Proud supporter of WTGF and TACKERS

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.
WORLD TRANSPLANT GAMES FEDERATION
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Gary Green
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Editor’s apology: Our apologies to member countries Singapore and Italy for the mistake with national flags on page 9 of TransWorld 2, 2012.
MESSAGE FROM THE PRESIDENT

In a few short weeks we will all meet again in Durban and I am very much looking forward to the Games in Africa for the first time. The work that is being done by the team in Durban is amazing, not only in the sport organisation, but in all other aspects in order to make these Games really exciting and as safe as they can possibly make them.

It is encouraging to hear that some new countries will participate at the Games for the first time – and also good news that some countries who have not been for many years will return – I look forward to meeting your representatives at our WTGF Welcome Reception on 30th July.

During our time in Durban, we hope to run a Workshop which I believe will be of great interest to all organ recipients – the topic ‘Self Medication’ is clearly something that we should all be aware of given our prescribed drugs and for this reason, I urge you to read the article on page 4 of this Journal written by our medical committee chairman Pr Daryl Wall.

As you know, we hold our Council elections every two years at the Summer Games and on this occasion we will sadly be losing our long-standing Councillor and Treasurer, Mr Nico Zonneveld who will retire. Nico has been a member of the Executive Committee for eight years and he has worked hard to keep our finances on track. We thank Nico and all Councillors who will not return, for their contribution and commitment to the running of the Federation. At the same time, I hope that we will see some new faces from different continents, different cultures and languages as it is vital that we have a wide spread of opinion on a Council which represents more than 70 countries.

And so, as the plans for Durban are finalised, we will think of the next Winter Games to be held in La Chapelle d’Abondance in France in 2014 – it has been a concern of mine for some time that the Winter Games are not being staged very often outside of Europe and for this I would ask any member country who has good ski resorts to consider a bid in the future.

Africa for the first time in 2013 – and on to South America in 2015 – it is great that we are gaining such a wide audience for our aims and objectives.

I look forward to seeing you in July.

Yours friendly,

Olivier Coustere
President

MESSAGE FROM THE GENERAL SECRETARY

The Games are here, and we hope you’re coming!

The Federation is excited to bring the Games to the African continent for the first time ever! It has been a pleasure to work with Willie Uys and the Local Organizing Committee - if you have the opportunity, be sure to thank them for all of their hard work and dedication to making these Games the most successful ever.

Good luck to all the teams – and for the first time at a World Transplant Games, we will be recognizing the Outstanding Team of the 2013 World Transplant Games. The criteria for the new WTGF Outstanding Team Award and all the other WTGF Awards can be found on page 16 of this Journal.

We hope all countries will be represented at the General Assembly which will be held on Thursday, 1st August 2013 at 8:00pm. Councillor elections will take place and there will be some recommended changes to the WTGF Constitution.

Finally, on behalf of the entire WTGF organization, I am pleased to be able to extend our thanks to retiring treasurer Nico Zonneveld, who has faithfully served the Federation for eight years. His management of our finances has been consistent and dependable, and he has always made sure that the financial interests of the organization remain paramount in his thoughts and his work. Thank you, Nico, for all of your help and your support over the years!

Gary Green
Secretary

“"I never think of the future - it comes soon enough."”
Albert Einstein
SELF MEDICATION
Self Medication is the independent act of a person starting some form of medication, food supplements, minerals, chemicals, herbs, vitamins or unusual food products without transplant physician discussions and agreement. The purpose of such additional therapy is to improve health and performance. Regrettably, it is very clear from reliable, scientific resources that SELF MEDICATION (SM) is highly unlikely to improve health or performance in anyone undertaking it. At the same time, it is likely that a transplant recipient will risk suffering extreme complications and numerous adverse effects, if they undertake SM without a full understanding of all the possible drug interactions.

WHY IS A TRANSPLANT ATHLETE AT MUCH GREATER RISK OF COMPLICATIONS FROM SELF MEDICATION?
The transplant recipient is obliged to take medication for control of rejection, to prevent the adverse effects of immunosuppression and to treat pre-existing or new co-morbidities e.g. diabetes mellitus. Some of these medications are intrinsically organotoxic or may become organotoxic when combined even under medical supervision. These interactions are even more concerning when the stresses of competition may cause the athlete to become dehydrated or hypertensive.

Drug interactions even now are not well understood, well documented nor is the medical community confident about the safety of drugs. A recent example of a surprising and serious adverse effect is the discovery that the use of calcium supplements with prescribed medications has led to renal failure. It is therefore understandable that adding additional therapies to the essential prescribed medications can precipitate unpredictable and irreversible harm.

WHAT IS APPROPRIATE IF A TRANSPLANT RECIPIENT IS ALREADY SELF MEDICATING?
It is essential that the athlete consults with the transplant physician responsible for prescribing the immunosuppression agents. The athlete should report their SM to their doctor and seek advice about assessing drug interactions, side effects and the possibility that the supplement may include chemicals which are on the World Anti-Doping Agency (WADA) banned list. If there is any doubt about any medication or supplement which is not essential, the supplement should be ceased.

