At Astellas Transplant, we work in partnership with the transplant community with the goal of improving the quality of patients’ lives. We understand the dramatic impact transplantation can have not only on donors and recipients, but on every life that transplant recipients touch. We are pleased to support patients as they celebrate their successes through the World Transplant Games Federation (WTGF) and Transplant Adventure Camps for Kids (TACKERS).

WTGF and TACKERS help create an environment of shared experiences in which transplant recipients and their families’ lives can flourish, while also working to raise public awareness of the success of transplantation and the amazing difference organ donation can make.

We are proud to provide ongoing funding and volunteer support to help make these events possible.

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Inset photos - KZN Tourism & Durban ICC
MESSAGE FROM THE PRESIDENT

Since my last message to you the WTGF Council had the difficult task of choosing a host city for the 2015 World Transplant Games - all three candidates presented excellent bids but there could be only one winner and we are delighted to confirm that the Games will be held in Mar del Plata, Argentina in 2015. This will be the first time on a new continent - South America awaits us with open arms and we are very excited at the prospect. Congratulations to the bid team from Argentina, led by Rodolfo Wetzel and commiserations to Germany and Japan – we hope that they will try again for 2017 – already some expressions of interest have been made.

The plans for the next Winter World Transplant Games are well under way in the pretty resort of La Chapelle d’Abondance in the Haute Savoie region of France in January 2014 and will include showshoeing and curling as well as the Nicholas Cup for juniors who have never skied before. More details will be announced in the coming months – there is no excuse not to come – this is one of the most delightful resorts in France.

In July this year, the WTGF Council met in Durban for its annual meetings as well as an opportunity to meet the key people of the 2013 LOC and to visit the chosen venues. We were welcomed warmly and greeted by the Mayor of Durban – this is our first Games in Africa and the support and enthusiasm for our event was evident. Thanks to the great efforts of our Councillor and Chair of the 2013 LOC, Willie Uys and his team, we had a very successful week. One of the most important issues raised was the security arrangements surrounding the Games and we have been more than reassured that the necessary processes are in place to offer the most effective and safe environment possible. We trust that any country that has had such fears will now be able to reconsider the position and accept that the Games in Durban will be organised in the most secure way possible.

I would like to address the issue of dope testing at the World Transplant Games. It is not intended to do testing at the Games in 2013 but we are in an ongoing dialogue with the IOC and WADA regarding this. We are inviting a medical representative of the LOC to witness the Games in Durban and to see our athletes in action so that they can properly assess our unique situation.

Finally, I would like to remind member countries that you are welcome to submit candidates for election to the WTGF Council next year. There are 13 places on the Council and with a world membership of over 60 countries and only one representative possible from any one country - which is a major decision of our Council in order to expand the worldwide representivity of the WTGF - it is important that we have as much international representation as possible as well as a high representation of transplant recipients. Good spoken English is a prerequisite and each Councillor will represent the interests of all member countries, not their own country. Please consider whether you have such a suitable candidate in your country - the election information will be circulated to you early in 2013 and you may need to seek approval from your national organisations.

For now it remains once again for me to say happy year end to everyone and wish you all best wishes for a healthy and prosperous 2013.

Yours friendly,

Olivier Coustere
President

MESSAGE FROM THE GENERAL SECRETARY

The WTGF Council meeting in Durban this past summer was a great opportunity to conduct the business of the Federation and to get a good look at the status of preparations for the 2013 Games.

The Local Organizing Committee has spent many, many months planning for what looks to be the largest World Transplant Games ever. An experienced management team is in place and the LOC is on schedule to begin registration early in 2013.

As is the case after each World Games, the Sports Committee has reviewed the sports of the previous Games and has made a number of changes for the 2013 sports program. Among the more significant is that almost all sports have gone to a two-day competition schedule which is required by the number of entries now being received. In doubles events that have age group competition, the age groups are now under 30, 30-49, and 50 and over; the women’s road race is now a 5K race, matching the men’s. In athletics, the rules of race walking have been changed to allow bent knees, but enforcement of the correct procedure and rules will be significantly enhanced. In juniors’ competition, there have been several additions to the competition program and junior medals will now be counted in the national tally of medals. In golf, the medals in the net (handicap) competition will be awarded by handicap groups. The full Sport Rules can be found on the website wtgf@wtgf.org.

Finally, an outstanding team award has also been established which will be awarded by evaluating the number and quality of medals won by a country compared to the size of their team.

Hope to see all of you in Durban in nine months!

Gary Green
Secretary

Yours friendly,

Gary Green
Secretary

To accomplish great things, we must not only act but also dream; not only plan but also believe.”

Anatole France
The Olympic Flame began its journey towards London on 10th May, 2012 in the ruins of the Temple of Hera Ancient Olympia, Greece and was then taken on an eight day relay around Greece before being carried around the United Kingdom for 70 days leading up to London 2012 this summer.

The Torch arrived by plane in Cornwall, England on 18th May, 2012 and was subsequently taken across the whole of the United Kingdom before reaching its final destination at the Olympic Park, London on July 27th. Among those chosen to run with the Torch on its 70 day journey were several transplant recipients who were nominated for this honour within their local communities – one of these, kidney recipient Lesley Forrest from Edinburgh in Scotland, is happy to share the story of her experience here.

