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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- Photos and News from Winter World Transplant Games 2012
- 25 years of WTGF
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MESSAGE FROM THE PRESIDENT

This year is the 25th anniversary of the World Transplant Games Federation founded officially in Innsbruck in 1987. On these anniversaries, I am reminded of the great advances that have been made in the world of transplantation. I am also very proud of the number of countries who are now part of our worldwide Federation – over 70 countries at present and more wishing to join us this year – all of whom are continuing to work hard in spreading the message about organ donation and its benefits through their own national transplant sport events.

It was a pleasure to witness the great joy and the great atmosphere in Anzère, Switzerland in March at the 8th Winter World Transplant Games. I am sure that everyone who attended has returned home with memories and photographs of an exceptional week – on and off the slopes. To see children who had never skied before – the pleasure they had when they finally succeeded, was fantastic. We are so grateful to the organisers in Switzerland, in particular Jacques Monard and our own Councillor Liz Schick. They made it possible for children from Georgia and Hong Kong to attend the Winter Games for the first time – some who had never even seen snow! Thank you Anzère and well done to all who competed.

Since we returned from Anzère, we are hopeful of a bid for the 2014 Winter World Transplant Games from a lovely resort in France – La Chapelle d’Abondance. We will let you know when this is confirmed later this year.

The work of the WTGF Council is ongoing and most recently has involved visits to the 3 bidding countries for the 2015 Summer Games – that is Germany, Japan and Argentina. The successful bid will be announced during the forthcoming visit of the Council to Durban in July where they will meet with the organisers of the 2013 Games and visit the sports venues and other arenas. We know for sure that the LOC in Durban, under the guidance of our Councillor Willie Uys, is on target to produce a wonderful event for the first time on African soil.

WTGF is keen to be represented whenever possible at international events and congresses – it is our aim to start a dialogue across the world of transplantation with the medical professionals who are in touch with transplant recipients – to learn from each other, to be involved in international discussions and for WTGF to have an opinion on all important matters which affect our members.

We hope to launch an International Transplant and Sport Medical Group with well-respected and well-known medical and sport professionals. We are also in the process of tightening our security and medical processes surrounding the organisation of the Games themselves – always learning lessons from the experience of previous Games. To this end, we have instigated a process whereby the WTGF Council will have a closer liaison with the LOC of future Games on a regular and ongoing basis leading up to their Games so that our experience from Games to Games can be consistent and improved where necessary.

There is a lot of work being done and a lot more to be done but as your elected Councillors, we are conscious of the need to keep WTGF current and involved as a worldwide authority on sport after transplantation.

Wishing you all successful national transplant sport events this year and looking forward to meeting again in 2013.

Yours friendly,

Olivier Coustere
President

MESSAGE FROM THE SECRETARY

The Council will be meeting in July in Durban, the site of the next World Transplant Games in the summer of 2013. There are many items up for discussion at this meeting - a new logo is being considered for the Federation, our partnership with the International Olympic Committee will be discussed and there will be discussion about the structure of the Federation as we move forward.

Also on the agenda are the recommendations of the Sport Committee as a result of its review of the 2011 Games. The Committee will be recommending the following actions of note: the addition of darts to the sports schedule, the addition of the 200 meter sprint for older junior athletes, adding petanque to the official events roster and changing the rules of racewalking to permit bending the knees but to disqualify for having both feet off the ground simultaneously. The Committee will also recommend the addition of an outstanding team award for the Games, to be calculated on medals earned on a per capita basis, with a minimum team size.

As always, your input on these recommendations, as well as any other ideas, are always welcome. Please send your comments to the WTGF office at wtgf@wtgf.org.

A full report on any decisions made by the Council will be included in the next Journal.

Yours friendly,

Gary Green
Secretary

“Only a life lived for others is a life worthwhile.”
Albert Einstein
25 years since the official founding of the World Transplant Games Federation

The official incorporation of the World Transplant Games Federation took place during the World Transplant Games in Innsbruck on Thursday 17th, September 1987. Mr Maurice Slapak was elected President, Mr Peter Griffin, Secretary and Mr Karl Handschuch, Treasurer of the newly formed Federation which had a total Council of 13 members.

Although the first ‘Transplant Olympics’ was held in 1978 in Portsmouth, UK, the 6th Games in Innsbruck in 1987 marked the official founding of the WTGF.

The first Winter World Transplant Games was held in Tignes, France in 1994 and in 2002, the first official Nicholas Cup event was staged in Anzère – so a 10th anniversary celebration for the Nicholas Cup this year!