SAFETY IN SPORT
It is clear from the missions of the International Olympic Committee, the World Anti-Doping Agency and the WTGF, that the health of the athlete is a supreme responsibility and priority. The authorities of the above institutes provide a wealth of information about the dangers of drug doping. The risks of modifying prescribed medication to try to enhance sporting performance far outweigh the possibility of winning a gold medal. It is known that over 2% of all athletes in all sports have identified as drug cheats. Transplant recipients are at greater risk of very severe complications of modification of drug therapy. Of particular importance is the evidence that increasing steroid dose will not increase performance or speed of recovery, however it will increase bone damage and vision impairment.

THE IMMUNE RESPONSE IN RECIPIENT ATHLETES
Some supplements are recommended for immune support. If a supplement is effective in promoting an improved immune response, then the recipient is more likely to suffer rejection, loss of organ or loss of function.

QUALITY AND SAFETY OF SUPPLEMENT PRODUCTION
According to the World Health Organisation 25% of supplements are dangerously contaminated by a variety of poisons.

SAFETY OF VITAMINS
Overdoses of vitamins are dangerous and can threaten a transplanted organ. Very few clinicians are aware of the dangers of vitamin excess in recipients. Vitamin D excess in combination with calcium can cause rapid onset of renal failure. An excess of Vitamin A can cause serious skin disorders.

ARE THERE INDICATIONS FOR SELF MEDICATION?
If an athlete experiences the symptoms of fatigue, nausea, vertigo, lack of interest, a decline in performance or edema of the limbs or face, they should immediately seek advice from their transplant physician as these features are symptoms of a serious underlying disorder which will require investigation and treatment by the athlete’s experienced transplant physician. Symptoms are never an indication for Self Medication.

ONLY YOUR TRANSPLANT PHYSICIAN WILL FULLY UNDERSTAND THE HAZARDS OF SELF MEDICATION
The speed of progress of therapeutics is so great that only a few in the Medical profession are able to keep up to date with the dangers of Self Medication. The primary purpose of providing this educational article is to ensure that the athlete will always seek advice from the experienced caring transplant physician who is responsible for the long term care of the recipient.

Daryl Wall AM, ASM, MBBS (Hons) First Class, FRACS
Chairman WTGF Medical Committee
What in your opinion is the biggest challenge for the World Transplant Games Federation in the near future?

“To keep the worldwide Federation acting as one body being the worldwide authority on all matters relating to sport after transplantation (with over 30 years experience in this field and with a membership of nearly 70 countries, our knowledge in this field is second to none). We wish to be considered as a key speaker for all topics regarding organ donation, to coordinate an international sport and transplantation medical group considered as the reference point in all transplantation and sport matters.”

Is there something in the spirit of the World Transplant Games that the rest of the world of sport could learn from?

“Certainly – the determination of our transplanted athletes never to give up hope, to be grateful for every moment that they can do their sport and not just to aim to win, but to take part alone is the best gift after transplantation.”

Which is more important in the WTG: sport or increasing awareness on organ donation?

“Definitely to use our sport and the success of transplantation to increase awareness of the desperate need for more organ donors to come forward and for families to be made aware of the wishes of their loved ones and to discuss the issue of organ donation in the course of normal everyday life. The Games are the means to that end.”

Looking back to Gothenburg in 2011 and Anzère in 2012, how do you feel the Games managed to increase awareness of organ donation in Sweden and Switzerland?

“It is always very difficult to be absolutely precise on the figures as some of the increase may be due to local conditions, some of it is definitely attributed to the raised level of publicity for at least one year before the Games, but it is not an exact science. We know for sure from feedback, not just in the host country, but in all the countries where the athletes return home with medals from the Games that the press and media publicity is invaluable. It shows concretely how transplantation is successful and also the noise made around the Games locally is one of the most efficient and positive means to attract the media and give the general public an opportunity to think about organ donation.”

Do you think it’s important that the famous athletes that have gone through organ transplantation act as role models for other transplant recipients?

“Definitely it helps because they can gain the media attention. And that shows how unpredictable heart or kidney or liver disease can be and that it can touch everyone at any time and bring anyone to an organ waiting list”

You said in the TransWorld Journal that “the finances of WTGF are in a much healthier position now than in previous years since we rely less on commercial sponsorship and more on licensing the Games franchise to the bidding countries” – Isn’t that a bit problematic since the less wealthier countries can’t stage the Games even though they have a greater need of increasing awareness on organ donation than countries such as Sweden or Switzerland?

“It is true that the cost of staging the Games can be prohibitive to small or less wealthy countries but then their facilities for major sports events would also not be suitable for us to hold such an international event safely. The intention is to encourage these countries to attend the Games with a national team and to gain them publicity from their local press when they return home. It is exactly the same for the Olympic Games or any other major sports events – not all countries can afford to stage them or have the facilities but they are all at least able to send a team which will allow them to use their attendance back home to raise awareness about organ donation. In fact, the Transplant Games are not expensive at all for a country or a city when 2000 people come from all over the world and contribute to the local economy, when values such as generosity and fraternity are tied to the city all along the process of the Games delivery, when Departments such as sport, health and education and others work together, and when - last but not least - saving lives represents such a huge economic saving for the country’s health system.”
WORLD TRANSPLANT GAMES 2013: Why Africa? Why South Africa? Why Durban?

These questions have been asked in a number of ways over the past three years since Durban won the bid to host the XIX World Transplant Games. Instead of trying to justify the decision, let us show you what you are going to see and experience when you travel to Durban and perhaps do some touring before or after the Games...as well as things that you need to be aware of.