“I received my kidney transplant on 16th April, 1996 and it changed my life completely, not only because of the good health I now have but also because of all the people I have met and also the places and events I have had the chance to visit. I have attended eight British Transplant Games and two World Transplant Games competing in swimming and athletics. I have had success in both sports, winning 34 medals in total but hopefully raising awareness at the same time.

Through raising awareness, I was honoured with an MBE last year from the Queen at Buckingham Palace and after being nominated by my daughter Amy, I was selected to carry the Olympic Torch on 13th June in Edinburgh leading up to the Olympic Games. This in itself brought more awareness of organ donation as I was invited to meet Sir Chris Hoy, Olympic cyclist, at the Manchester Velodrome and also other events which were highlighted nationally and locally prior to the Olympics.

My day as part of the Torch Relay was very memorable. I was invited to a local school where I gave a short talk about transplants and my nomination to carry the Olympic Torch. I then joined 20 other torchbearers and we were taken to the first rally point. The crowds were amazing, the local bands were playing, school children lined the route with many a torch made at school. I was the final torchbearer of the day on the Royal Mile below Edinburgh Castle. The crowds were five deep at some places and the noise was electric. My route was to run or walk up to the Castle and so with my Olympic Flame I made my way there where 8,000 people gathered in the esplanade and I lit the Olympic Cauldron.

The event was televised. I knew when I was asked what this moment meant to me that there was only one reply - so I thanked all donor families and also everyone who had registered on the organ donor list as none of this would have been possible for me without them. This day will last a long time in my memory and I still have to pinch myself and ask ‘did I really do that?’

Olympic Cauldron and the World Transplant Games Federation

The 1948 London Olympic cauldron played an important part in the history of WTGF. It was lit at the Opening Ceremony of the first ever “Transplant Olympics” in Portsmouth in 1978 laying the foundation stone for the creation of the World Transplant Games.

On page 19 you can read the life story of transplant recipient Steve Deakin – also an Olympic Torchbearer for London 2012.
Rodolfo Wetzel was born in Buenos Aires on 22nd July 1960. Currently working as a logistics manager in an insurance company, he also has a busy family life with his wife, María Inés, and four children - Valeria and Florencia who were born before he received a kidney transplant in January 1997 and Matías and Stefanía who were born post-transplant.

Rodolfo received his kidney transplant after spending several months on dialysis. As soon as he was beginning recovery and could walk again, he understood that physical activity was a key element of his new life. He began by practicing race walking and going regularly to the gym. Eighteen months later he heard about the first Argentinean Games for transplanted people organized by ADETRA and in 1998, he had the opportunity to participate in the second national Games. Dr. Guillermo Bortman, an eminent transplant doctor, had brought transplant sport to Argentina having attended the World Transplant Games in Manchester, UK in 1995 with three Argentinean heart recipients. This was the first time Argentina had participated in an international transplanted sports event and Dr Bortman was so impressed that he decided to start such an event in his own country.

Towards the end of the 1998 Argentina National Games, around 50 of the participants were gathered together by Silvio Fornasari, the ADETRA President at that time, and were asked to raise their hands if they were willing to volunteer for the Association. Rodolfo was chosen to be ADETRA Secretary and ever since he has been involved with the administration and governance.

Rodolfo participated in his first World Transplant Games in Budapest in 1999. This was an unforgettable experience for him and he felt immensely privileged to represent his country in an international sports event especially after going through some hard times before transplant. One year later he helped organise the third Argentinean National Games and after that he was selected as the country’s Team Manager for the World Transplant Games in Kobe, Japan in 2001. He continued in this role until 2011 when he began work on Argentina’s bid for hosting the World Transplant Games in 2015.

The original idea of hosting the World Transplant Games in Argentina began eight years earlier in Nancy, France in 2003 but it wasn’t until 2011 that ADETRA was able to formalise its application by presenting an official letter of support from Argentina’s Health Ministry. During May 2012 Rodolfo, as Chairman of the 2015 Local Organising Committee, was delighted to welcome WTGF President Olivier Cousere and World Councillors Lynne Holt and Anders Olsson to Argentina to inspect the possible venues and locations and see the plans being put in place. The hard work in preparing the bid paid dividends and Rodolfo and the delegation from Argentina received the good news in Durban this summer that Mar del Plata had been selected over two strong candidates, Japan and Germany, to host the 2015 World Transplant Games.

Rodolfo is currently busy organising the IX Argentinean Games which is taking place in November. In addition he and his committee are already working on the World Transplant Games for 2015 which are eagerly anticipated in Argentina.
The 2013 World Transplant Games, Durban, South Africa

…the countdown begins

Durban is looking forward to welcoming transplant athletes, friends and families from around the world to our rainbow nation.

Top 10 reasons why you need to register and be a part of the 19th World Transplant Games, hosted in the vibrant, coastal city of Durban, South Africa:

1. Awareness – Like many countries, organ donation needs an awareness boost. The more athletes that visit South Africa, the greater our awareness campaign which can only result in more donors and ultimately more transplant athletes celebrating their life through sport.

2. Affordable – South Africa offers value for money - enjoy a little luxury and even have spending money left for shopping and other treats.

