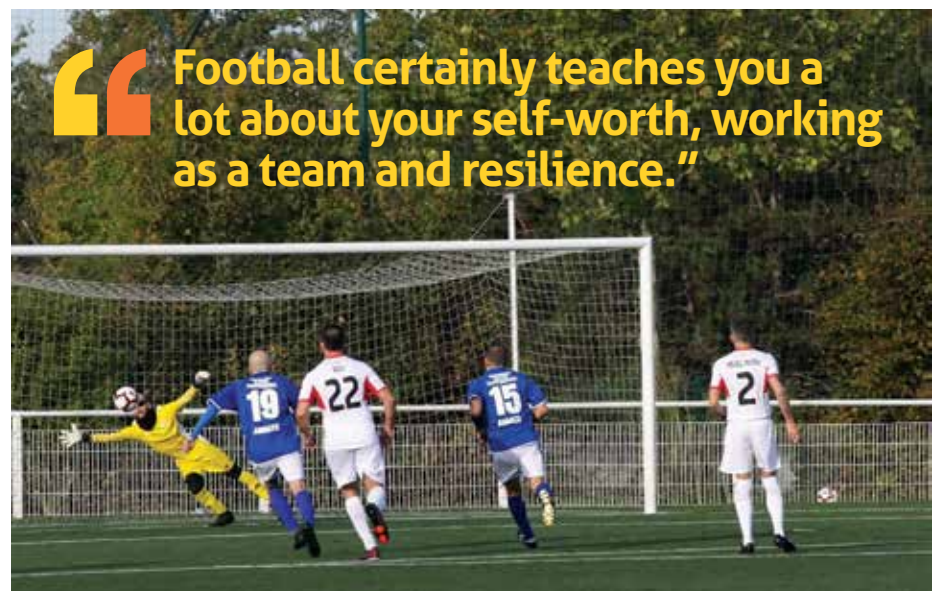
But gradually through supporting each other to get fit, David's health improved to the point where he could be waitlisted. And eventually a heart arrived. If that is not the ultimate case for 'exercise is medicine' then I don't know what is?

But more importantly is the support they gave each other. Through gentle banter and probably a fair bit of 'ribbing', they both found a way to increase their fitness to the point where David's lungs improved enough to get him that second chance.

And now both are making the most of life – powered by the gift of life.

So this issue is dedicated to all the 'mates' out there. The fellow patients in the transplant clinic who took the time to say 'hi', to check in on someone else after their transplant, who became lifelong friends. You played a valuable role in helping someone else live again. Certainly in David's case, without Carey, he may not have got that second chance. Just another layer to the rich fabric woven into our story that is, the gift of life.

Chris Thomas
President



11TH WORLD TRANSPLANT WINTER GAMES

A welcome in the mountains



David Smith reports from Canada on the build up to the country's first World Transplant Winter Games

With just under three months to go the excitement continues to build to Canada's first World Transplant Winter Games. The town of Banff and Canmore are gearing up to welcome competitors from around the world and show them the amazing hospitality and community that reside in these mountains. The snow has been coming down on Mt. Norquay as they recently opened for the season on November 1st. The Banff Alpine racers are anxiously awaiting the arrival of our alpine skiers, as they will be preparing the course layouts and providing the timing for the various slalom races we have scheduled for the athletes.

When you are in between events or warming up for your competitions, Mt. Norquay offers a full range of ski runs from the easiest slopes to some of the most extreme runs that will surely challenge the experts looking for a little more excitement. Established in 1926, Mt. Norquay has been the training grounds for some of Canada's greatest racers. Aside from the alpine skiing, the impressive ski lodge hosts many weddings and larger events throughout the summer months. For fun, take a break

from the skis or snowboard and jump on one of the tubes and take a few runs down one of the eight lanes in the Tube Park. This will definitely be a hit with the participants of the Nicholas Cup Week.

With the support of the local curling community, the Fenlands will open its doors to the athletes participating in one of Canada's favourite winter sports. The facility, which is just a short walk from the main streets of Banff, offers four sheets of ice for the curling, two hockey arenas, changing rooms and a concession stand available to grab a drink or something to eat. The club has hosted major events in the past, and look forward to welcoming the competitors from all over the world.