The first issue that we would like to share is the question of safety and security. We as a Local Organising Committee have been working closely with the National, Provincial and Metro Police to ensure that the Games environment will be as safe as we can make it. You will receive some handy advice when you arrive but the main thing, as in any major city in the world, is to use common sense and always be aware of your surroundings. Durban is a wonderful holiday destination and hundreds of thousands of tourists visit the city every year and enjoy the safe environment and beautiful weather.

As we have mentioned before, you will be staying at some of the best hotels on the Durban beachfront and you will have access to a variety of facilities such as gyms, swimming pools, bars, restaurants and of course the promenade and the warm Indian Ocean across the road. Please ensure that you swim in demarcated areas and remember to respect the power of the sea.

The Promenade stretches from the Moses Mabhida Stadium in the North to the uShaka Marine World in the South – about 5km of walking, running and cycling space. The Promenade is patrolled and is an area where you can really enjoy the Durban beachfront.

There are also a variety of other places of interest to visit in the city itself, one day tours around the city and then on trips that will take a bit more than a day. All details can be found on the official WTG2013 website. We would really like you to experience all the wonderful things to do and see while you are here in our beautiful country.

You can also be sure that you will have the best medical team available at all times. There will be a 24-hour facility at one of the hotels, staffed by members of the Medical Team. The ICC and every hotel will have medical persons on the premises to ensure your health and comfort in case of emergency.

What more can we say? Come and enjoy true South African hospitality and Celebrate Life with us.

Willie Uys
Chairman LOC WTG2013
www.wtg2013.com
www.facebook.com/officialworldtransplantgames
The Winter World Transplant Games in LA CHAPELLE d’ABONDANCE (France)
12th to 17th January 2014

In 2014, the Winter World Transplant Games will be held in France, at La Chapelle d’Abondance (Haute-Savoie, France).

High in the mountains of Haute-Savoie, the village of La Chapelle d’Abondance offers a warm welcome to all.

Another snowfall, another day’s skiing!

La Chapelle d’Abondance welcomes you to its snowy slopes. From the beginner to the confirmed skier, all will remember this lovely resort.

La Chapelle d’Abondance is located in the Northern French Alps, but only 90 minutes from Geneva airport, the village lies at the heart of a traditional farming valley in Haute-Savoie. Winter and summer, the delights of the “Valley d’Abondance” will enchant all mountain lovers.

Winter shrouds the mountains in snow and La Chapelle becomes a gateway to the vast Portes du Soleil ski area with some 650 km of marked pistes, 35 km of cross-country ski trails and 85 km of snowshoes trails. With many original dishes to savour, do make sure you try some of the fabulous Savoyard specialities and cheeses, which carry the distinct flavour of the local soil. Perhaps the most important gift visitors can find in these ancient mountains is the opportunity to take a break, and unwind from the hectic pace of life - try it!

Super Giant Slalom, Giant and Parallel Slalom, Snowboard, Biathlon, Cross-Country Skiing 5 km and 1 hour, Snowshoes 2 km (driven snow), curling, 150 m Schuss (new!) and Snowshoes Orienteering by team are all on the programme, as well as some fun sports activities.

The idyllic resort of La Chapelle d’Abondance waits for you for the next Winter World Transplant Games in 2014.

The Nicholas Cup

The “Nicholas Cup” for transplanted juniors who are strictly beginners will be an integral part of the Winter Games programme as usual. The Nicholas Cup was founded in honour of a young American boy, Nicholas Green, killed by a stray bullet during a burglary in Italy in 1994. His organs were given to seven Italian patients who were waiting for a transplant. Open to all transplanted beginners from 4 to 17 years old, the Nicholas Cup will be held on the day before the end of the Games. The rest of the week will include supervised activities, ski lessons, indoor sports, adventures and other attractions.

Look out for the Winter World Transplant Games 2014 website launched in May 2013.
The initiative “message in a bottle” was launched and coordinated by Trans-Forme, the French Transplant & Dialysis Sport Federation as a way of promoting the success of transplantation and to increase awareness about organ donation.

Since the French National Transplant Games had been held on two occasions at a very famous sailing venue in France called Les Sables d’Olonne, it was decided to launch this initiative at that port and to ask the skippers of the yachts to be the organ donation messengers.

The idea was to ask recipients taking part in the National Games to put a message in a bottle to then be put in the sea – maybe ending up at the other side of the world…. who knows where it would be found? In order not to pollute the sea with many bottles it was agreed to allow five medal winners the opportunity to have their bottles dropped in the sea by the skippers of five class 40 yachts around the Gulf of Gascogne.

The first bottle was found on a beach on the Oleron Island not far from the start by a doctor in October 2009. A second bottle was found later around the Azores.

Then news was received of a third bottle - dropped in 2011 - found on a beach off the Cayman Islands in March 2013 and here is the story from the local press…

“In these days of emails, tweets and Facebook, an old-world method of communication carrying a tale of the marvels of modern medicine put a smile on the face of Patricia Wright, who literally found a message in a bottle on South Sound beach, Cayman. She spotted a clear, glass bottle in the sand during her normal Sunday walk. Sealed with a cork, she opened it up and found some rolled up papers written in French, Spanish and English.

