MAIN TOPIC

Medical Research Project 2011

We Need Your Help
Join the WTGF on Facebook!

The WTGF has an active presence on Facebook and we are looking to grow our community worldwide.

Please join us by typing the link below in your address bar and clicking on the “like” button beside the title. Or, you can search for “World Transplant Games Federation” on Facebook, select the option with the blue WTGF logo and that will bring you to our page. Click on the “like” button beside the title and start sharing!

We are keen to make the page an interactive resource that will benefit Country Representatives, Team Managers, athletes and friends. We want to offer an opportunity for people to keep connected between Games and to find out what is going on around the world. We can all learn from each other in terms of developing our respective sports programmes and if we build our presence on Facebook, we can use it as another means of promoting our activities and the key message - organ donation works!

We would encourage you to become a ‘fan’ of the page and to get all your team members and friends to do likewise. We are looking for people to post content and photos. In so doing our sense of community will develop, our message will spread and we will find new people to join our family. Thanks to Councillor Colin White of Ireland for heading up this effort.

Join us today!

http://www.facebook.com/pages/World-Transplant-Games-Federation/104029189628953
MESSAGE FROM THE PRESIDENT

Another year gone and another year closer to our next meeting in Sweden! It seems only yesterday that we were saying goodbye in Australia and now we are approaching 2011 with excitement and hope.

The WTGF Council was given a wonderful welcome in Gothenburg in June this year – we visited all the relevant venues, we were treated to wonderful views of the city with its warm and friendly atmosphere. Thanks to the Local Organising Committee for making our stay so enjoyable and valuable. We look forward even more to our return next June and can guarantee that all of you planning to attend the Games will find Gothenburg a beautiful place to visit, easy to walk around and many opportunities for exploring in your spare time.

Amongst the many arrangements being put in place will be a professionally conducted Research Programme called “Investigation of Physical Benefits of Competitive Sport for Transplant Recipients”, which will involve tests on bone density after differing levels of exercise as well as blood tests to determine if exercise will produce healthier vascular endothelial cells in recipients after sport. It is hoped that a comprehensive set of results will be published after the Games which will be of enormous benefit to the medical profession and of great interest to this Federation and its members. You will receive a letter about this shortly and although many of you may be happy to volunteer, the doctors conducting the research will be very selective in their choices so please do not be upset if you are not chosen, even if you volunteer. A full report on this matter is given on Page 4 by the Chief Medical Officer of the Swedish LOC, Dr Hakan Gabel.

By now, you will know that the venue chosen for the 2013 Summer World Transplant Games is Durban, South Africa, first time for our Games on the African continent. Many congratulations to Willie Uys and his team and commiserations to the other contenders, our friends in Japan whose bid was so well prepared and whose team were so dedicated. Some of you may have concerns about issues surrounding travel to South Africa but “we know they have a good transplant programme, good facilities and experienced and well trained medical teams” as Prof. Jeremy Chapman, the former President of The Transplantation Society, recently said.

As with all countries of the world these days, security issues will be of concern but both the WTGF and the IOC will as ever, have this as a priority in planning the Games. Let us not forget the wonderful success that Durban had as the official host city of the recent FIFA World Cup which, was a clear advertisement of the safety of Durban and more importantly, the warmth of the welcome we can expect.

We continue our discussions with the IOC in order to acquire our full recognition which will be dependent on many factors, including our compliance with the rules of the World Anti-Doping Agency – all of these matters are in discussion between WTGF, IOC, WADA and our medical advisors at present and will be resolved in the coming months. Our member countries will be informed once we have a defined plan and the level of use of the 5 Rings by our members will also be clarified.

So, this is the end of a very busy year – we see reports of wonderful national transplant games events in your countries, we see news about the next Winter World Transplant Games and Nicholas Cup in Anzere, Switzerland, we read of stories of courage and hope.

We take this opportunity to thank all our supporters and sponsors, in particular Astellas Pharmaceutical who remain a major sponsor and whose support for the 2011 Games will be invaluable.

It remains for me now to wish you all a very Happy Christmas and Happy New Year 2011 – remember to keep in touch on our Facebook page – details are given in this Journal.