WTGF continues to go from strength to strength under the presidency of Olivier Coustere, who was honoured to be elected for a third term at the World Transplant Games in Sweden in 2011.

Happy 25th Birthday World Transplant Games Federation!
Left: 1978 Portsmouth - competing in the first 'Transplant Olympics'

Below: 1978 Portsmouth - the first 'Transplant Olympics'

Above: 1999 Budapest Opening Ceremony

Above: 2003 Nancy

Above: 2009 Gold Coast, Australia - Donate beach walk

Right: 2005 London, Canada
The 2013 World Transplant Games will be hosted in the city of Durban, on the East Coast of South Africa!

Durban - the host city is the largest in the South African province of KwaZulu-Natal. It’s a sophisticated cosmopolitan city with over three million people - a sunny seaside city where east meets west - a city beneath which beats the pulse of Africa - and a city known as the home of Africa’s best managed, busiest port. Durban will guarantee you excitement, shopping, culture, leisure and relaxation.

All accommodation during the games will be based at beautiful hotels all situated along the beachfront promenade, allowing you the luxury of waking up to the sound and smell of the warm, Indian Ocean.

Durban has hosted many major sporting events, and can ensure all athletes world class sporting venues and facilities. The International Convention Centre Durban (ICC), situated a few minutes away from the beachfront hotels, is one of the most advanced conference facilities in the world and will be your Games Headquarters during the event.

Durban Attractions:
- uShaka Marine World - uShaka Marine World in Durban is a world-class entertainment and tourism destination. At the end of Durban’s Golden Mile is the beginning of uShaka Marine World - spanning over 15 hectares of beach front, uShaka Marine World is Africa’s largest Marine Theme park,
- Moses Mabhida Stadium - one of the standout hosts of the 2010 FIFA World Cup in South Africa, Moses Mabhida Stadium offers adventure activities for fun seekers. Try out the SkyCar ride to the top of the arch or walk 500 steps to the sky platform on the Adventure Walk. All Access Tours, Segway Tours and the world’s only stadium Big Swing can be found here too, along with a variety of shops and restaurants
- Gateway - “Theatre of Shopping”: the greatest entertainment and shopping complex in the Southern Hemisphere with almost 400 shops, too many restaurants to count, IMAX screens, a sports arena and much, much more.
- Valley of 1000 Hills - Scenic routes, picturesque villages, local arts and crafts, and quaint coffee shops. Horse riding and dirt biking for the adventurous, or just enjoy the peace and tranquillity of the surroundings.
- Lhulhulwe Game Reserve - home of the “Big 5”: Lion, Leopard, Rhino, Elephant and Buffalo. Enjoy an African safari experience. (3 hours away)
- Drakensberg Mountains - 200km long mountainous wonderland and world heritage site. (2 ½ hours away)
- St Lucia Wetlands - a world heritage site, home to 1,200 Nile crocodiles and 800 hippos. (4 hours away)
- South Coast - kilometres of coastline and beautiful beaches with dolphins, whale watching and seaside leisure. (30 minutes away)

Looking forward to seeing you all in Durban!

Willie Uys
Chairman, LOC Durban 2013

2013 WTG Sports Codes & Venues:
- Athletics - Kings Park Stadium
- Swimming - Kings Park Aquatic Centre
- Tennis - Westridge Tennis Stadium
- Squash - Westville Country Club
- Lawn Bowls - Westville Country Club
- Petanque
- Table Tennis - DUT Sports Centre
- Badminton - DUT Sports Centre
- Tenpin Bowling - Galleria Superbowl & Dolphin Bowl
- Golf - Mount Edgecombe Country Club
- Running - City of Durban
- Cycling - City of Durban
- Volleyball - UKZN Sports Centre

Flying into Durban:
- via Johannesburg - Domestic connection to Durban (1 hour flight)
- via Cape Town - Domestic connection to Durban (2 hour flight)
- International Direct Flights into Durban with Emirates Airline

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Peak to Peak AFRICA update

Peak to Peak AFRICA has been a four month trip from Mount Sinai in Egypt to Table Mountain in South Africa on behalf of the African transplant community. Starting on 3rd May 2011, Alan Molenaar and Leanne Johannson have passed through 13 African countries with public transport, visiting hospitals and meeting with health professionals and transplant patients around the continent, to publicise the World Transplant Games, which South African has won the bid to host in Durban in 2013.