They told the story of a heart transplant recipient and the bottle had been put in the sea from a yacht taking part in an international 2,540 mile race from the west coast of France to the Azores in the northern Atlantic. The English version of the note read: “Eleven months ago, I could not walk more than 30 metres. Today, thanks to the generosity of one unknown person who gave me a heart, I can take part in sport and think of a future. Sincere thanks to him and his family as well as to all of you who took the decision to say “yes” to organ donation and transplantation.

The note in the bottle said it was sent by French sports and culture support organisation Bénévoles du Littoral Olonnois and indicated that it had been dropped overboard in July 2011 – nearly two years earlier! It did not have the name of the person who had purportedly received the heart transplant, but included an email address of the French organisation and urged the finder of the bottle to write and say where the message had washed up.

The coupon contained in the bottle was an application for an organ donor card. In a twist of coincidental timing, Ms Wright found the bottle on 24th March, the day before the Cayman Islands Government approved a new law to legalise organ donations and transplants in the Cayman Islands.

Up until now, it has been illegal to donate or transplant human organs or tissues. Living organ donors and recipients from Cayman have had to travel overseas for the operations.

“I think of how wonderful it is that somebody now is living a normal life because someone donated a heart.” Ms Wright said. Now that organ donations will be legal in Cayman, “If people can do that and help somebody else, that would be amazing,” she added.

It is thought the bottle must have drifted some 4,800 miles to reach Cayman - an exceptional feat of navigation to carry a heartfelt message.”

The full article by Norma Connolly can be found at:
http://www.compasscayman.com/caycompass/2013/04/05/organ-donor-message-in-a-bottle-washes-up-in-Cayman/

www.trans-forme.org
http://www.lessables-horta.com/
The 1st Hong Kong Transplant and Dialysis Games were held on 24th and 25th November 2012 at Tsing Yi Indoor Stadium and Sports Ground. The Games were organised by the Hong Kong Transplant Sports Association in association with the Hong Kong Society of Transplantation and the Hong Kong Society of Nephrology. The Games were open to all transplant and dialysis centres in Hong Kong. As well as being a rehabilitation activity for the patients, it was also a mass program for organ donation promotion. When the Games were first launched in May, we also introduced the sharing program by our athletes and transplant coordinators who went to schools and community organizations for personal sharing and talks - the aim being to push the organ donation registration rate up to double. In six months, we succeeded in contacting more than 10,000 people and achieved the target of a two-fold increase in registration from 10,000 to 20,000 registrations. During the period, ten promotional activities were organized in the form of a press conference, roadshow, booths and exhibitions attracting huge media exposure in television and radio programs and newspapers.

It was a rainy day for the Opening Ceremony of the 1st Hong Kong Transplant and Dialysis Games on Sunday 25th November 2012. Despite the rain, 531 athletes marched in into the arena led by the Silver Band and the student volunteers holding the boards with the unit names on. There was a total of 21 teams, including one team from deceased donor families and two teams from overseas – China and Macao.

The Hong Kong athletes came from twelve hospitals and in addition to patients on dialysis, there were heart, lung, liver, kidney, bone marrow and corneal transplant recipients. Dr. Wing-man Ko, the Secretary for Food and Health of Hong Kong, officiated at the Opening Ceremony. Then followed the 400m run by the patient representatives, donor families, medical staff, transplant coordinators and the volunteers – to bring hope and blessings to the patients waiting for organs. The result of the updated number of registration on the central organ donation registry was then announced.

The table tennis and badminton competition had been held the day before on 24th November and on the second day of the Games, were the athletics, gateball and petanque. All athletes, aged from two years old to 80, were very happy and involved and the medical and nursing staff were extremely supportive and joined the relay runs.

As well as the sports competition, organ donation promotion booths were set up for more than 40 supporting organisations, including the various patients support groups and government and non-government organisations. We were able to mobilise more than 600 volunteers from various sources, including students and sports organizations amongst others. The importance of organ donation, which was the other aim of the activity, was very well instilled in these volunteers and helpers and their enthusiasm was much appreciated.

‘When will the next Games be?’ was the most commonly asked question during and after the Games. The answer is - 2014 will be the 2nd Hong Kong Transplant and Dialysis Games.

Dr. Chau Ka Foon
Hong Kong
NATIONAL TRANSPLANT GAMES AND EVENTS FROM AROUND THE WORLD

A great event - the 4th Middle East Transplant Games!

Applause on the track at the Argentina and Latin America Transplant Games

Hello from Venezuela!

• EVENTS FROM AROUND THE WORLD • EVENTS FROM AROUND THE WORLD •
• Events from around the world • Events from around the world •

Congratulations and smiles for runners in the French ‘Heart Race’

Medals were proudly received at the 4th Nepal Games

Hello from TACKERS Kids Camp!

Here I come! Hong Kong Dialysis and Transplant Games

Proud and happy medal winners at the Greek Games
Last December, under the patronage of Her Highness Sheikha Fatima Bint Mubarak, President of the General Women’s Union, The Supreme Chairperson of the Family Development Foundation, President of Supreme Council for Motherhood and Childhood, the 4th Middle East Transplant Games (METG) took place in Abu Dhabi, United Arab Emirates. The event is held in order to increase organ transplantation awareness and present the success of healthy, active lifestyles in both organ donors and recipients.