While visiting the Canmore Nordic Centre in the middle of October, we were able to witness the early season action on the Biathlon course thanks to the centre's ability to store snow over the summer from the previous season. Every year, on this weekend the snow is uncovered and spread over one of the courses, allowing the competitors and local Nordic skiers to get a head start on the season. The Canmore Nordic Centre hosted the Nordic competitions for the 1988 Calgary Olympics, and continues to regularly host World Cup and other major events. The centre offers over 60km of world class trails, and a 6.5km trail illuminated for night skiing. This facility is truly a gem and a dream location for any Nordic skiers.

Local hospitality

In between events, make sure to visit the town of Canmore and enjoy the local hospitality and its beautiful mountain ambience.

The town of Banff has been hearing all about the Games and some of the amazing stories from transplant recipients, donors and donor families during the week of 14th to the 19th October. The

11th World Transplant Winter Games FACTFILE



When: 23rd – 28th February 2020

Where: Banff and Lake Louise, Alberta, Canada

The venues: Mt Norquay; The Fenlands; Cranmore Nordic Centre; The Banff Centre

Banff Centre was host to the annual CST Transplant Summit, bringing together medical professionals, researchers, patients and donors from across the country and around the world to discuss new ideas and techniques in organ and tissue donation, retrieval and long term treatments for recipients to mention just a few.

Attendees at the conference couldn't stop talking about all of the fantastic dining options in town, featuring something for everyone's taste. Wearing your lanyard will provide you the opportunity to enjoy a discount at many of these fine establishments, so go as a team or venture out on your own and experience everything the town has to offer. Unique shops and boutiques fill the streets of Banff, keeping you busy as you check out the work of local artists, or one of the many chocolate and maple fudge shops along the way.

With so many things to do and experience in and around Banff, you will probably need to extend your stay or come back again to get it all in. Some of the things on your to do list should include a visit to the famous Banff Springs Hotel, followed by a soak in the Banff hot springs and a trip up Sulphur Mountain by gondola to witness the most stunning views of the Canadian Rockies.

We are so excited to welcome everyone from around the world to share a little piece of our world, and we look forward to meeting up with friends both new and old throughout the week. See you all soon!

David Smith

Past President, Canadian Transplant Association

World Winter Transplant Games 2020

Local Organising Committee

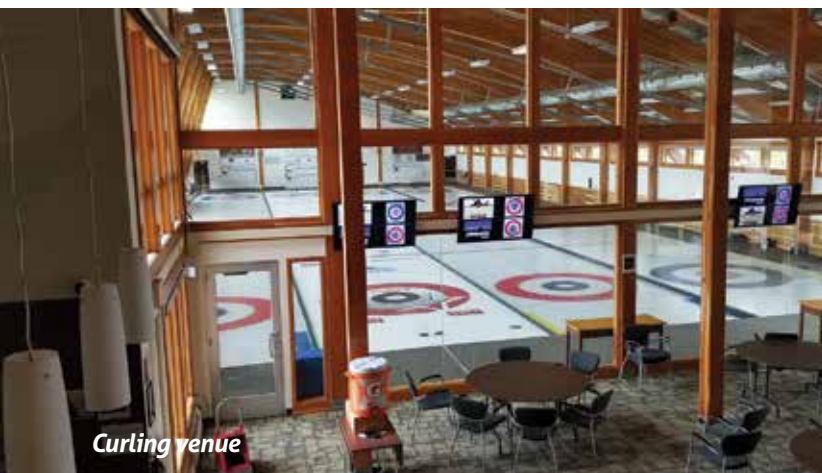


Tubing on Mt Norquay

“Mt. Norquay has been the training grounds for some of Canada’s greatest racers.”



The slopes of Mt. Norquay



Curling venue



Banff Springs Hotel

2020 TRANSPLANT FOOTBALL WORLD CUP

Footballing first

Italy to host the WTGF’s inaugural Transplant Football World Cup

Transplant Football World Cup will be held 30th August-5th September in Cesenatico, Italy.

WTGF President Chris Thomas said the WTGF has listened to the worldwide transplant community and responded by providing an opportunity for those recipients who have a love of football to show their skills on the pitch.

Modelled on the FIFA World Cup, the competition will feature teams from the member countries of the WTGF competing in preliminary rounds qualifying to a knockout semi-final and final round. Teams will consist of 11 players and at least 5 reserves. The games will be 30-minute halves, with unlimited substitutions allowed.