3. Diverse Natural Beauty – you are sure to experience some scenic wonders. From mountains, to forests, to game reserves and coastlines, our landscapes will be a feast for your eyes offering the ultimate combination of nature, adventure, heritage and wildlife – you will be spoilt for choice, so don't miss out!

4. World-class facilities – Durban prides itself on boasting excellent sporting venues, restaurants, entertainment facilities and hotels. The WTG 2013 aims to bring all of these facilities and hospitality to you.

5. Good Weather – Enjoy and embrace the outdoors. With all our hotels situated along the beachfront promenade, you can enjoy daily strolls, swims, jogs or cycles.

6. Rainbow Nation – With 11 official languages, South Africa is a country full of different cultures, religions, race, customs and traditions. From the Zulu, Ndebele, Khoza, Hindu, Muslim, to the Afrikaner - our entertainment program aims to showcase this fascinating diversity and culture.

7. Wildlife – Warning! Watching wildlife is addictive. With Big 5 game reserves less than three hours away, you can view the Big 5 - (Lion, Leopard, Rhino, Elephant and Buffalo). But you won’t stop there, our viewing opportunities extend to whales, dolphins, birdlife, zebra, giraffes, wild dogs, and even dung beetles to name a few!
The Officers and Councillors of the World Transplant Games Federation are pleased to announce that Argentina has won the bid to host the 20th Summer World Transplant Games in Mar del Plata in 2015. This is the first time the World Transplant Games will be held in South America - the Local Organising Committee is very excited to be hosting the event and they are looking forward to welcoming transplanted athletes from all over the world with their families and friends to this lovely beach resort!

Willy Uys
Chairman, LOC Durban 2013
Over a thousand athletes from around the United States gathered in Grand Rapids, Michigan from 27th July to 3rd August 2012 to participate in the Transplant Games of America. In a beautiful Midwest setting near the Grand River, the city of Grand Rapids includes a burgeoning medical community that offers kidney, lung, liver, and heart transplant surgery through two major medical systems - Spectrum Health and Saint Mary’s Health Systems. A short distance across the state, the University of Michigan, Henry Ford Hospital, Beaumont Hospital, and the Detroit Medical Center also have major transplant programs. How fitting for the Transplant Games to be conducted in such a transplant-focused area!

The festivities began with a welcome reception on Friday highlighting the award-winning documentary called, “The Power of Two”, which chronicled the lives of two sisters, both suffering from cystic fibrosis, who ultimately become double lung transplant recipients. Ana and Isa Stenzel are international symbols of the success of organ transplantation and travel the world bringing awareness and hope to thousands of individuals waiting for an organ transplant.

Saturday’s competition began with the 5K Walk/Run which took 700 runners around the city in a launch destined to challenge many athletes. Saint Mary’s Health Systems celebrated their 1,700 kidney transplants with a rally in the center of town just prior to the greatly anticipated Opening Ceremony. Over 5,000 people witnessed the parade of athletes as 38 teams representing 44 states processed into Van Andel Arena. The evening’s festivities culminated in the lighting of the cauldron symbolizing the start of the 12 sport festival with over 60 events was held on the campus of Grand Valley State University and the athletes’ village hosted athletes, visitors and fans, with food venues, vendors and quilt displays from around the country.

Sunday’s highlight was the Donor Family Tribute where over 1,000 spectators gathered on campus to honor and give thanks to donor families whose loved ones made the ultimate sacrifice in providing the gift of life. The walking paths leading to the tribute were lined with large photo tributes of many of the donors. It was a somber, yet remarkable exhibit of the amazing result of our growing recognition of the importance of organ donation. There were many other popular activities throughout the weekend and the athletes’ village brought everyone together as a gathering place for loved ones of all ages.

The Closing Ceremony on Tuesday evening was a poignant recognition that all good things must come to an end. The ceremony highlighted the Athletes of the Year, Team Champions, and a live performance of “Second Chance” by songwriter & singer Hunter Brucks. It was sad to say goodbye but the 2014 Transplant Games of America are just around the corner.

Bill Ryan  
President & CEO - Transplant Games of America
On the morning of 1st September 2012, 250 of our hospital staff volunteers and transplant patients gathered together at Singapore General Hospital (SGH) to embark on SingHealth Transplant’s first ever Transplant Awareness Walk to end our 3rd Transplant Awareness Week with a bang. Participants, all wearing bright green polo shirts, walked in six provinces across Singapore to raise awareness on transplantation and organ/tissue donation by collecting signatures from the public as a show of support to our cause.

To kick off the walk, Minister of Health, Mr Gan Kim Yong, came to lend his support to the participants by gracing the opening ceremony of the walk and taking part in Singapore’s first ever human formation of the green awareness ribbon (the green awareness ribbon is a symbol for support and awareness of transplantation and organ/tissue donation).

The Transplant Awareness Walk was the culmination of a week-long Transplant Awareness Roadshow held in SGH and KK Women & Children’s Hospital (KKWCH) campus from 27th till 31st August 2012. SingHealth Transplant’s eight transplant programmes (heart, lung, renal, liver, cardiovascular homograft, skin, cornea and haematopoietic stem cell transplant programmes) set up booths with attractive games and prizes to educate both staff and visitors to the hospitals on the types of transplants done here in Singapore. Through the walk and roadshows, this year’s Transplant Awareness Week reached out to almost 4000 people!