Over the twelve years of its existence, METG was always a special event. The 4th Games in particular was truly something to behold. Abu Dhabi was under the umbrella of the World Transplant Games Federation spirit. The Games were open to all donors and recipients in the Middle East willing to take part in activity, action and sports. METG hoped to not only showcase their athletic skills but to also educate the public about the success of organ transplantation. The event consisted of a wide spectrum of non-contact sports, including running, bowling, swimming, and table tennis.

It was with great pleasure that Mr. Olivier Coustere, President of the World Transplant Games Federation, attended this event. Mr. Coustere gave a warm, inspirational speech at the Opening Ceremony and showed strong and genuine support throughout the Games’ entirety. This was the first METG Mr. Coustere has attended and, after the great success of the Games, certainly not the last.

Dr. Mustafa Al Mousawi, chair of the METG Federation, also delivered quite a speech at the event. Dr. Mousawi, being the pioneer of METG itself, talked about its history and significance in the Middle East. “Undoubtedly”, he mentioned, “METG has played a role in the increase of organ transplantation in the Middle East over the past twelve years”.

Dr. Ali Al Obaidli, the group chief clinical affairs officer in Abu Dhabi Health Services Company SEHA and the President of the Congress of the Middle East Society for Organ Transplantation announced that METG marked three important milestones. One that the event was staged in Abu Dhabi for the first time, two that the Games witnessed the participation of women and three that the 4th METG saw the largest amount of participants in the METG since its beginning in 2001.

Dr. Mohamed Hassan, Chair of the Transplant Games thanked all the sponsors for their overwhelming support. Hosting the 4th Middle East Transplant Games had been made possible by the support of Abu Dhabi Health Services Company SEHA, the Armed Forces Offices Club in Abu Dhabi and Zayed Foundation for people with special needs.

Dr. Hassan reminded everyone that being physically fit reduces the risk of life distressing diseases, such as diabetes, heart and kidney disease. He also noted that you don’t need a fancy gym membership to stay fit. Beneficial physical activity can be as simple as walking on the beach, swimming at your local pool, or biking with friends.

The Games commenced with an appealing Opening Ceremony and the lighting of the ceremonial torch. The sportsmanship presented in the two-day event was absolutely inspirational. During the Closing Ceremony, winners received their medals and participants received certificates. Everyone left with new friends, a sense of achievement and a bright, warm smile.

METG was an educating, touching experience and looks towards a bright future of organ transplantation in the region. Please visit the 4th METG website http://www.mesot2012uae.org/metg_welcome_message.php for more details.

Dr Mohamed Hassan
United Arab Emirates

Mohamed Hassan, 4th METG
Local Organising Committee Chair with WTGF President
Olivier Coustere
XI Argentinean and VI Latin-American Transplant Games

The XI Argentinean and VI Latin-American Games for Transplanted Sportsmen and Sportswomen took place from November 20th to 25th 2012. The Games were organized by the Argentinean Association of Transplanted Sportsmen and Sportswomen (ADETRA) in collaboration with the National Sports Secretary and El Instituto Nacional Central Único Coordinador de Ablación e Implante (INCUCAI). This event has taken place every two years since 1998 and is extremely well supported and enjoyed by participants.

At the Opening Ceremony this year, the special 20th anniversary of the first liver transplant in an Argentinean public hospital was commemorated.

The designation of Mar del Plata, Argentina as host of the 2015 World Transplant Games has caused a huge interest in transplant sport - not only in Argentina but also in this whole region of the world resulting in a rise of almost 100% in the number of participants this year.

On this particular occasion more than 250 people from all parts of Argentina, Uruguay, Brazil, Paraguay, Venezuela, Mexico and Panama participated in the Games. Delegations from Argentinean provinces were accompanied by their coaches – the athletes usually train together in their respective provinces as part of a State initiative. All of the official World Transplant Games Federation sports were practiced and very competitive results were obtained by the participants.

All the participants had the chance to share their experiences, meet people from different places and countries and spend unforgettable times together.

Rodolfo Wetzel
Argentina

4th Nepal Transplant Games
Recipients 4 - Doctors 2!

The Aarogya Foundation at Pulchowk and the Human Organ Transplant Centre at Bhaktapur jointly organized the 4th Nepal Transplant Games on 14th April 2013 - the Nepalese New Years Day - which was held at the National Dasharath Stadium.

The Chief Secretary of the Nepalese Government, Mr Leela Mani Paudel, was the most honoured guest at the Games this year. Also, the popular singer and Chairperson of the Aarogya foundation, Ms Ani Choying Drolma attended along with the famous singing artists - Madan Krishna Shrestha and Hari Bamsha Acharya. Also in attendance was the Executive Director of Human Organ Transplant Centre, Dr Pukar Shrestha, Senior Advocate, Mr Radheshyam Adhikari, Senior Anaesthetist, Dr Modnath Marahattha. In addition, Ms Nabina Pradhan Shrestha, member of the Aarogya Foundation and various other medical and paramedical staff, recipients, organ donors and media personnel all actively participated in the event. Everyone who was involved was delighted to attend and thoroughly enjoyed the day.

The main athletic events organised for the day were the 100 m and 200 m races for men and women and the 400 m for men.