Keep healthy and see you in Sweden in June next year.

Yours

Olivier Coustere
President


“Those who bring sunshine into the lives of others, cannot keep it from themselves.”

J M Barrie
WE NEED YOUR HELP

Investigation of physical benefits of competitive sport for Transplant Recipients

The transplantation of organs and haematopoietic stem cells saves life and enhances the quality of life. It is necessary to continuously evaluate the progress of transplant recipients in order to improve their lifestyles, to prevent the loss of life or the loss of quality of life. It is with this background that the Local Organising Committee (LOC) of the 18th World Transplant Games in Göteborg will be asking for volunteers to participate in research during the 2011 Games – very few scientific studies have previously been performed during the World Transplant Games.

The LOC has decided on a number of research projects to be performed as part of the Games in collaboration with Halmstad University, School of Social and Health Science and the University of Göteborg. There will be studies concerning the attitudes of the athletes to participating in sports as well as the participants’ sports performance and its consequences.

A survey of attitudes will be presented to some national teams at pre-planned sessions. Previously, a similar pilot study of the US team at the Gold Coast Games in 2009 yielded some interesting results. The athletes surveyed were some nine years post transplant - 25% had previously participated in sports on an elite/sub-elite level and 48% on a competitive level. They ranked ‘high’ on enjoyment to participate in sports (6 on a scale 1-7) and also in perceived competence (3 on a scale 1-4).

We propose that some of the athletes participating in strenuous activities, such as the road race, badminton or squash singles, will be studied closely in the resting state, during and after the event. Selected participants in bowling will serve as a control group. All of the selected volunteers will undergo tests, including blood tests (before and after the exercise), dual X-ray absorptiometry and high resolution peripheral computerized tomography and non invasive techniques measuring body composition and bone micro-architecture. During the Games, the volunteers will be monitored with a pulse monitor.

The first research protocol is an investigation of the influence of physical activity on bone health. The proposal to be evaluated is that the greater the physical activity of the transplant athlete, the healthier the bone structure will be.

A second study will be an investigation of the influence of physical activity on the health of circulating endothelial cells of the athletes. The proposal is that with increasing physical activity the health of the circulating endothelial cells increases.

General information
As part of the registration form for the Games in Göteborg, the athletes will be asked if they are provisionally willing to participate in the studies outlined above. Not all of those willing to participate will be chosen to be part of the studies as there may be aspects of your life and medical profile which may require the researchers to leave you out of the study group for statistical purposes only.

All studies will be approved by a Swedish regional ethics committee - subjects will be given detailed information on the studies and asked to sign a consent form.

While many athletes will be invited to the studies of attitudes only few will be invited to participate in the other studies. The subjects will be chosen based on the organ that was transplanted, their age and medical profile and the sports.

As in all research, the response rate is for statistical reasons most important; it is important that those who are targeted also accept to participate in the study.


Håkan Gabel
Chief Medical Officer
WTG2011 LOC
Profile on WTGF Councillor

Willie Uys
and his wife
Heilie Uys

Willie and Heilie are the Chairman and Secretary respectively of the South African Transplant Sports Association (SATSA). They enjoy nature and being in the South African “bush”. They met during a five-day hike in 1980 and married in December of the same year. They share Willie’s children from previous marriages: a married son in Texas, USA, a single daughter in Cape Town, South Africa and a married son in Leeds, UK.

Willie is a printer by profession with various roles in the industry throughout his career, including Managing Director of the largest greeting card printing company in Africa. When Willie and Heilie decided to move to the little coastal village of Cape St Francis in the Eastern Cape, Willie did management consulting for a number of years and also managed the local golf club. During all this time, Heilie had been ill. She started on dialysis in 2001 and in March of 2004 was blessed with a kidney transplant performed at the Christiaan Barnard Memorial Hospital in Cape Town. They immediately got involved with the Transplant Sports Association and Willie was elected National Chairman of the South Africa Transplant Sports Association in 2006, a position he still holds. He has also been Team Manager for South Africa to the 2005, 2007 and 2009 World Transplant Games and was elected to the Council of the World Transplant Games Federation in Bangkok in 2007.