Alan is a transplant recipient, having received a kidney from his mother two years ago. The aim of the trip has been to demonstrate first-hand the quality of life that can be lead post-transplant and thus raise general awareness about kidney disease as well as raise awareness about organ donation in Africa. They have also been collecting stories from health professionals and kidney patients around the continent and raising money to assist transplant patients from African countries to participate in the 2013 World Transplant Games.

The trip has been both heart-breaking and inspiring as they have visited hospitals with incredibly limited resources that contend with all sorts of economic and political barriers in their fight against kidney disease. But they have also witnessed enormous resilience and creativity by both health professionals and patients faced with such challenges. You can read some of these stories and receive more information about the Peak to Peak Africa tour on their blog: www.peak2peak.wordpress.com.

Already there have been some positive outcomes from their trip. Inspired by their visit, Dr Yewondwossen in Ethiopia has founded the Ethiopian Kidney Foundation, while some Ugandan kidney patients they met in Kampala are organising themselves into the Uganda Kidney Patients Association. A blogpost they wrote about a courageous Ethiopian transplant patient generated much interest and they managed to secure funds for all his medical expenses for the next year. They have also been speaking to transplant patients about the World Transplant Games 2013 and this will hopefully mean that a few more African teams will participate.

The last hospital visit of the Peak to Peak team was to the renal unit at Red Cross Children’s Hospital on Friday 9th September 2011, where Alan spent many of his childhood days.

The journey started on Mount Sinai and ended on 10th September on Table Mountain where Leanne and Alan enjoyed a glass of champagne with friends and family.

For further information, please contact:
- Leanne Johannson leanne.johansson@gmail.com
- Willie Uys, National Chairman, South African Transplant Sports Association willie@transplantsports.org.za
- Samantha Volschenk, Executive Director, Organ Donor Foundation capetown@organdonor.org.za
Since February 1, 2012, the group of Icelandic recipients who will be taking part in the World Transplant Games in Durban, South Africa in 2013 has been growing steadily. As of today, in April 2012, there are around ten people in the group.

In the beginning, the exercises were basic, designed to improve each participant’s endurance. Now the group meets once a week to keep up the good mood and to exercise together, although mostly each individual does his own exercises at his own gym according to his own requirements and at a speed that is right for each one of us to keep everything within reasonable limits. The work is of course done to improve each and every one of us as an individual athlete, although as a group we support each other.

The idea of taking part came to us when we heard of the Games held in Gothenburg, Sweden last Summer. However only a few of us had the right to participate then. We think this is an excellent scene for all those interested in transplants; to raise awareness of the benefits of organ donation and show what a miracle we experience by the gift of life. We also aim to raise the awareness of others of the need to be an organ donor.

We are excited – looking forward to seeing the South African Games program so that each one of us can decide which sport we should choose to compete in. Once that is decided, we will be able to aim on more individual exercises.

In our group we have people with new livers, lungs, kidneys and hearts and together we form a good and strong group of friends that are determined to do well in the World Transplant Games.

From the bottom of our hearts, we thank the World Transplant Games Federation for the opportunity to compete and making the Games real for us. We also thank the Local Organising Committee in Durban, South Africa for hosting the Games in 2013 - we are really excited to be there.

With our most heartfelt wishes, on behalf of the Icelandic team for the World Transplant Games in 2013.

Kjartan Birgisson

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Transplant Links Update

2012 is proving to be a busy year for Transplant Links Community (TLC).

The team will return to Ghana and one of the most exciting parts of the visit will be seeing the patients who we have helped on previous occasions. Seeing them well and living normal lives again keeps the team going and is a constant reminder what it’s all about. The medical team returning to Ghana also is in need of a special mention. They tirelessly give up their time to help - and some of them have never missed a TLC mission!

In addition, TLC is pleased to report that our colleagues from Nepal are coming to Birmingham to further develop their transplantation skills.

TLC is about to be five years old, so it’s a good time to reflect on what we have achieved, as well as make plans to continue the progress made.

Dr Jennie Jewitt-Harris

http://www.transplantlinks.org/index.php

Jennie Jewitt-Harris meeting with Charles who was the first ever-patient in Ghana to have received a transplant.
Winner of the Nicholas Cup at the 8th Winter World Transplant Games, Anzère, Switzerland 2012

The Nicholas Cup is a bi-annual event for transplanted children from around the world who have never experienced skiing before. A camp was held throughout the week of the 8th Winter World Transplant Games with skiing lessons, making friends and fun for all. The winner of the final Nicholas Cup race on the last day of the Games was Marek Husar, age 12, from Poland.