A ‘friendly’ football match was fiercely contested between recipients and the medical team – the recipients’ team defeated the medical team by 4-2. Siddhi Raj Shrestha, a kidney recipient, won the ‘best footballer’ award for scoring 2 goals for his team while the captain of the medical team, Chief Secretary Mr Paudel was declared the ‘fair player’. The game was sponsored by Nidan Hospital, Fewa Pashmina and Sunrise Surgical House.

Pukar Shrestha
Nepal
The 25th Greek National Games was organised by the Greek Organisation for Transplanted Athletes "DROMEAS" in Athens from 27th to 30th March 2013.

Participants arrived on Wednesday 27th March and were accommodated at the Polis Grand Hotel in Omonia, Athens. The competition began with the swimming events which took place on Thursday morning followed by ten pin bowling that afternoon. The athletics were held at the Municipal Stadium, Kallithea on Friday with some fierce competition for medals. Table tennis was played on the last day of the Games at Piraeus. The Games were very well supported this year and the celebration of 25 years of Greek National Transplant Games was an enjoyable and rewarding occasion for all who attended.

Medals were awarded at the end of each day’s events and on Saturday four honorary plaques were presented to distinguished people in the field of kidney disease, including the President of the National Transplant Organization, Mr Anastasios Hatzis for his tireless work resulting in a dramatic increase in organ donation and transplantation in Greece. For the President, it was a unique experience in which the noble efforts of all the participants displayed a positive vision through difficult and unknown times with all the stressful conditions that have arisen in the country, and his presence at the Games was much appreciated by the athletes.

In spite of the economic crisis, Roula Akra from DROMEAS says “This was the most successful Games ever; we had a lot of support from many companies and the general public, thank God. Now we will try to send as many athletes as we can to the World Transplant Games in South Africa.”

DROMEAS
www.o-dromeas.gr

The 4th Transplant-Kids Camp took place in Herbstein, Germany, from 25th to 30th October 2012. Transplanted children aged from 8 to 13, comprising of kidney, heart, lung and liver recipients, joined the camp. A special challenge was the first snowfall in Germany for this winter - but the children were happy.

Many outdoor activities, including climbing, a GPS-walking tour and others were combined with age appropriate workshops about compliance, nutrition and exercise. All our little guests and the helpers had five wonderful days.

The “Transplant-Kids Camp 2013” takes place from 5th to 11th August 2013 on a historical sailing vessel in the Netherlands. Children from other countries are welcome. For more information look on the Web at www.transplant-kids.de or send an email to info@transplant-kids.de.

Wolfgang Ludwig, Germany
 Advances in the effectiveness of immunosuppression and the increasing success of transplantation over the past 30 years have led to a re-evaluation of the priorities of care for transplant recipients.

In the early days of transplantation the focus was on survival which was often measured in months or at best a few years. Now, with the huge improvement in short and long term outcomes, attention is changing from purely being about survival to the quality of life and the opportunities available to transplant recipients.

This change of emphasis is most apparent in the outlook for children after transplantation. It is also becoming clear that adolescence and transition from paediatric to adult healthcare services is a time of upheaval and of potential danger. In paediatric liver transplantation, non-adherence to medication represents an increasingly important cause of late death.

Transplant centres have recognized the vulnerability of young people and are starting to develop specialist services built around their needs. At the same time, parents of these young adults face difficult challenges. They have been used to caring for their child before and after transplantation and experience the tensions between holding on to and letting go of their children. In turn the children are anxious about developing independence and the parents about the loss of control. By the age of ten the majority of children will be responsible for taking their medication.

The concept of TACKERS has been to provide a bridge between these two worlds. The idea of children spending a week away from their home and families with other young people who have had similar experiences that they can identify with has been very successful. TACKERS exposes them to a new world of snow, ski, and fun. Behind this, is the idea that they can develop independence, understand the opportunities that life can offer and begin to take responsibility for themselves and their medication in a safe environment. TACKERS has just celebrated its twelfth anniversary and continues to evolve. At its heart TACKERS continues to promote organ donation and gives visibility to this amazing gift of life. For the participants, it offers them a life changing experience giving them new found confidence. Many of these children have never been away from home before and coming to camp opens their eyes to the fact that they are not alone.

The confidence gained from attending TACKERS and the encouragement to try new experiences is fantastic. For young people to be able to discuss their experience of life with a transplant with others who have shared similar experiences is hugely important. At school they are reluctant to discuss their transplant because it is beyond the understanding of most children and parents, but at TACKERS this is the norm.

Our thoughts are turning now to 2014 when 50 children from all round the world are going to come to Switzerland to enjoy the life changing experience of the next TACKERS camp. Amongst the volunteers will be young transplant recipients who came as children to the first camp and who now act as role models guiding the new young campers. Coming to TACKERS always prompts new thoughts about our work as transplant doctors and the changing needs of our children. It has been a pleasure collaborating with TACKERS camp and we look forward to the future.

Professor Nigel Heaton, Liver Transplant Consultant Surgeon/ Clinical Director, Kings College Hospital
Announcement of Awards at the World Transplant Games in Durban, South Africa 2013

The Outstanding Athlete and Outstanding Junior Athlete Awards will again be presented at the World Transplant Games in Durban this year. And for the first time at the Games, a new Outstanding Team Award has been established.

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

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

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

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

Good Luck to all!