Teams are entirely made up of those who’ve had their lives saved by organ donation. Heart, lung, liver, kidney, cornea and bone-marrow recipients will unite on the pitch to celebrate their second chance at life.

The tournament is being staged by Associazione Italiana Cultura Sport (AICS), Italy’s largest sports organisation whose vision is to promote sport and culture as key tools for social inclusion, and wellbeing. Mr Thomas thanked AICS for its willingness to host our inaugural tournament and showcase the gift of life in such an inspiring event. For additional information on AICS, contact internationaloffice@aics.info.

The event will be supervised by our newly-created WTGF Football Commission which will be responsible for the rules, safety and conduct of the event.

It is expected that the registration fee for this event, including accommodation and transportation, will be approximately to €420 per team member, with a less expensive fee planned for competition only registrations. Additional information and official invitations to WTGF member countries will be forthcoming early in 2020.

2020 Transplant Football World Cup FACTFILE

When: 30th August –
5th September 2020

Where: Cesenatico, Italy

For more information:
wtgf.org/wtgf-football

Contact:
gary.green@wtgf.org



NEWCASTLEGATESHEAD 2019

Great moments from the World Transplant Games NewcastleGateshead 2019



30k Cycling

PHOTO ROB CHAMBERS



Prof Mehmet Haberal, President of The Transplantation Society. WTGF guest speaker at the Opening Ceremony

PHOTO LUUK SCHUDE



Sir Craig Reddie, International Olympic Committee representative. WTGF guest speaker at the Opening Ceremony

PHOTO LUUK SCHUDE



New for 2019 – Ethiopian representatives with Chris Thomas and Liz Schick at the WTGF Welcome Reception



Thai team at the Petanque

PHOTO RICHARD HALL



WTG2019 Team Managers' WhatsApp group

Team NZ would like to thank the LOC and all involved in the fantastic organisation of these Newcastle WTG!!

Turkey team just arrived. Thanks for all WTG team. We never forget this excellent experience.

Dear all! It is a privilege to let you know that the flight crew at KLM flight KL0964 just arrived to Schiphol announced they have WTG athletes on-board. What an ambassador for organ donation! I wish you all the best of luck on your travel home! **Anders, Sweden**

Thank You Newcastle LOC and World Transplant Games Federation. We had the best time at #WTG2019! Many 'Firsts' for India! Look forward to 2021 in Houston. Warm hugs and regards.
Reena Raju
TM India



Gift of Life Run

PHOTO ROB CHAMBERS



Jumping for joy

PHOTO RICHARD HALL



'Tyne Takeover'

PHOTO RICH KENWORTHY



3 on 3 basketball

PHOTO RICHARD HALL



Athletes pre-race at Gateshead International Stadium

PHOTO LUKK SCHUDDÉ



Athletics Day 1

PHOTO LUKK SCHUDDÉ

I would like to thank the organisation as well, it has been a fantastic week and everything was superbly organised. I would also like to say a huge 'thank you' to the amazingly sweet and helpful volunteer team, which really made a difference to these Games. It was so reassuring for everyone that there was a lovely person in red at every corner of the town, always ready to assist with everything. Please, kindly pass this message to the head of the volunteers. Thank you all once again.

Matina, Greece

On behalf of **team Thailand**, I would like to thank for the fantastic Games. The LOC and WTGF has been raised up the standard of the Games to a true international sports event! Well done and keep going. Cheers! Best regards,

Mason

Best Regards from Cyprus. Just arrived. Big thanks to all of you. It was an amazing week full of emotions and unforgettable moments. Keep well 'til the next Games!!

NEWCASTLEGATESHEAD 2019



New country Andorra at Athletes Parade

PHOTO RICH KENWORTHY



Team USA in the athletes' parade – see you in Houston!