Yuhanis Binte Abdullah Sunny
Singapore
National dress at the European Transplant & Dialysis Games in Zagreb, Croatia

A proud medal winner at the 3rd Nepal Transplant Games

A thumbs up from the LOC at the European Heart & Lung Transplant Games

A quiet moment on the track at the US Transplant Games

Green Ribbon formation - Singapore

Ready for kick-off - the Nepalese transplant football team!
Taking aim at the French National Games

A close run race at the South African Games

Diving in at the European Transplant & Dialysis Games!

Running for the line at the Chinese National Games

Smiling in the rain at the French National Games!
The 21st Japan Transplant Games

The Japan Transplant Games began in 1991 and ever since then, except in 2001 when the 13th World Transplant Games was held in Kobe, the Japanese Games have taken place each year in different cities. Also since 2005, we have invited children of 12 years and under from Asia, Oceania and Japan for the ‘Gift of Life Cup’.

In Japan, a new transplant law came into force in July 2010 and the number of organ donations under brain death has increased. However, it is still very important to spread an understanding about the significance of organ donation and organ transplantation throughout Japan via the Japan Transplant Games.

The Games this year were held in Fujisawa-city, Kanagawa - a neighboring region of Tokyo - from 15th to 16th September. The events were athletics, table tennis, swimming, tennis, badminton, bowling, golf, darts, uncurl and bound tennis. Participants came from Thailand, Vietnam, Korea and Japan - family members, donor families, referees and volunteers also attended and supported the Games.

Although it was disappointing that we had to hold the athletics in a gymnasium because of rain, the Games concluded safely without any injuries or sickness. The event was very successful and attracted substantial media coverage. The Games and the Gift of Life Cup will be held next year in Kagoshima from 21st to 22nd September and we welcome participants from abroad.

Japan Transplant Sports Organization
http://jtrs.web.fc2.com

The Transplant Children’s Summer Camp has been held since 2010 in order to establish a support system for young organ transplant recipients and their families. The 3rd Camp was held this year in Ohbu, Aichi from 18th to 19th August with 23 recipients (under 18) and their families taking part, as well as many volunteers who were mainly medical or nursing university students. More than 80% of the recipients had undergone a heart transplant and 50% of the recipients were primary school children or younger.

The Camp consisted of a parents’ program, with discussions and support regarding the problems in taking care of their transplanted children and in medical, psychological and physical care in hospitals and schools, together with talks from a donor family and adult recipients. The important children’s program included playing games, such as rope skipping, quoits and bowling. All children were divided in three groups with a mix of ages so that elder children and volunteers helped the younger ones. The children also played with yo-yos or rubber balls as they would during a summer festival - as there is a risk for infection to play in a crowd of people, these children had little experience of the summer festival. Also the children made memorial albums in order to remember their time at Camp.

Parents felt that the time was too short to adequately share their experiences and problems in taking care of their children - however they managed to meet others in a similar situation and hear how their transplanted children have felt after surgery. The parents requested the continuation of this program with possibly more than two camps every year.

All recipients were pleased to make friends with others and wished to attend the camp again next year - also they wanted to keep in touch with their new friends and see each other in the future. The Transplant Children’s Camp hopes to play a further role in educating and supporting paediatric patients and their families. A program for teenage children or brothers and sisters of recipients will be planned.

Finally, I would like to thank everyone who has volunteered their time and helped with this program, as well as the financial and technical support received from companies and patient organizations. We are planning to hold the 4th Transplant Children’s Summer Camp at Osaka, Japan from 10th to 11th August 2013.

Norihide Fukushima, MD
Osaka University Graduate School of Medicine
Australia’s rate of organ and tissue donation has slowly been rising, thanks to a national reform package which has overhauled how Australia approaches donation.

In 2011 a total of 337 organ donors provided 1,009 patients with a new lease of life. This result represented a 25% increase over the numbers of recipients in 2009. This was the first time in Australia that the number of recipients exceeded 1,000 in one calendar year.

Credit is due to both a change in the clinical practice within hospitals and a more consistent message to the Australian public about donation. A new brand, DonateLife, has helped create a more cohesive and clear message for the public to understand. However no one in Australia is getting carried away with the early success as the rate of donation now hovers at around 15 donors per million head of population, still well short of the world’s best performers. And more than 1,500 people still wait for a life-saving transplant.

Consistent through all of this is the staging of the Australian Transplant Games to help promote the living proof of organ and tissue donation and transplantation. The week of the 13th Australian Transplant Games in Newcastle commenced on 30th September 2012 with more than 700 people from Australia, New Zealand and even one from the USA attending.

Transplant Australia, as a signatory to the new DonateLife message in this country, staged a DonateLife Harbour Fun Run on the morning of the Opening Ceremony to build awareness. The community in Newcastle responded with more than 700 members of the public taking part. The week was filled with traditional sports and events and a few changes thrown in as well such as netball trials - also we moved the athletics to the penultimate day which gave everyone the chance to relax on the final day. The award winners were honoured at the Closing Ceremony which featured a brilliant children’s choir and was followed by a relaxed ‘after Games’ party.