Heilie is a dialysis and transplant nurse and she completed her PhD in 1985 with the subject “The Nurse’s Contribution to the Rehabilitation of the Patient with end-stage Renal Failure”. Heilie has been a lecturer, Head of the Nursing Faculty and Vice-Dean of the Faculty at the then Rand Afrikaans University (today the University of Johannesburg). After becoming ill, she left the university but continued as Programme Coordinator and lecturer of the only national course for Nephrology Nurses through the Nelson Mandela Metro University. Heilie has always been involved in sport and joining the Transplant Sports Association came naturally. She won two gold medals in Canada in 2005; two gold and a silver medal in Bangkok and four gold medals in Australia. She holds the world records in shot put and discus in her age-group and enjoys competing in golf at the Games. She was elected as National Secretary of SATSA in 2008.

The couple has been the driving force behind the South African bid to host the 19th World Transplant Games in Durban in 2013. They are very excited to be involved with the South African Transplant Sports Association and to be of service to so many wonderful people. They look forward to the next three years as the planning for and hosting of the World Transplant Games becomes a reality. They are also looking forward to welcoming the “transplant world” to Durban and South Africa and trust that the visit will be everything that people are expecting and dreaming about – excitement, participation, camaraderie and also appreciation towards the donors and donor-families. It is their hope that the message of organ donation and transplantation will be spread throughout the country and to the neighbouring countries and that this will result in an increase in the rate of organ donations and transplantation in South Africa.

They are also looking forward to welcoming the “transplant world” to Durban and South Africa and trust that the visit will be everything that people are expecting and dreaming about.
JUNE 2011 is getting closer...

First of all, the Local Organising Committee (LOC) of the 2011 World Transplant Games would like to congratulate Durban, South Africa for receiving the honour to host the 19th World Transplant Games 2013. See you there!

The World Transplant Games Federation (WTGF) Council site visit in June went extremely well. We had workshops and constructive discussions in all areas concerning the Games and the WTGF council also visited the different sports venues. It was a very pleasant and constructive week.

We are very happy to announce that Astellas, a major international pharmaceutical company, and Västra Götalands Regionen, the local government for the western region of Sweden, will be presenting partners of the 2011 Games in Göteborg.

Time flies when you are having fun and the LOC is working hard - even more determined and focused as the 18th World Transplant Games is getting closer. It is both fun and a bit scary to see what seemed to be so far away when we started this project years ago, finally coming in to the homestretch. Bring it on! We know that we will give all our guests from all over the world a great experience, a lot of fun and a Games to remember.

The LOC welcomes everyone from all four corners of the world to Göteborg 17th - 24th June 2011. We are very confident that you will all have a great time and leave Sweden, when the Games are over, with fond memories of our fantastic city.

Visit www.wtg2011.com

Göteborg has a long and varied history – the city was founded in 1621 by the Swedish King, Gustav Adolff II. In the early 17th century the site was waterlogged so the city was built with channels and straight streets just like the capital of the Netherlands, Amsterdam. In fact the city was known for a long time as “Little Amsterdam”. The city grew extensively during the 18th century due to the trade contacts with China - if you visit Göteborg you may be lucky to see a full working replica of the trade ship Götheborg which sank in 1745.

During the mid 19th century the industrial revolution reached Göteborg and industry and shipbuilding flourished. Mechanisation brought a big influx of British engineers and the city was known during this time as “Little London”. This name has stuck and Göteborg is still sometimes referred to as “Little London”. At the end of the 19th century many Swedes left the country from 1850 to 1930 - 20% of the total population of Sweden at that time!

During the first part of the 20th century Göteborg prospered with shipbuilding and in 1927 the famous car manufacturer Volvo was founded in Göteborg adding to the success of the city.

Göteborg is now truly a cultural and fun city. Visitors can experience many different activities from the opera to the amusement park, Liseberg - also museums of all kinds and a fantastic nightlife. Göteborg and the friendly people here are passionate about sports and the city has teams in the highest divisions of almost every sport.