PHOTO ROB CHAMBERS



Golfers at Close House Golf Course

PHOTO PETER BOWERS



A 'Full House' for the home team



Four of the volunteers from Team 19 taking a well-earned break at the track

PHOTO RICHARD HALL



'Hope' the 2019 mascot revealed as WTGF President Chris Thomas at the Gala Celebration

PHOTO RICH KENWORTHY



WTG2019 Team Managers' WhatsApp group

WTG, what a great experience and pleasure!! We are delighted very much from our first participations, we want to thank everybody involved from WTGF leaders to local organizers who make this Games real and attractive. Our gratitude goes also to Team 19 volunteers. Thank you everybody for all the friendly receptions. See you again in Houston. From **Ethiopian team**

Dear All,
First squad of **HK team** has arrived home safely. Second squad is travelling the beautiful UK for a week led by our Dr KF Chau. Thanks again the superb organisation and hospitality of the Newcastle LOC. Also great pleasure to meet all teams and wishing you all well and happy. Long to meeting you all soon. Warmest regards, **Martin Wong**

One man band from **Slovenia** is home. It was beautiful. Thank you for everything. Memories remain forever. Best regards. **Miha**

This is to all who contributed time, energy and positive vibes to this year's Games, thank you. WTG 2019 was great and we hope to see everyone in Houston to make yet another outstanding memory. Best of luck, **Team Iran**.

AWARDS

World Transplant Games Federation Special Awards NewcastleGateshead 2019



PHOTOS: RICH KENWORTHY

The World Transplant Games Federation Awards were presented at the Gala Celebration on the final evening of the 2019 Games.

These included the Outstanding Team Award for the team whose athletes won the most medals relative to the team size. Teams with 20 athletes or more were eligible.

The WTGF Outstanding Athlete Award was presented as usual to a man and a woman 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

Also, the WTGF Outstanding Junior Athlete Awards were presented using the same criteria as the adults.



*Seyed Moshen Mousawi was honoured to receive the **Outstanding Team Award 2019** from WTGF Sport Committee Chair, Andre Lassooij, on behalf of Team IR Iran.*



Congratulations to the winning team



***Outstanding Athletes:** Steven Jarvis, kidney recipient, with WTGF President Chris Thomas and Nadia Stock, a bone marrow recipient from Newcastle, receiving her Award from Andre Lassooij – both of these amazing athletes competed for Team Great Britain and Northern Ireland.*



***The Outstanding Junior Athlete for Boys** was awarded to Gage Lipscomb and the **Girls Award** to Wendy Wooden – both inspirational young kidney recipients from the United States of America.*

AWARDS

World Transplant Games Federation Special Awards NewcastleGateshead 2019



WTG2019 LOC Chair, Graham Wylie; Hope the Games mascot (aka WTGF President, Chris Thomas); WTGF Honorary Secretary, Liz Schick

Chris Thomas presented a plaque from the Federation to Chairman of the Games, Graham Wylie, expressing thanks and appreciation to the 2019 Local Organising Committee and the people of Newcastle and Gateshead for a wonderful week.

The 2019 team managers were called onto the stage and thanked by WTGF President Chris Thomas for all their valuable hard work and dedication both before and during the Games.



The hard-working 2019 team managers

World Transplant Games Federation Hall of Fame



WTGF President, Chris Thomas with Heather Fisher, Judit Berente, Liz Schick, Lynne Holt and Founding WTGF President, Maurice Slapak

PHOTO ROB CHAMBERS

At the 2017 World Transplant Games in Malaga, Spain, WTGF celebrated the 30-year anniversary of the official formation of the Federation. This anniversary was marked by the commencement of a Hall of Fame to honour both longstanding competitors, as well as key individuals who have played an integral part of the leadership of the WTGF.

This year four more special people were inducted into the Hall of Fame, Spirit of Leadership category.

SPIRIT OF LEADERSHIP:

- Judit Berente, Hungary
- Heather Fisher, Canada
- Lynne Holt, United Kingdom
- Liz Schick, Switzerland

WTGF President, Chris Thomas, together with Founding WTGF President, Mr Maurice Slapak, was delighted to present the Hall of Fame Awards at the Opening Ceremony of the 22nd World Transplant Games in NewcastleGateshead, UK.

The stories and achievements of these inspiring people, together with the 2017 Hall of Fame members, can be found at www.wtgf.org/hall-of-fame/



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¹ Ravindranath M.H., et al. Monitoring native HLA-I trimer specific antibodies in Luminex multiplex single antigen bead assay: Evaluation of beadsets from different manufacturers, J. Immunol Methods (2017) 450:73-80.

HOUSTON 2021

#PASSITON to WTG2021 Houston, USA

Melanie Hauser tells the story behind Tom's Legacy Baton, passed to Houston on the closing day of the 2019 World Transplant Games

It all happened in a split second. One minute, Tom Wilson was at field hockey practice, the next, he was on the pitch unconscious. His teammates surrounded him, keeping up CPR until medics arrived to take him to the hospital.