Levan Gogesashvili – Georgia

“I am writing this to express my gratitude for spending the week at the Nicholas Cup camp in Anzère at the Winter World Transplant Games in March 2012. Firstly, I want to mention that it was my first visit to a foreign country. I felt a little nervous but when I saw the friendship and warmth at the Games, I relaxed and felt myself as being at home. Secondly, I made a lot of friends there from other countries and now we’re sending emails to each other and remembering these beautiful days. I also wish to add that I didn’t know how to ski before but now I can say that I’m good at it. Thirdly, I’m grateful to my leaders – they were so friendly and they helped me very much. I was so happy there. I remember the swimming pools, discos, games and of course, the final competition. It was great. I won a medal. Finally, I want to add that I’ll never forget these days in my life and always remember them with great pleasure.

Thank you to the Anzère LOC for invitation and thank you to WTGF for sponsoring my trip. I’m so excited that I can’t express my emotions and I’ll be happy if I visit you again.”

Alvin Wong – Hong Kong

“I am Alvin Wong, a 14 years old liver transplant boy from Hong Kong. I had my first liver transplant from my father at 10 months old. However the liver did not work well but fortunately I received a deceased donor liver two months later which keeps me fit and strong. I was very lucky to have the chance to participate in the Nicholas Cup in Anzère, Switzerland this year. In Hong Kong, I play tennis and volley ball. In fact, in order to come to Anzère, I gave up my place in the final tennis open match as the chance of participation in the Winter Games is more precious.

Skiing is not a popular sport in Hong Kong. As a boy who had never skied, I had my first lesson on the snowy mountain. For me, a small step is a big step. The experience was so wonderful when I succeeded to ski down the slope. I had the chance to make friends from all around the world and I learned how to take care of myself without my parents by my side. Children came from different countries, some spoke English but some did not, yet we could communicate without any problem as we used our body language, facial expressions and actions to express our thoughts and wishes. I have made a lot of friends from other countries now.

As an Asian boy, this event gave me not only the opportunity to learn how to ski but also how to take care of myself and others and to communicate with different nationalities. This is a great experience for me which can never be found in school. I now have much more confidence. Thanks to the great organization and the hospitality of the organizers. I am sure this is an unforgettable event in my life.”

Memories of the Nicholas Cup 2012 from Georgia and Hong Kong
A fantastic week of snow, fun, competition and friendship was enjoyed by 332 participants from 28 countries at the 8th Winter World Transplant Games and Nicholas Cup in Anzère, Switzerland in March 2012. The Games included participants from around the world, including first time competitors from new countries to the Winter Games such as Georgia, Hong Kong and Nepal among others. A wonderful, vibrant Opening Ceremony was followed by a week of competition which included Slalom, Parallel Slalom, Giant Slalom, Super Giant, Cross Country, Snowboarding and Biathlon with Curling and Snowshoes also available to give less experienced or non-skiers a chance at competition.

A very big thank you to all the members of the LOC and the brilliant volunteers whose invaluable work made the Winter World Transplant Games 2012 a great success.
A beautiful day in the snow

Action on the slopes

Flying into the Opening Ceremony

More happy faces

Thank you
**1st Tunisian Transplant Games**

The Tunisian Transplant Sport Association officially started activity on July 9th, 2011 and during this short period, managed to organize the 1st National Transplant Games held March 17th - 18th 2012. It was a wonderful weekend full of love, joy, volunteering, support and sport. It was a great time to discover new talents and most importantly, to promote organ donation awareness through our activity and national media channels.

We would like to thank the WTGF for support, all our international friends, sponsors, medical and paramedical staff, volunteers and our organization committee.

**Adel Borni**  
General Secretary, ATSG “Tunisian Transplant Sport Association”

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**NEWS FROM HUNGARY**

The Hungarian team has always been very successful at the World Transplant Games. Since 1999 we are always among the best five countries in the medals table in the Summer Games and we are in the first third in the Winter Games in spite of the population of Hungary being less than ten million. We are very proud of this result. What’s in the background? What is the secret of our team?

The Hungarian Transplant Federation (HTF) first established competitions at the end of 1990’s and now has 24 member associations or clubs. These associations cover the whole country with almost each county or region having an association for transplant and dialysis patients. We organise competitions in all the sports which are in the programme of the European and World Transplant Games, with the exception of golf and lawn bowls.