Welcome everyone to Göteborg 17th - 24th June 2011

Although it may not seem the case, Sweden is the third biggest country in Western Europe. It is 1,574 km from north to south and 500 km wide from east to west. 9.3 million people live here. The capital is Stockholm and the second biggest city is Göteborg.

Everyone who comes to Sweden is surprised by how different the country is depending on where you are, north, south, east or west.

In the north there is the vast wilderness with the bare mountains. In the summertime this part of the country is known as the “Land of the midnight sun”. The sun will not set since this part of Sweden is above the Arctic Circle. This should really be experienced firsthand.

If you travel south to the area close to Sundsvall on the east coast you will experience spectacular views from the high cliffs looking over the Gulf of Bothnia.

The county of Dalarna is world famous for its mining history, Vasaloppet, the cross country long distance ski race and, of course, the celebration of the summer solstice. This celebration is called “Midsommarfes” and don’t be surprised if you see grown men and women dancing around a leaf clad pole and doing strange things like running in sacks and dances such as “The little frogs”… you have now been officially warned...

Further south on the east coast you’ll find Sweden’s capital, Stockholm. Nothing to see here when we have Göteborg… just kidding… Stockholm is a very nice city and like Göteborg it is close to the water. If you are travelling here one of the great things to do is to take a boat tour from the city centre and explore the archipelago. Shopping is great with many famous stores and boutiques.

Travelling west in Blekinge you’ll soon come to Sölvesborg. The city hosts one of the great music festivals in Sweden and Europe, Sweden Rock Festival. This event takes place in the beginning in June. If you are into heavy rock and blues this is heaven.

Follow the coastline further south and you’ll be in the area of Österlen. You are now in the most southern part of Sweden, Skåne. Many famous Swedish artists and musicians have settled down here to find a sanctuary from the hectic life in the limelight. Further west is the main city in Skåne, Malmö where the bridge that links Sweden to continental Europe can be found.

Welcome to Amazing Sweden!

CJ Ahl
LOC WTG2011

The port of Göteborg - CJ Ahl
The Officers and Councillors of the World Transplant Games Federation are pleased to announce that South Africa has won the bid to host the 2013 World Transplant Games.

South Africa looks forward to welcoming you in 2013!

The 19th World Transplant Games will be held in the vibrant city of Durban, South Africa from 28th July to 4th August 2013. The Local Organising Committee are already looking forward to welcoming transplanted athletes with their families and friends to this beautiful area - the World Transplant Games will be held on the continent of Africa for the first time!

The website for the 19th World Transplant Games is now live so please browse www.wtg2013.com for all the emerging information about the sports, facilities and accommodation on offer at this exciting event.

South Africa looks forward to welcoming you in 2013!
What do you get when you combine a renal transplant nephrologist, a renal transplant coordinator, the Secretary of the Canadian Transplant Association (kidney recipient) and another kidney transplant recipient? The Edmonton Transplant Trekkers.

This small, but determined, team consisting of Dr. Sandra Cockfield, Christine Wickens, Kathy Tachynski and Gabrielle Suttis walked 100km over three days in September 2010 in the first ever “Kidney March”, organized by the Calgary Branch of the Kidney Foundation of Canada. The goal of the Kidney March was to bring individuals from different walks of life together in a united front against kidney disease. Funds raised from this event go towards kidney health programs and medical research aimed at combating kidney disease.

The Kidney March began on a very chilly and damp morning at a racetrack near Millarville, Alberta, where 219 walkers gathered to hear inspiring words by guest speakers and to warm up before heading out on the journey we will never forget. The walk continued through Kananaskis Country and north along the foothills of the majestic Rocky Mountains with the final destination being Calgary, Alberta.

Over the three days, we had warm sunshine and blue skies, strong gusty winds, rain and yes, even hail that came down so hard we had to take shelter under a tree until it passed. At the end of each day, we returned to ‘Kidney City’ - home away from home for two nights - a hot shower never felt better at the end of each long day of walking!

Day three was by far the coldest. However, the fire in our bellies for the “cause” and the opportunity to take in all the beauty nature had to offer all around us, as well as the encouragement and smiles of volunteers and fellow-marchers, helped us get through the day and reach the finish line at the top of Canada Olympic Park (COP), a premier venue of the 1988 Olympics in Calgary.