Lisa Wilson, Tom's mother, was on the phone with one of his close friends when she heard him say, "Is he still breathing?" Tom was. For the moment.

The next day, the 22-year-old was dead from a freak blow to the back of his head from a hockey stick. He suffered a brain hemorrhage followed by cardiac arrest. But he would live on.

A few years earlier - his freshman week at Nottingham Trent University in fact- Tom had signed up to be an organ donor and Lisa and her husband Graham honored that decision. Now, four years after the 2015 accident, Tom's decision has gone on to help 50 people.

His liver went to a now 6-year-old Fatima Mirza. His lungs to a young woman the same age as his sister Pippa; his heart to Gordon Paw. His long bones for people

so they could walk; skin grafts went to burn victims. That was just the start.

As Lisa, who would lose her husband eight weeks later to a brain tumor, told the story, the room at the 2019 World Transplant Games reception was silent. It was hard to hear, harder yet to comprehend. She reminded them that from her son's death comes someone else's beginning. That, she said, is what keeps her going.

On the closing day of the 2019 World Transplant Games, Lisa presented Tom's Legacy Baton to Harris County - Houston Sports Authority CEO and Chair of the WTG2021 local organizing committee, Janis Burke.

Never get dropped

The baton, commissioned by Lisa and the Donor Family Network, has two bronze hands gripping either end of a relay baton, symbolizing the passing on of something precious. "I wanted to make sure this baton would never get dropped," Lisa said.

2021 World Transplant Games FACTFILE



When: 29th May – 5th June 2021

Where: Houston, USA

Local organizing committee:
Houston Sports Authority

The baton was originally presented to Transplant Sport at the British Transplant Games 2019 in Newport to raise awareness and participation in organ donation. Earlier this year, it made its way on a relay from Royal London Hospital in Whitechapel to the 2019 World Transplant Games in NewcastleGateshead with stops at hospitals in Oxford, Birmingham, Manchester and Leeds. Mirza kicked off the relay in London; Gordon Paw was there for the final leg.

Now it was going to Houston. And into Janis Burke's hands for the 2021 World Transplant Games 29th May – 5th June 2021.

"We're officially handing it over to you," It's important that you understand how much this means to me. This is really the last piece I have of my son and you have to promise me you're going to take as good a care of it as if I would as his mother." Janis teared up as she took the handover.

Chris Thomas, WTGF President thanked the Donor Family Network and in particular David Nix and Lisa Wilson for this inspiring baton. "We are committed to paying tribute to donors, both living and deceased, whenever and wherever we stage the World Transplant Games. They make these Games happen. This baton will be a symbol of all donors across the world, but especially Tom Wilson and the other donors' names inscribed on the base of the baton. We look forward to broadening this message and embracing the donor families in the country in which the Games are hosted."

Melanie Hauser
Houston Sports Authority, USA



Janis Burke and Holly Kesterton received Tom's Legacy Baton and the WTGF flag at the Gala Celebration in Newcastle (large screen left to right, Janis, Holly and Lisa)

CHINA

App developed for Chinese transplant recipients

Lei Chen, WTGF Country Representative for China, explains the development of the Chinese organ transplant website and mobile app

I am an organ transplant recipient from China. I had liver transplant surgery because of liver cancer in December 2003. At that time, most people believed that liver cancer cannot be cured. The liver transplant surgery had just become a treatment option and was not yet performed in many cases. Before the surgery, I couldn't find any information online about liver transplant, its recovery process or any recipients sharing their experiences. After I had the surgery, I felt lucky to be able to live my life again, and the idea of launching an organ transplant website came up—I wanted more people to learn about organ transplant surgery, that people could cure cancer in this way and recovered from it. With the help and support of my family, doctors, and some friends I knew from the Internet, the first version of my Organ Transplant Website was officially launched on April 27, 2004.

Almost 15 years passed, the website now has more than 20,000 registered organ transplant recipient users, with over 240,000 posts online and around 1000 daily average logins. Many transplant recipients have shared their experiences with the surgery and volunteered to answer questions from patients that were considering the surgery. The website has a forum that includes different sections for discussion and sharing, such as Surgery and Medication Experience Sharing, World/China Transplant Games, Life Stories (about hobbies and work) and Online Education for Patients, etc. In addition, the website also posts related news in the field on a regular basis, such as new medical research, successful but challenging transplant

cases, potential law changes related to transplant, etc. My team gathered information from hospitals and patients over the years, and built a platform with information about hospitals and doctors with different specialisation in organ transplant in China that can recommend hospital and/or doctor based on the patient's situation.