The HTF General Assembly compile and approve the yearly sport timetable with each sport having a nationwide competition twice a year, depending on the closing time of the registration for the coming European or World Games. We have transplant and dialysed competitions almost every second or third week till end of May. We call these events “qualification competitions” because our transplant and dialysed athletes can achieve the membership of the official transplant team during these events.

In summertime, the HTF organises week-long training camps with two or three training sessions for each athlete per day. Coaches prepare individual training programs for them. In addition, our sportmen and sportswomen actually participate in the ‘regular’ sports system in many areas.

We set up the Hungarian Transplant Championship with each branch of sport having its own contest. These championships are always held in autumn from beginning of September until the end of November. As we have continuous contest during the year, we haven’t organised games until last year when we held the “1st Hungarian Summer Games” in Zánka in August. This was a great success and hopefully it will be continued.

All of our efforts above were possible with the support of one of the public bodies of the Hungarian Government - FONESZ. However, with effect from the end of 2011, all Sports organisations are now working within the framework of the Hungarian Olympic Committee (HOC).

The structure has been set up, but the real work starts now. How can we move further within the new framework of HOC? This year all the details need to be worked out: the system of operation, the system of the sponsorship, etc. - all under the pressure of the economic crisis.

The Hungarian Team is one of the best worldwide we hope we will be able to keep our good position in the future too.

**Judit Berente**  
Hungarian Transplant Federation
La Course du Coeur 2012

26th Heart Race!

From 28th March to 1st April - 4 days, 4 nights, 750 km, 198 runners, 140 volunteers...an extraordinary race organized by Trans-forme to honor and to increase the awareness of organ donation!

The Heart Race 2012, supported by Professor Christian Cabrol who performed the first heart transplant in Europe in 1968, made it possible for teams of runners, including 14 transplanted runners, to join Paris up to the winter sports resort Les Arcs (Arc 1800 in Savoy in France) after 750 km in relays over 4 days and 4 nights.

In parallel to the Heart Race, the project “10,000 Hearts for the Hospital” collected over 41,694 “paper hearts” as symbols of generosity and support for transplanted people and patients awaiting a graft which were offered by schoolchildren along the roads.

One of the key points of the race and the most memorable moments will doubtless be the extraordinary participation of the villages passed through. Besides applause and warm support, people from the villages often accompanied the deliveries of paper hearts with a friendship drink, always much appreciated by the runners.

In addition, partners of Trans-Forme, the clowns Boula and Zébule, gave a show for children in schools and made the hearts of the small and grown-up spectators beat faster. The clowns gently increased the awareness of organ donation - patient distress, organ research and compatibility problems were approached with simple words. Furthermore, humor and music allowed the young audience to think positively about organ donation.

Three comedians from the theatre company “Viva la Commedia”, also partners of Trans-Forme, gave a public show - in a French village during the seventeenth century a doctor tried to save his wife by performing the first lung transplant! Using comedy, the show, “Isabelle’s Resurrection”, also increased the public awareness in a light and informative way.

Trans-Forme also issued a special donor card for the 26th Heart Race 2012 which can be downloaded on www.lacourseducoeur.com. It is available with many other “collector” donor cards issued by personalities and friends of the race - all supporting organ donation!

Trans-Forme

I Run 4 You: 250 Hearts from Dublin LFI School to Paris!

Children from the lycée Français d’Irlande (LFI) in Dublin, Ireland took part in the project “10,000 Hearts for the Hospital” sponsored by Trans-Forme, the French transplant & dialysis sport association.

More than 250 “paper hearts” were sent to Paris from the children of the LFI to the children of Paris Hospital. They were asked to design hearts out of paper, tissue, or cardboard and this led to some beautiful designs. They enjoyed the project and the hearts were created with love and showed much artistic talent from the children. Their teachers were involved and they motivated the children to get brilliant results from this project!

During the 2012 Heart Race more than 40,000 hearts were collected in order to encourage kids and adults currently waiting for a life-saving organ.
My illness started over thirty years ago. Red marks appeared all over my body, the skin around my eyes was swollen and my whole body was itching. The doctor I consulted diagnosed a food allergy, however these symptoms appeared for the next ten years in six-month intervals. When I was pregnant with my second child, doctors comforted me that the itching would stop after the birth. Unfortunately, this was not the case. It was even more difficult to tolerate the itching when also looking after the baby. After three years, I consulted a different doctor - I was a nervous wreck, without any motivation and felt sleepy all the time. Ever since my childhood I had been a keen hiker but at that time I did not have any energy.