Gary Green
WTGF General Secretary

<table>
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<tr>
<th>ALL PREVIOUS WTGF AWARD WINNERS</th>
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<td>OUTSTANDING ATHLETE AWARD - MEN</td>
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<td>2009 UK John Barnes</td>
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<td>2011 UK George Newman</td>
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<td>OUTSTANDING ATHLETE AWARD - WOMEN</td>
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<td>2009 Australia Kate Clark</td>
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<td>JUNIOR OUTSTANDING ATHLETE AWARD - BOYS</td>
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<td>2011 UK Matthew Salkeld</td>
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<td>2011 UK Kelly Young</td>
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<td>MAURICE SLAPAK AWARD - Men's 5k Road Race Team</td>
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<td>2007 Argentina Adrian Grunewald, Juan Juarez, Daniel Coniglio</td>
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<td>2009 Hungary Mezei Gergő, Venyercsán László and Zilaj Csaba</td>
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<td>2011 UK Ian Brannigan, Matthew Salkeld, Peter Murray</td>
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<td>PETER GRIFFIN AWARD - Men’s Swimming Freestyle Relay</td>
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<td>2009 UK Jason Smit, James Flintham, Matthew Barton, Ben Pacey</td>
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<td>2011 UK Matthew Dodd, George Newman, Jason Smit, Ran Pulik</td>
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ATHLETE CODE OF CONDUCT

The WTGF Athlete Code of Conduct is reproduced here as a reminder for the 19th World Transplant Games in Durban, South Africa.

As an athlete competing in the World Transplant Games, I pledge that my conduct will reflect the highest level of sportsmanship, respect and decorum.

I pledge to know the rules of my sports and to respect the judgment and the decisions of the officials. I pledge to compete with honesty, with fairness, and with a spirit of justice and at all times to show respect towards officials, volunteers, my fellow competitors and spectators.

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

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

I understand that if I compromise this pledge, I may be subject to disqualification from this and possibly other transplant sports-related events.
WHAT IS THE ACCEPTABLE INDUCEMENT FOR A LIVE DONATION OF AN ORGAN FOR TRANSPLANTATION? – LOVE

A MEDIA ALERT
Recently, worldwide media announced that legislation passed in Australia would lead to payment of an organ donor following transplantation of the donor’s organ. The Australian press reports were misleading as long standing, pre-existing legislation is in place in Australia rendering it illegal to sell or purchase an organ for transplantation.

The change introduced resulted from the recognition that a live donor may lose six weeks work following the operation during his/her recovery. The Federal Government introduced payment for the donor following surgery to replace his or her salary. The payment is the rate of a basic wage and does not represent a financial inducement, as it is very limited. For some potential donors, this financial reimbursement may overcome a serious disincentive for those employed whose income is critical to the social integrity of their family.

THE CONTINUING DEMAND FOR ORGANS FOR TRANSPLANTATION
It is disappointing to report that many desperate potential recipients are willing to pay for an organ to overcome the shortage of healthy organs and there are many desperate people who are willing to sell their organs. These activities are known to the authorities of the United Nations World Health and The Transplantation Society. These authorities respect the morals and ethics of the 220 countries of the World and appreciate that different countries face different crises. However, investigation of commercial trade in live organ donation revealed that such activities dramatically exploit the most disadvantaged members of the community, in that usually a poor or unemployed person is paid a small fee for donating an organ and the large profit is gained by a broker.

Under the above circumstances the international community has declared that trafficking in donated organs is an international crime and that action should be initiated against countries which engage in this activity. The usual message shared with country leaders is – “How could your country seek respect and international status if your country members continue to condone the marketing of organs of your helpless and disadvantaged population?”

STRATEGIES BEING UNDERTAKEN TO REDUCE THE SALE OF ORGANS
The most important undertaking to prevent the sale of organs is to improve the donation rates of countries around the world. Until the donation rate rises to meet the need, it will be necessary to recognise that in some countries authorities will turn to offering the potential donor a subtle kind of support for donation. For example a donor maybe offered a lifetime of access to free healthcare or perhaps the same kind of support may be offered to the donor’s family.

While strategies, morals, ethics and legal variations will develop in each country, the exploitation of the disadvantaged people of the world will not be permitted to continue in any country. The sale of organs will remain a crime against humanity as established through legislation in each country.

The Declaration of Istanbul on organ trafficking, organ sales and transplant tourism denounces the practice on the basis of the violation of equity, justice and human dignity. The Declaration led to remarkable improvements in ethical practices throughout the world. The only exception is in Iran where organs can be sold within the country. There is accumulating evidence of disadvantages resulting from this commercial practice, even though the activity is supervised by the Iranian Government.

THE MAGNITUDE OF THE SALE OF ORGANS FOR TRANSPLANTATION
There are over 150,000 transplantations carried out each year. It is estimated that up to 10% of these procedures could be considered unlawful according to the Declaration of Istanbul. Awareness of these activities has led to prosecutions of organizers and clinicians for engaging in the sale and use of commercially acquired organs. Prosecutions have achieved success recently in South Africa where officials and doctors were found guilty of organ trafficking.

POWERFUL MEASURES TO PREVENT THE SALE OF ORGANS
New initiatives have recently received support in many countries, including compulsory notification by doctors about any operations which may be considered illegal. If the doctor fails to report such activities, he may be prosecuted. The networks of protection of donors have tightened successfully to prevent further crimes against humanity.