Wechat Subscription Channel

In the past few years, people began to shift their web surfing experience more from PC to smart phone. To better adapt to the trend, we created the Wechat Subscription Channel a few years ago, and published an app this year for our Website users to get access to the Website more easily, and to make social interactions easier. The Website, Wechat and App can share same account and they are connected seamlessly. For example, in the China Transplant Games last month, many users used the section in the app to share photos and experience, and users using PC could see the post and comment as well. Many people that mainly use smart phone have switched to the app and I'm planning to add more functions to it. Our Wechat Subscription has 32k followers and most of them are live accounts, reading every article that we post on a regular basis.

After all these years, learning new technology has become part of my life. I've become a network engineer for my website, designing the infrastructure of the website, maintaining and administering computer networks, configuring servers, troubleshooting and diagnosing network and system problems, etc. In my spare time, I like to exercise and play sports as well.



Lei Chen competing at the Chinese Transplant Games



For the last six years, I participated in Chinese Transplant Games and won medals in Shot Put multiple times. I hope to participate in the World Transplant Games in the near future, and meet more friends there.

Lei Chen
China

MEMBER COUNTRY NEWS

ITALY

Italian National Games for Patients on Dialysis and Transplant Recipients

A wellness weekend by ANED Sport

The 29th edition of the Transplant National Games and the 26th edition of the Dialysis National Games took place in Montebelluna (Northern Italy) from 17th to 19th May 2019. The Games were held in collaboration with the Municipality and the National Transplant Centre and with sponsorship from the National Paralympic Committee (CIP) and the Comitato Olimpico Nazionale Italiano (CONI).

The event was a success of sport, sharing and training: more than 70 athletes, from all over Italy, trying their hand at the sports specialties of athletics, volleyball, tennis, table tennis, bocce, swimming and golf.

"The aim of the Games is to promote transplant therapy and donation and consolidate the sporting activity of people with chronic renal insufficiency in dialysis treatment and transplant patients" said Marco Mestriner, National Coordinator of ANED Sport. "Through sport, in fact, it promotes the social and clinical recovery as well as the improvement of the quality of life".

Guests of honour were the transplanted children of the Paediatric Kidney Transplant Center in Padua, directed by Dr Luisa Murer, who recalled that "Kidney transplantation represents

the rebirth of life if the child, with his parents, has been accompanied along a path of global care, which also involves sports coaches".

On Sunday, there was a demonstration of a fit-walking project, organized by the Hospital "Martini" in Turin, which involved two patients on dialysis, three team leaders and several athletes from ANED Sport.

The Games, however, are not only sport, this year there was a desire to expand to the theme of nutrition. This should not be a problem for transplant

recipients and patients on dialysis; for them too, in fact, it is possible to rediscover the taste without the need to renounce a healthy diet.

Present at the event the ANED President, Dr Giuseppe Vanacore said, "This edition is particularly important, there is a growing scientific and social awareness about the need to combat chronic diseases, which are not the inevitable price of progress, and the prolongation of the average life span of women and men. Often the chronicity is to be linked to disorders of metabolism caused by wrong lifestyles and sport continues to be, for all, a therapy."

Dr Giuseppe Vanacore

ANED President

Associazione Nazionale Emodializzati Dialisi e Trapianto ONLUS (ANED), Italy



FRANCE

Voiles de la Vie!

28th October to 1st November 2019, France

As part of the 'Voiles de la Vie' (Sailing of Life) six young organ recipients, members of Trans-Forme, participated in a five day cruise from the town of Sables d'Olonne, France, from the 20th to 25th of October 2019.

It was an opportunity to learn how

to sail and also visit the Fortifications of Vauban They dropped anchor at Ile de Ré and Ile d'Oléron...before coming back very quickly to avoid Storm Amelie!

Olivier Coustere
France



COLOMBIA

1st Annual Colombian Symposium on Sport and Transplantation



On 21 October 2019, The 1st Annual Colombian Symposium on Sport and Transplantation took place at La Fundación de Santa Fe, Bogotá, Colombia.