Our media program exceeded all expectations with some great human interest stories. More than anything the attendees can tell the story of their experiences so take it away the mums, dads and athletes of the 13th Australian Transplant Games...

‘The transplant games helped my children realise they are not the only ones going through this. I was extremely impressed with the other competitors who supported and encouraged our children to have a go. The pride our children have showing their medals off and telling their story of the games is truly a wonderful and proud moment for us. Thank you for giving our family an amazing experience.’

‘The games were so rewarding! I was able to meet and speak with people who have been through the same situations and it greatly encouraged me to keep fighting the fight and never lose hope because they are where I will be one day! With a gift of life and a second chance!’

‘There is one word that sums the games up for me and my family and that is, “amazing”. Such an amazing experience, so many amazing people. Thank you Transplant Australia’

‘It is a stark reminder of how lucky you are to be alive and to have your loved ones with you. Fabulous way of getting the message out - so many people find out about organ donation directly or indirectly because of the games. Amazing bonding experience for recipients, donors & families - the general population just don’t really understand what you’ve been through - it’s confusing, heart wrenching and at the same time wildly uplifting and it is a terrific way to relate to others who are there, have been there or are still struggling and also an opportunity to see organ donation from the other side.’

Chris Thomas
Transplant Australia
The 14th European Heart and Lung Transplant Games were held in Apeldoorn, the Netherlands from 27th June to 1st July 2012. These Games, which we call ‘a celebration of life’, are held bi-annually in one of the member countries and feature 5 days of competition in Track & Field Athletics, Tennis, Table Tennis, Volleyball, Badminton, Cycling, Golf and Swimming. The sportsmen and women who participate are all transplant recipients.

The Games goals are:

- To show that organ donation is crucial in saving lives - without organ donation, not a single participant in this year’s EHLT Games would be alive.
- To encourage people to register for organ donation.
- To express heartfelt gratitude to donors and their families for their gift of life.
- To give courage to patients who are currently waiting for a transplant.
- To provide an opportunity for transplant recipients from all over Europe to meet together to share experiences and to forge friendships.

The very first European Games were held in the Netherlands in 1989. The 50 participating heart transplant recipients from a few countries across Europe gathered at an army base in Gorssel and slept in tents and caravans. Things have moved on since then when, for medical reasons, only heart transplant recipients could take part. The Games have taken place in various European cities over the years, including London, Paris and Helsinki, growing steadily in numbers all the time.

This year in Apeldoorn we welcomed 250 heart and lung transplant recipients and their families from 20 European countries.

Apeldoorn is a beautiful town surrounded by lush woodlands, a perfect setting for the Games. The opening parade filed regally towards the large square in front of the Town Hall where the Games were officially declared open by the firing of a shot from a starting pistol. Taking part in a real sporting competition and feeling what their bodies could do again after so much distressing illness was an intensely emotional experience for some of the participants. At the closing ceremony the trophies were awarded to all winners, including special cups for the most outstanding male and female performances. Everybody went home happy and fulfilled.

In and around Apeldoorn the Games attracted much publicity, from simple banners and flags to extensive coverage by Dutch television and newspapers. We also organized an (ongoing) donor awareness program in the local schools.

We greatly value the collaboration with the Apeldoorn Council and the National Ministry of Health, Welfare and Sport who sponsored these Games.

On 29th June WTGF President, Olivier Coustere visited the Games in Apeldoorn and had a fruitful meeting with Arnulf Pohl Chairman of the EHLTF, André Lassooij Chairman of the LOC Apeldoorn 2012, Henk Bakker, Chairman of the Dutch Heart and Lung Transplant Association, Jan Folkers board member of Sport en Transplantatie and David Walker, President of the EHLTF.

The day included a visit to the Donor Congress and to the volleyball tournament in the Apeldoorn Omnisport Centre.

Visit the www.apeldoorn2012.nl website to view the videos.

André Lassooij
LOC Apeldoorn 2012
The strategies for training leading up to the World Transplant Games continues here from TransWorld 1, 2012, where we looked at motivational, mental and muscle fitness. As stressed previously, it is up to you to assess your current wellness and fitness. If you are overweight, have high blood pressure, heart disease, diabetes mellitus or cerebrovascular disease, you absolutely must seek advice and clinical assessment from your physician or a sports physician. To start a training programme without a clearance is as hazardous as competing without training and you may receive advice that you should choose low stress sports from now on.

**MYOCARDIAL (HEART) FITNESS**

The human body requires 250ml of oxygen to be collected from the lungs and distributed to the cells (brain, heart, muscles) per minute. This is achieved with a haemoglobin (red cell oxygen carrying capacity) of 110gram per litre and normal lungs. The heart can push this oxygen around with a pump volume each beat of 100ml and a rate of 60-70 beats per minute (bpm). All exercise produces a dramatic increase in oxygen uptake and metabolism. The body responds by increasing the respiratory rate to remove carbon dioxide and increasing the heart rate to shift more oxygen and carbon dioxide. This increase in heart rate is driven in part by adrenaline. The heart can adapt to exercise stress and this is detected as an increase in cardio-respiratory efficiency. This response is studied closely in all international athletes. An indirect measurement of cardio-respiratory efficiency is gained through heart rate monitoring. You are obliged to fully understand the influence of your sport on your heart rate. A healthy person can exercise to achieve an increase in heart rate to approximately 180 beats per minute. Racing car drivers (F1) achieve pulse rates of 220 bpm. It is recognized that this performance is extreme and very rare. The ideal rate for each individual requires establishment through training and monitoring. Cardio-respiratory efficiency is achieved by training vigorously, but safely, under supervision. A safe programme to reach your optimum myocardial (heart muscle) performance is to achieve a pulse rate at or about 110 bpm for 20 minutes each training day. Please note, if your pulse at rest is over 100 bpm do not train. Seek medical advice if this persists.