After a series of tests the doctors diagnosed an incurable liver condition Primary Biliary Cirrhosis. The only solution was a liver transplant. This scared me immensely and led me to questions such as: Why me? What lies ahead? What if I die? My son was 22 at the time but my youngest daughter was only four years old. I did allow melancholy to overcome me but then decided not to give up. I had to stay on a strict diet; I was strongly advised to avoid any physical activity. I had to accept the fact that hiking was no longer allowed. I was convinced that I would never be able to go hiking again.

Three years later I was the lucky person who has had a successful liver transplant. The recovery took six months and after that I was able to go on short walks, on flat surfaces of course. To gain back strength and fitness I gradually increased the pace and distance of my walks. After a while I asked my doctor whether I could go uphill since I lived in a town surrounded by mountains. “Of course you may”, he answered, “but walk moderately and wisely.” And so I started. I celebrated the first anniversary of the transplant on a mountain top in the Košuta mountains and after that nothing could stop me. Straight away I bought a hiking journal, started filling it with stamps and writing about the impressions from each climb. In three years I have conquered more than 100 mountains with elevation above 2000m. I have witnessed and photographed stunning views and beautiful mornings. I became more and more interested in mountain animals and plants - something that I had not noticed before. I go to the mountains only when the weather forecast is good but conditions can change quickly and I am very afraid of sudden storms. I have had some bad experiences but all of them had a happy ending. It is hard to count all the mountains I have conquered and the kilometres that I have walked. I always strive to achieve more and I would like to conquer a mountain higher than 3000m either in Italy or Austria.

I am fully aware that an anonymous donor not only saved my life but also enabled me to live a beautiful life and gave me the opportunity to take part in something that means so much to me - hiking. Of course I am also grateful to everyone that has been there for me during these hard times. Besides my son, his wife, my daughter and the rest of my family, many doctors and other medical staff have encouraged me and contributed to my recovery. With the deepest gratitude I can thank them that I am happy and enjoying my life to the fullest.

Metka Kosem,
Slovenian Transplant Association
Now, as you prepare for the World Transplant Games, 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.

**MOTIVATIONAL FITNESS**

Fitness for sport involves participating in a Club with a team under supervision with supporters and advisors. However, you need to provide time and opportunities for you alone to focus on your sport. Your chances of success, improvement and enjoyment will increase by keeping to your training. A training partner may help to strengthen your commitment and discover your strengths and weaknesses. You also need to establish what is required to improve your personal best performance - a coach, masseur and a physiotherapist may boost your performance. Improvement will include understanding how to avoid and recover from injuries and maintain your fitness if you suffer an injury. Preparation for the Games includes paying attention to your general health, nutrition, medication, family support, equipment, funding, insurance, travel arrangements, documentation and registration. You should seek help from your doctor, team manager or fellow athletes and you may access WTGF material for guidance. Be motivated to train. Train as frequently as is safe and effective.

**MENTAL FITNESS**

The state of mind for competition is where you know how much you can suffer in stress and pain without injury or failure to finish the competition. You already have a good comprehension of the risks of competition e.g., you would only enter a marathon if you had conducted a successful training programme. This insight is applicable to all sporting events no matter the level of stress experienced in your chosen sport. However, your training should provide opportunities to develop detailed insight into what you can achieve and what is beyond you in your sport. When you have dedicated yourself to this task, you will develop MINDFULNESS which is helpful in many aspects of life and it will enhance your self esteem. You will become very knowledgeable about your sport and your own personal qualities. Perhaps you are there already. However, you must keep your mindfulness for the next 18 months.

**MUSCLE FITNESS**

Training prepares muscles for endurance, stress, stretching, forces, coordination, recovery and repair. Muscles quickly respond and these issues remain prepared for the next sporting activity. However, preparation of muscles takes forethought, time and review. Also muscle wellbeing is very short lasting and deteriorates within two days of ceasing physical activity. It is necessary to train four out of seven days a week to preserve muscle fitness. The benefits of training increase performance, but the increase steadily diminishes with each event as you approach your personal best. In effect, competition or training for muscles is very similar to taking a drug called adrenaline or caffeine. When this is taken, there is a response in proportion to the dose, however, afterwards there is a recovery period and there is also a phenomenon called tachyphylaxis. This is where the body, and muscles in particular, requires increasing doses to achieve the same effect. Cross training may overcome the effect of diminishing returns from training. With these variations to training you will need to study the response of your muscles to avoid pushing too far with stress and endurance.