This was an initiative brought to fruition by Dr Edith Alejandra Martin Pinto, recently elected World Transplant Games Federation (WTGF) Trustee, who sourced numerous specialists to give talks on sport and transplantation. Zachary Brooks, WTGF Trustee and himself a kidney recipient athlete, was invited to speak about the role of WTGF in sport and transplantation.

A quick analysis reveals that medicine, rehabilitation, exercise, and sport were highlighted. The hepatobiliary surgeon (liver, gallbladder, bile ducts), cardiovascular specialist, sports rehabilitation, physical therapist, oncologist, metabolic support and nutrition specialist, orthopedist, sports medicine doctor, and social psychologist shared the importance of exercise and sport for organ transplant recipients. Why? Regular exercise helps recipients in a myriad of ways: gain muscle strength, lose weight, gain confidence, and set aside their insecurities.

While this may not be a surprise, the consensus among the speakers was that there are three types of exercise

programs recommended depending on how long someone has had their transplanted organ. The three levels of exercise recommendations map to the three levels of programming the World Transplant Games Federation (WTGF) offers: Refit for Life, Fit for Life! and the World Transplant Games (Summer and Winter).

Immediate post-transplant

The doctors who specialise in sport and transplantation agree that light exercise is recommended during the first three-months post-transplant. WTGF's Refit for Life program helps recipients from day one to take their first step of exercise.

Post-transplant

The speakers noted that having a regular exercise routine a few months after transplantation portends better outcomes. One surprising reason that having a regular exercise routine (150 minutes of weekly moderate exercise or 75 minutes of weekly intense exercise according to the World Health Organization) was that many transplant patients gain too much weight quickly after transplant. WTGF's Fit for Life! program is designed to help people who have received transplants transition

from a sedentary life to a life with daily exercise as a focal point.

Life with a new organ, life as a (transplant) athlete.

The symposium speakers generally agreed that while rehabilitation and having a regular exercise routine should be recommended for all recipients, more than half of the speakers spoke of the importance of competition for recipients with low, medium, and high intensity sports. The World Transplant Games and other WTGF events offer recipients the opportunity to compete, irrespective of whether they considered themselves athletes before their transplant. One recipient said she never did anything athletic prior to her transplant but now trains regularly to compete in triathlons.

Since 1978, when 99 athletes from five countries gathered together in Portsmouth, UK, WTGF has combined sport and transplant. The Federation has periodically offered symposia on sport and transplantation immediately prior to the World Transplant Games and supported transplantation conferences worldwide. Now in the span of three weeks, two conferences with nearly identical titles "Sport and Transplantation" in Colombia and "Inaugural Sport, Exercise Medicine, and Performance Conference" led by Shelia Wright, Principal Lecturer Sports Therapy at Coventry University, UK, have taken place.

Since the founding of the Federation, the dedicated Presidents: founder Maurice Slapak; then Olivier Coustere and currently Chris Thomas, have worked to integrate sport and transplantation.

Zachary S Brooks, PhD
USA

Dr Edith Alejandra Martin Pinto
Colombia



Symposium Director Edith Alejandra Martin Pinto, second from the right, with transplant recipients at the Symposium including Zachary Brooks, third from the left.

1ST WORLD TRANSPLANT FOOTBALL TOURNAMENT

Ground-breaking tournament

The 1st World Transplant Football Tournament took place in Tours and Saint-Cyr-sur-Loire in France from the 20th to 26th of October, 2019



This ground-breaking tournament was about raising awareness, the success of organ transplantation and the need for organ donation through the medium of the most popular sport in the universe - football!

Three teams competed over three days: Italy, Spain and France. Teams were made up of not only transplant recipients but also donors and transplant medics.

This event has been the occasion to thank *all* of the transplant protagonists.

WTGF President, Chris Thomas; Honorary Secretary, Liz Schick and Sports Chair, André Lassooij, travelled from Australia, Switzerland and The Netherlands respectively to enjoy the event hosted by Olivier Coustere, President of Trans-Forme, France.

Modified Rules

- Teams comprised of 11 players and were mixed (male and female).
- During play, substitutions were infinite.
- Tackle and free kicks shot in the wall were strictly forbidden.

Finale

After three days of exciting tournament, Italy and Spain qualified for the final on the last day of competition. The score on the final whistle: Italy 2, Spain 1.