**METABOLIC FITNESS**

Exercise produces a metabolic acidosis of a minor degree due to accumulation of carbon dioxide (especially in sprinters) and the release of lactic acid from muscles after metabolism of glucose for energy (more marked especially in endurance athletes). Training improves the ability of the body to clear these acids through the liver which converts lactate to sugar and glycogen. The carbonic acid is cleared through the lungs. Training to be fit does not stop the acidosis. Training does pleasingly increase the speed of recovery and also your tolerance of the acidosis. Taking on a detailed training programme to accelerate metabolic fitness involves selecting a programme which fits your motivation and your ambitions to achieve a higher level of performance. Cross training is a special strategy which keeps up your interests as it overcomes boredom (e.g. combining running, cycling, swimming, gymnastics, climbing, racquet sports, rowing).

Fartlekking (Swedish for “speed play”) is a form of interval training which puts stress upon the aerobic energy system and the anaerobic system (low oxygen, sprint metabolism) due to the continuous nature of the exercise and the intensity changes. This programme is readily individualized. You will benefit from checking details on Wikipedia (excellent information). The total time commitment for fartlekking is just 40 minutes. It will be necessary to integrate your knowledge of your diet with your training. A diet rich in unadulterated complex carbohydrates enhances your stabilization of your training programme. Some athletes have undergone remarkable changes in performance with the help of a dietician and strict adherence to regular intake of nuts, fruit and fresh vegetables. Ivan Lendl was transformed by following this advice for 5 years. In seeking to emulate champions, the transplant recipient will be facing even greater challenges than champions because some medications diminish the body’s response to training. For example, the medication cyclosporine or other calcineurin drugs reduce the vascular dilatation necessary to maximize blood flow to the muscles to distribute oxygen and remove carbon dioxide and also diminishes the dilatation of vessels in the skin which would be required to remove heat from the body during endurance events.

“**A diet rich in unadulterated complex carbohydrates enhances your stabilization of your training programme**”
This is one of the reasons why the WTGF limits endurance events. Please see below a very important insight into the body’s ability to respond to endurance events.

MORTAL FITNESS

Fitness is a strong predictor of all cause mortality and it is a much more superior guide to survival, than the magnitude of obesity. Inactivity contributes the same risk to a person as smoking. Even if an athlete has cardiovascular risk factors or obesity, exercise decreases the risk of a shortened life. Important insights gained from studying transplant athletes confirm that training promotes well being even in the presence of co-morbidities and complex medication. Athletes who exercise can achieve their goals, even when they have associated health challenges. Diabetes mellitus will improve and blood pressure will become more easily controlled, even if the athlete does not lose weight. Training is life preserving.

MEDICAL FITNESS

When considering the necessary training which a transplant athlete should undertake, it must be recognized that the athlete has endured frequent, serious health challenges. Many athletes have experienced hypertension, diabetes mellitus, renal insufficiency (creatinine above 110), obesity and anemia. New evidence is reassuring. As outlined above, training can be undertaken with these co-morbidities in anticipation of increasing wellness, increasing performance, lengthening your life span and reducing the number of drugs and the dose of drugs necessary for control of associated illnesses. Remarkably, diabetes mellitus can be eliminated through training and a stabilized diet. It is through training that a diabetic can gain an understanding of the risks of hypoglycemia (low blood sugar) which may develop during vigorous exercise. Without training, the athlete may suffer an attack of hypoglycemia when competing in the World Transplant Games. This unfortunate outcome is dangerous. Pleasantly, such events can be prevented by training through a graduated increase in exercise performance, which is usually associated with a gradual reduction in the dosage of insulin or hypoglycemic drugs. These adjustments must be negotiated with your transplant doctor. The occurrence of hypoglycemia will reflect an incomplete training preparation. An accurate measure of the wellness of a recipient and the potential for the recipient to undertake high stress sports with complete safety is the “estimated Glomerular Filtration Rate” (eGFR) or GFR. This is a test of how well a kidney removes metabolic products from the blood. The test result is a reflection of many aspects of an athlete’s health. This test will even detect evidence of excessive immunosuppression and drug toxicity. If an athlete’s eGFR is above 55 ml per minute the athlete should be able to undertake high stress sports with success and without undue hazards. This information is extremely valuable to the medical administrators of transplant athlete competitions. Therefore, with this test in hand, a doctor can reassure the athlete and the athlete’s family that pushing the limits is acceptable. In contrast, a transplant athlete who has an eGFR below 55 should be advised to undertake low stress sporting events. It would also be worthwhile for a recipient to seek further investigation to explain the impaired kidney function.