It is relevant to note here that caffeine is very effective in increasing endurance by as much as one third of your performance (i.e., you can extend your run from two to three kilometers by adding two or three cups of coffee to your preparation before you run). Please note: caffeine use is permitted in sport, although the athlete should not exceed ten cups per day as there are risks involved. Note also that an extreme level of caffeine (over 14 cups a day) is recognized by WADA as a method of enhancing performance. Keep in mind that some athletes have a majority of fast twitch muscle fibers which favor sprinting. Other athletes should focus on endurance which demands more training.

“**A training partner may help to strengthen your commitment and discover your strengths and weaknesses.**"
IN SUMMARY
Sporting talent is a real gift which is to be celebrated and enjoyed at every opportunity. Motivation may require external factors to assist sporting talent. These two factors are not enough. A third and powerful influence is a constructive attitude which can only be gained through seeking challenges, attending training regularly, participating in competition, and undertaking analyses of strengths and weaknesses.

In the next issue of TransWorld, I will cover the important areas of heart, metabolic, mortal and medical fitness.

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

HEALTH-RELATED QUALITY OF LIFE:
COMPARISON BETWEEN TRANSPLANTED AND HEALTHY MASTER ATHLETES

The following article has been adapted from a study which can be read in full on the World Transplant Games Federation website www.wtgf.org Articles and Medical Reports.

Introduction
Health-related quality of life (HRQL) is an important marker in many chronic diseases. It allows the quantification of the patient’s subjective perception and allows understanding of their physical, emotional and social needs. The aim of this preliminary study was to compare the level of HRQL between a group of transplant athletes who participated in the World Transplant Games 2011 and a group of healthy athletes who participated in master competitions through completion of the ‘SF-36’ questionnaire.

Methods
The ‘SF-36’ questionnaire was completed by 39 transplanted male athletes within a range of varying ages and weights including heart; liver; kidney and bone marrow recipients who participated in cycling, swimming, track and field, tennis and golf at the World Transplant games in Goteborg, Sweden 2011. Twenty healthy master athletes also of varying weights and ages participating in national master swimming and cycling competitions were also surveyed.

Results
The two groups achieved similar scores in the scales of general health, vitality, social functioning and mental health. Transplanted athletes showed significant difference in scales of physical functioning, role limitations due to physical problems, body pain and role limitations due to emotional problems compared to healthy athletes.

Conclusions
In a selected group of transplanted patients practicing sports, the physical aspect and part of the mental aspect (role limitations due to emotional problems) were worse than that of healthy athletes, while the other scales of general health were similar to that of healthy athletes. In particular vitality and general health scales that are part of both the physical and mental aspects are similar to the master athletes. Despite the transplanted athletes who took part in the questionnaire not being representative of the general transplant population, the data suggests that a near-normal level of health-related quality of life is possible after transplantation.

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NEWS FROM ITALY

XIV INTERNATIONAL TRANSPLANT SKI-TROPHY

In January 2012, the ski slopes of Chiesa, in Valmalenco, hosted the "XIV INTERNATIONAL TRANSPLANT SKI-TROPHY". Transplanted and dialysed patients from all regions of Italy participated together with competitors from the Czech Republic and Germany.

A week full of events: in addition to the initial skiing lessons and training, a public debate about "Organ Donation and Transplant" took place and also a very crowded scientific congress on "Sport and Transplant", in which the results of the experimental studies conducted on the athletes of the Aned Sport Transplanted Team were presented.

After four days of training, finally the long awaited moment arrived – the competition between patients and doctors started on Friday with the Cross Country individual contest and the Cross Country Relay.

On Saturday the most eagerly anticipated races were held - the Giant Slalom challenge between transplanted/dialysed patients and doctors for the 1st "Elio Ceccon Trophy" and the Giant Slalom Team Contest for the 5th "Franca Pellini Trophy".

Thrilling and hard-fought to the last, under an intense and continuous snowfall, the contest has again seen the success of the transplanted skiers, further testimony to the beneficial effects of sports activity after transplant.

After the prize-giving evening - a joyful and festival atmosphere with dances and music in the Palù mountain refuge, the participants were already scheduling dates for the following year, ready for new thrilling challenges.

Nicola Scalamogna, ANED

The countries bidding for the 2015 World Transplant Games

President Olivier Coustere and Councillors Lynne Holt and Anders Olsson plan to visit the three bidding countries for the 2015 Summer World Transplant Games. The visits to Germany and Japan have already taken place and they will be travelling to Argentina late May.