Medical Symposium

A medical symposium on the topic "What kind of football for recipients?" took place on Thursday 24th October, bringing together three transplant doctors (heart, kidney, liver) and a sport cardiologist. The symposium gave the opportunity to talk about the value of physical and sports activities for recipients and also to raise awareness about the risk and benefits of football practice.

Eloïse Pillias
France



Teams were made up of not only transplant recipients but also donors and transplant medics

TACKERS

The 19th TACKERS Camp!

8th -15th March 2020

The TACKERS (Transplant Adventure Camps for Kids) team will be welcoming transplant recipient kids aged 6 -14 to Switzerland for the 19th TACKERS camp in Anzère Switzerland, the home of the 2012 and 2018 World Transplant Winter Games. The core team will be working alongside young adults that came as children to

past camps as well as a specialist medical team, headed by Lynsey Stronach, who has been leading the TACKERS nursing team for several years. Everyone is welcome to come and celebrate life and pay homage to our donors. Come and be part of the joy as a TACKERS friend even if you are no longer a kid! For more details www.tackers.org.



NEW BOARD MEMBERS

Welcoming two new Trustees to the WTGF Board

The World Transplant Games Federation is pleased to introduce two new Trustees, both elected to office at the General Assembly in Newcastle this year and who are looking forward to serving in their new roles.

In addition, 'welcome back' to returning re-elected Trustees, Ka-foon Chau, Hong Kong, Gudrun Manuwald-Seemueller, Germany and Willie Uys from South Africa. Grateful thanks to previous Trustees, Olivier Coustere and Vicente Granados-Cabezas.

Yuhji Marui Japan

I am a kidney transplant surgeon at St. Marianna University in Japan and take care of kidney transplant recipients, donors and dialysis patients. I was trained in an abdominal organ transplant unit in New Zealand where a multidisciplinary staff had integrated and functioned to improve the quality of life of the recipient. So, in addition to normal clinical management, I began to focus on the importance of pursuing a better lifestyle.

After returning to Japan I started to support social activities related to transplantation including the Japanese Transplant Games. Since 2007 I have attended the World Transplant Games as team doctor and I have learned a lot from the people in the Games. The fact that the recipients had suffered such a burden before undergoing the transplant shocked me very much. Also, it impressed me a lot that they always show their bright smiley faces despite their hard work to care for themselves and their worries about the future. By spending time with them, I have found that participating in the WTG is an invaluable asset for them and aiming to attend is useful to expand the activities to coordinate physical and mental conditions, resulting in improved quality of life.

Regarding support for the improvement of physical activity with medical attention and support for participants of the World Transplant Games, not only my position as a transplant specialist and an emergency physician but also my status as a certificated sports doctor will, I hope, be powerfully useful.

In my daily work, as a professor of urology, I aim to teach the wonderful role that WTG plays to University students and medical staff as well as communicating it widely in social activities. I hope this work leads to a better recognition of the importance of transplant medicine and also to gratitude to the donors and acceptance by more people.



Edith Alejandra Martin Pinto Colombia

Edith is a medical surgeon with a Master's degree in Clinical Epidemiology from the Universidad de La Frontera Chile. Born in Colombia, after studying in Chile, she returned home to make a difference for people who have had organ transplants.

As the Founder and Director of the Asociación Colombiana de Deportistas Transplantados (Colombian Association of Transplanted Athletes), Edith recruited transplant athletes throughout Colombia (population of 50 million) to compete in five international competitions and is the first person to organize a team of Colombian transplant athletes.

Edith is proud to be the creator of a national campaign for organ and tissue donation, #yosalve55vidas and has led Colombia in promoting physical activity and sports for people with a transplants for five years.

She works tirelessly to improve the quality of life for people with transplants in Colombia and advises recipients to initiate physical activity and sport.

Edith is excited to become a Trustee for the WTGF. "I want to use the lessons I have learned in Colombia and help other Latin American countries improve their resources and programs. I want to create academic programs for transplantation and sport, helping other countries to develop their transplantation and sport programs using my success in Colombia as a model."



“I want to use the lessons I have learned in Colombia and help other Latin American countries improve their resources and programs.”

“Participating in the WTG is an invaluable asset.”

Reveal the Other You!



SUNDAY **SEPTEMBER 27**
TO SATURDAY **OCTOBER 3**
- **TASMANIA**

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