RESPONSES
If there are any questions or suggestions, please contact Daryl Wall, Chairman of Medical Committee of World Transplant Games Federation.

Daryl Wall AM ASM MBBS [Hons.] FRACS
All eyes will be on Junior world-record breaker, 21 year old Koenraad Pretorius of Paarl in the Western Cape at this year’s World Transplant Games. The event takes place from July 28th to August 4th, in the sunshine city of Durban, on the tropical east coast of South Africa. July 2013 will mark the eighteenth year of his liver transplant on 10th July 1995.

Koenraad is no newcomer to the World Transplant Games podium. When he competed in the 15-17 age group at the 16th World Transplant Games 2007 in Bangkok, Thailand, he won two gold medals in 50 metres freestyle and backstroke. Both were Junior World Records.

In 2009 in Australia, competing in the 18-29 age group, he won bronze for the 100 metre backstroke and silver medals for the 50 metre freestyle and backstroke. He also won gold for shot put. “I am also competing in squash at the 2013 Games and although I have goals and dreams, I intend to have a whole lot of fun too,” commented Pretorius.

Koenraad was born with alpha-1 antitrypsin deficiency, a genetic defect that causes cirrhosis (hardening & crumbling) of the liver, and sometimes the lungs. This resulted in acute liver failure and he received his liver transplant at the Red Cross Memorial Children’s Hospital in Cape Town. The operation took twelve hours and was conducted by Prof. Alistair Millar and his outstanding team of healthcare professionals. He is now looked after at Groote Schuur Hospital by Prof. Wendy Spearman.

As a result of the cirrhosis of the liver, he had to be hospitalised on a number of occasions due to internal haemorrhaging where he had blood transfusions and many biopsies. The symptoms were jaundice, with his skin turning yellow and his tummy swelling up, while he also itched tremendously.

From May 1995 he stayed in hospital until he had a successful transplant operation during which a quarter of the donor liver was transplanted. He was discharged from hospital at the end of September that year and has not looked back since. “I can’t say that anything really changed for me after my transplant, as I was so young when the transplant took place and I cannot compare my life to that of a ‘normal’ person. My health has been good in the sense that I am able to do the things that I want to, and I can enjoy doing them.”

“I want to live without regret and fear of limitations. My ambition stems from the dreams I aspire to every day. My goal is to inspire other people to have hope when there seems to be none and to live every moment in appreciation.”

Frances Park-Ross

KOENRAAD PRETORIUS
....Junior World Record-Breaker aiming for fun in 2013

Koenraad receiving his record breaking gold medal at the 2007 World Transplant Games in Bangkok....

Koenraad was born in Johannesburg on 28th May 1991 and matriculated from the Hoër Jongensskool, Paarl. He is now in his third year of studying for a B.Com Management Sciences degree at Stellenbosch University.

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Frances Park-Ross

...and Koenraad today, with friend Mene van der Westhuizen
Organ transplantation in Kuwait
Kuwait is a small country in the Middle East with a population of three million. The first kidney transplant was performed in 1979 and since then the program has grown and presently 70 -100 kidney transplants are performed annually as well as a few pancreas transplants. All transplants are provided free of charge to all residents of Kuwait. Kuwait has also established a network of organ sharing with neighboring countries particularly Saudi Arabia.

Organ shortage
As other countries, Kuwait suffers a shortage of donors as the estimated need is at least 160 kidney transplants each year. In order to increase the donor pool, and establish extra-renal transplantation, a deceased donor program was started in 1996. Last year 104 organs and tissues were obtained from 18 deceased donors (six per million) which is the highest rate in the Middle East but much below the European average of 16 donors per million per year. In common with other Middle East countries there are many cultural and religious misconceptions about donation after death making it difficult to obtain consent from relatives of the deceased. The present consent rate does not exceed 30%.

Kuwait Transplant Society
The Kuwait Transplant Society was established in 1984 to increase public awareness about transplantation and the importance of organ donation in saving lives. It distributes donor cards through its online website and organises visits to schools and mosques to promote organ donation.

First Arab country in World Transplant Games
Kuwait realized the importance of transplant games in promoting organ donation and was the first Arab country to participate in World Transplant Games in 1997 in Sydney, Australia and subsequently attended most of the World Games and managed to obtain several medals, including gold in the Games held in France, Canada and Thailand. Subsequently several other Middle East countries actively participate in the World Transplant Games, particularly Iran and Tunisia.

Establishing Middle East Transplant Games
In 2001 Kuwait initiated and organized the first Middle East Transplant Games (METG) with over 70 competitors from various ME countries. The second Games were also held in Kuwait in 2007, the third in Tunisia in October 2010 and the fourth recently in Abu Dhabi in December 2012. The number of competitors and participating countries is steadily increasing. The next Games are planned to be in Turkey in 2014. The Games are organized through the Federation of Middle East Transplant Games established in Kuwait in 2003.

3rd World Day for Organ Donation
Due to its activity in transplantation, Kuwait was selected by the Fairtransplant Foundation (fairtransplant.org) in collaboration with World Health Organization (WHO) to hold the 3rd World Day for Organ Donation and Transplantation in 2007. This was held under the auspices of the Prime Minister of Kuwait and attended by regional and international guests.

Dr Mustafa Al-Mousawi
Kuwait
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.