The photos below show the WTGF representatives meeting the delegations from Germany and Japan. Sadly, it is not possible to feature a photograph from Argentina before we go to print. The three bidders will formally present their bids to the whole WTGF Council in July this year during the inter-Games Council Meetings in Durban and the successful venue will be announced at that time.
Checking my weapon for the last time, trying to control my breathing and just concentrate. I step onto the aluminum fencing piste. The epees are checked by the referee, I put my fencing mask on and he finally shouts ‘En garde, Etes vous pret? Alé!’ The quarter-finals of the International Amsterdam fencing tournament have begun. Being on this spot again after three and a half years fills me with joy. But it did not come easy by any means.

It all started at the Fencing World Cup in Bern, Switzerland. This was my second season as a Dutch international fencer battling for a spot on the Dutch equip team, which were at that time in the race for qualification to the 2010 Beijing Olympics. During the last few matches I wasn’t feeling well; my stamina was low although I had trained more than enough. I was drinking a lot of water every day (some said too much to be healthy). I was just thirsty all the time. The match that day went very badly, I just couldn’t move like I normally did anymore.

When I got home feeling disappointed my girlfriend forced me finally to see a doctor and have my blood checked. The results turned out to be devastating. When I got to the hospital they eventually concluded that my kidneys had almost no function for unknown reasons and would shut down permanently within one or two months. The only real solution was a kidney transplant. With no medical history at all, I was completely taken by surprise. My life went from international fencing athlete with Olympic ambitions to a kidney patient bound to dialysis from one day to another.

Fortunately my direct friends and family were a big help. My mom and dad were willing to donate a kidney. After PD and hemodialysis for almost six months my dad turned out to be a match and was given a clean bill of health. In 2009 the transplantation was planned and everything went according to plan! My dad fortunately had very few recovery problems and was walking the golf course again within 2 months! For me the recovery took a bit longer and also much medication was necessary in the beginning. However, after a few months I was putting my life back together.

After an experience like this you start to realize what is important in life. Today the transplant was about two and a half years ago and since then I have started my own company, got married and now we have a seven month old baby girl called Fleur. We are extremely happy and thankful for all help we received from friends, family and the professionals from the two hospitals during my period of illness, but especially my dad who made it possible that I can witness it all today.

The only little thing missing until yesterday was competing in a large fencing tournament again. Although I don’t have the ambition anymore to compete on a top level, I enjoyed the competition very much and even got seventh place! But most important I had my wife and daughter cheering me on.
The New Zealand Transplant Games Association (NZTGA) was founded in 1989 with the purpose to promote organ donation awareness through the participation of its members at Australasian and World Transplant Games. It also promotes organ donation awareness through participation at national events such as the recent Thank You Day.

The Thank You Day was held in New Zealand on 8 March 2012 to mark World Kidney Day. Recipients of all organs (not just kidneys) throughout the country planted freesia bulbs to symbolise the new life they have been given and to thank their donor, donor family, health professionals and anyone who has been involved in their transplant journey. They were wearing white t-shirts which had Thank You written on them in different languages.

NZTGA members were pleased to be able to take part in the event as they felt it was a great opportunity to publicly thank the many people involved in their transplant, especially their donor and donor family. They also felt it was a positive way to talk about transplantation and were able to share their stories with media throughout New Zealand.

NZTGA members have also been proud to represent their association over the years in the Rotorua Marathon and the Walk’n’Talk in Tauranga in 2009. This was an event to raise awareness about organ donation.

While New Zealand is a small country and situated far away from the rest of the world, the NZTGA has sent a team to every World Transplant Games since its inception. A team of 13 attended the games in Sweden last year, braving the near-30 hour flight to compete. Obviously a much larger team attended the games in 2009 in Australia!

Transplantation in New Zealand includes organs: heart, lungs, liver, kidney and pancreas; and tissues: eyes (corneas and sclera), heart valves and skin; and bone (from living donors).

In 2011, there were 38 deceased donors in New Zealand and 116 people were given the opportunity of an organ transplant, more than the previous two years. One of the reasons for the increase in the number of organs that were transplanted can be attributed to the number of organs that can be donated in younger donors. In 2011, the average age of donors was 43.

NZTGA is a non-profit organisation with a primary goal for its members to have a good time in attending and promoting all events in which the Association participates. Recipients have brought home an impressive number of medals from previous games, and they intend to be well represented and do the same at the 2013 Transplant Games in South Africa.

Sheryl Power
www.donor.co.nz
www.transplantnewzealand.org.nz
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.