Medical fitness is a screening state based on an evaluation of an athlete’s history, physical examination, blood tests, ECG, stress test and fitness testing. It is well established in all sporting competitions, that medical screening is appropriate for all competitors. It is even recommended that children undergo a screening assessment which may simply involve taking a good family history looking for evidence for susceptibility in family members of sudden cerebral, cardiac pulmonary or metabolic events. The requirement for such screening does not unfortunately make competition or every sport safe. The reason for this is that there is a well recognized, extremely rare hazard for athletes known as Sporting Cardiac Arrest (SCA). Any amount of training, screening, testing and analysis will not prevent SCA. This event is almost always an abnormal heart beat where the frequency of the heart contractions is so great that the muscles cannot contract effectively and circulation ceases (ventricular fibrillation). This event is corrected by the application of semi automatic defibrillator. Such equipment must be available at all sporting events for this extremely rare event. A key contribution to the medical fitness of a transplant athlete is a full understanding of the advice which is provided by sports physiotherapists. It is extremely wise to seek the guidance of a physiotherapist during your training to ensure that injuries are well cared for, that errors in technique, style and strategy are corrected and that painful problems are overcome as quickly as possible.

Enjoy training wisely and safely.

Best Wishes

Daryl R. Wall AM MBBS (HONS) FRACS
Chairman of the Medical Committee of the WTGF

"SPUNE DA! SUSTINE DONAREA DE ORGANE!"
"SAY YES! GIVE SUPPORT FOR ORGAN DONATION!"

Like everywhere in the world, in Romania the need for organs for transplantation is of the utmost importance. The Romanian legislation of "informed consent", where potential donors must sign up and opt in to agree to donate their organs makes the situation more difficult.

For these reasons, the Association of People with Transplants from Romania (ATR) annually hold a pro-organ donation campaign explaining to the public about organ donation and the necessity of donating. The volunteers advise the public to have discussions on this subject with the family. If family members know of the desire of the individual beforehand, they can make an informed choice.

This summer the campaign took place on the borders of the Black Sea in Romania in partnership with the Red Cross - 170 volunteers participated in this campaign. They distributed information and discussed organ donation with the audience which comprised of both tourists and local people. There was a very important debate with the patients, donors, doctors and representatives of the Romanian Orthodox Church on the subject of donation. The volunteers and other people held a race in recognition and memory of the donors and at the end of the last day we held a lighting ceremony.

The public and the media have appreciated our initiative and they congratulated the volunteers for their efforts.

Amali Teodorescu
Romania

10th national transplant games
SOUTH AFRICAN TRANSPLANT SPORTS ASSOCIATION (SATSA)
16-19 August 2012 - Durban, KwaZulu-Natal, South Africa

What a ‘Celebration of Life’ we experienced during the 10th National Transplant Games in Durban!

Ninety athletes participated in these Games with ages ranging from 6 to 69 years. For the first time ever we had 16 children participating and we thank Annemarie Wagner from Kidney Beanz Trust for her endless efforts to encourage and sponsor most of these children. Rose Moloi from the Paediatric Transplant unit of the Charlotte Maxeke Johannesburg Academic Hospital chaperoned children from this unit and acted as a mother to their needs.

One of the main aims in participating in the Games this year was to qualify in different sports for selection to the South African Team to participate in the World Transplant Games to be hosted in 2013 in Durban. Of the 90 athletes, 55 qualified for selection while 21 athletes performed within 10% of the qualifying standard and they will be given another opportunity to qualify until 31st January 2013.

The standard of competition was high as reflected by the 29 South African and 11 World Records that have been bettered - although improved World Records will not be recognised as such due to the fact that these records can only be recorded at World Transplant Games events. However, at least the rest of the World’s transplant athletes can take note of our wonderful athletes.

The South African Team awaits the world! Come and feel it - it is here!

Heilie Uys
SATSA National Secretary
www.wtg2013.com

45
45 years since the first successful heart transplant was performed by Christian Barnard in Cape Town, South Africa and the first successful liver transplant by Thomas Starzl in Denver, USA - both in 1967!
Born in Warrington, England in 1961, I was diagnosed with spina bifida at the age of seven.

Despite a host of medical complications, I managed to finish my education and started a career as a DJ (disc jockey) becoming quite well known in my area of the UK as Deak’s Disco. This led to a very successful business for nearly 15 years until I was diagnosed with renal failure and needed a kidney transplant urgently.

Obviously, this was a great shock to me and to my family. I started dialysis in 1983. Sadly in 1984 I had to have my left foot amputated but I was lucky enough to receive a live kidney donated by my dad Archie, later that year. The wonderful and well known surgeon Christine Evans performed my operation and during my time in clinic she happened to ask a group of us if we were interested in doing sport after transplantation. I put my hand up and said I could swim - that was the beginning of my lifelong relationship with the Transplant Games.

Four years later unfortunately I was back on dialysis due to some complications and I received a new kidney in May 1990 - later that year I took part in the British Transplant Games and won a bronze medal for the 50 metre butterfly when the Games were in London. I won the Gold in the same event the following year in Glasgow.

I love a challenge and in July 1991, I was part of the very first transplant team that swam the English Channel – that is from England to France - a well-known challenge in this part of the world - it took 12 hours 44 minutes - an amazing achievement even if I say so myself!

I continued to take part in the British Transplant Games for the next few years, winning several medals but in 1994 whilst on holiday in Cyprus I began to have problems with my right foot and on return to England in September 1994 had to have my right foot amputated.

This was not going to stop me – so in 2007 I was chosen to represent the Great Britain Transplant Sports Team (Transplant Sport UK Team) at the World Transplant Games in Bangkok, Thailand, competing against able-bodied competitors from around the world in swimming and squash and winning two bronze medals.

Another challenge presented itself and on the 8th June 2008, I entered the Escape from Alcatraz Triathlon and swam from the famous Rock to the Bay in 25 minutes 26 seconds along with 2,000 competitors. Three of my colleagues from the TSUK team and life long friends Kathy Cross, Geoff McCracken and Turlough O’Hagan, also took part in the event. Four teams from World Elite Transplant patients took part in this epic race.

On the 19th March 2009, I was awarded the MBE medal from Her Majesty Queen Elizabeth II at Buckingham Palace (the Queen told me that I was “mad” and then she giggled). It was the most wonderful day for me and my family and I can still hardly believe it.

In 2009 I was elected captain of the GB swimming team at the Gold Coast Games in Australia - my team being beaten by the Australians by 1 medal - such rivalry!

Apart from all the sporting challenges and the meeting with the Queen I would say one of my proudest moments was to be chosen as one of the eight thousand Olympic Torch Bearers in the UK and to be able to carry the Torch through my home town of Warrington was a wonderful moment for me and my family on May 12th 2012.

I may have had some tricky moments in my life – some very serious health issues – but I have been blessed - not only with my lovely daughters and sons and my partner Jane but being part of the transplant family in the UK and worldwide has allowed me to make wonderful friendships that I value so much.

My motto is...

‘Live Life to the full - God Bless our Donors’
The 5th Transplant Games of China and the 4th Chinese Organ Donation Day were held in Hangzhou from 22nd to 24th June 2012. This year 1,000 transplant recipients - liver, kidney, heart and lung - from 23 provinces took part in the Games, together with around 25 donors. Participating in various events such as badminton, table tennis and swimming, the recipients showed the wonderful medical achievements of transplantation to the whole of Chinese society.

56-year-old Zhou Bo, a liver transplant recipient who continued his running career after surgery when he joined the local long-distance running association, went on to complete ten marathons in one year. At the Games, he won a bronze medal in the 800m in 3:21:16 seconds. He also won a gold medal for swimming in the men’s 100m breaststroke. He may be chosen to represent China at the World Transplant Games next year in Durban.

Cheng Mianzheng surprised everyone by taking part in the Games - at the age of 74 and in good health he was the oldest athlete this year. Four and a half years ago, with the great love of a father, he donated his kidney to his son.

These two amazing people are just a very small example of the participants. Everyone has his or her own personal stories and they are happy that the Games offer a platform for them to gather together and share their experiences. Their spirit gives others power and a good reason to enjoy a better life. “The activity is not so much a Games as a get-together” Mr. Wang, a liver transplant recipient from Inner Mongolia said. “We make new friends and encourage each other. Life is full of hope and happiness again!”

The Games also aim to raise public awareness about organ donation and encourage citizens to donate their organs after they die. Organ transplant is closely connected to organ donation and without generous giving, transplants cannot be done. The Chinese Government and the Red Cross Society work together to collect organ donation forms and maintain the records of willing registrants. A liver transplant recipient named Wang Liangjun persuaded all his family to sign organ donation application forms. He said “someone gave me his liver to keep me alive. I want to do the same.”

After the Games, recipients discussed and shared their stories and experiences on the forum of the popular Chinese Organ Transplantation website. The website held a photo competition after the Games for friends to share their images and some of these photos can be seen here.

The 5th Transplant Games of China was a huge success with all the recipients, friends and families who attended. Participants are looking forward to the next Games and also preparations are being made to send a team to the World Transplant Games in Durban in 2013.

Lei Chen
Country Representative

There are several different associations for recipients in China and these all belong to the Chinese Organ Transplantation Website founded by the Chinese Country Representative, Lei Chen, who created the website after receiving a liver transplant in 2003. The website gives some basic knowledge of organ transplant but its main focus is to provide a forum for recipients to communicate with each other - it is used as a kind of ‘Facebook!’ This is the first official website of this kind in China. The logo of the website is a cloverleaf - the pattern in the middle symbolises a person lifting up their hands which represents the optimistic and positive spirit of transplant recipients.

http://bbs.transplantation.org.cn
At Astellas Transplant, we work in partnership with the transplant community with the goal of improving the quality of patients’ lives.

We understand the dramatic impact transplantation can have not only on donors and recipients, but on every life that transplant recipients touch. We are pleased to support patients as they celebrate their successes through the World Transplant Games Federation (WTGF) and Transplant Adventure Camps for Kids (TACKERS).

WTGF and TACKERS help create an environment of shared experiences in which transplant recipients and their families’ lives can flourish, while also working to raise public awareness of the success of transplantation and the amazing difference organ donation can make. We are proud to provide ongoing funding and volunteer support to help make these events possible.