I consider myself very fortunate to have gone through dialysis treatments and to have been blessed with a kidney transplant over 19 years ago which allowed me the opportunity to be able to complete this walk. I met many wonderful people during the three days - they inspired me with their uplifting stories and their friendship to continue taking every step until I reached the end.

As we crossed the finish line, we were given new red shirts to wear for the final walk to the bottom of COP - a sea of red [walkers] followed by grey [volunteers] descended to enormous applause and much emotion as we reunited with family, friends and our new extended Kidney March family. It was an unforgettable end to an inspiring, life-changing experience and will be one that I will cherish forever.

Here we come Kidney March 2011! http://www.kidneymarch.ca

Kathy Tachynski, Canadian Transplant Association
EVENTS FROM AROUND THE WORLD • EVENTS FROM AROUND THE WORLD

NATIONAL TRANSPLANT GAMES AND EVENTS FROM AROUND THE WORLD

Marche du don d’organes - French National Games

Strong competition at the European Transplant & Dialysis Games

A great day at the US National Games
EVENTS FROM AROUND THE WORLD • EVENTS FROM AROUND THE WORLD

Waves and smiles from the South Africa Games

Canada 100km Kidney Walk - just a few more steps to the end!

Action from the European Heart & Lung Federation Games in Växjö

Catch me if you can - British Games (photo by David Medcroft)

Ready to take aim at the British Games

EVENTS FROM AROUND THE WORLD • EVENTS FROM AROUND THE WORLD
More than 1,200 athletes, all recipients of a new heart, kidney, lungs or liver, converged on Madison, Wisconsin from July 30th to August 4th for the 2010 National Kidney Foundation (NKF) U.S. Transplant Games. Hailing from every corner of the United States, they competed in 12 different sports, including swimming, cycling, basketball, track and field, bowling and golf at the Olympic-style event which was sponsored by Novartis Pharmaceuticals Corporation, the founding sponsor of the US Games.

The athletes were joined by more than 600 donor families and 250 living donors as well as thousands of family members and supporters, making a total of 5,000 people. The National Kidney Foundation U.S. Transplant Games were established in 1990 and the 20th anniversary was celebrated at the Opening Ceremony with a special presentation narrated by kidney recipient Richard Salick who attended the inaugural event two decades ago and every Transplant Games since then. Also on hand were living donor and FOX News Correspondent Catherine Herridge, who donated a piece of her liver to her infant son four years ago, and actor and liver transplant recipient Larry Hagman.

The torch was lit by Olympian and transplant recipient Chris Klug, kicking off four days of intense competition. A new event, ballroom dancing, was added to the schedule and for the first time this year, living donors competed in athletic competition, including track and field and the 5K Road Race. Donor families were recognized for giving the gift of life at a special Donor Recognition Ceremony and living donors also had their moment at the Living Donor Recognition Event.

Ellie Schlam, National Kidney Foundation
www.transplantgames.org

GERMAN CHAMPIONSHIPS IN 2010 - BREMEN GERMANY

Bremen was the venue for the 31st German Championships of Transplanted and Dialysis patients in May 2010. Participants from all over Germany accepted the invitation from TransDia, the German Transplant and Dialysis Sports Association and came together in northern Germany. They participated in many disciplines over the weekend including track and field, swimming, table tennis, tennis, badminton, cycling and golf.

Almost all of those taking part in the Games were accommodated by the River Weser and it was very interesting to observe how the direction of the flow of the river changed from east to west and west to east every six hours - despite a distance of 40km to the North Sea the tidal range is responsible for this local phenomenon.

Another phenomenon, well known among the participants, was the wonderful friendly atmosphere experienced during the three days in Bremen. Everyone enjoyed the competition as well as the exchange of information and experiences. A huge “thank you” goes to Imke Huxoll and her children for helping to make the Games such a success.

Both adults and children enjoyed the entertainment provided on the final evening of the Games and although “dancing” is not one of the sport disciplines, a lot of participants practised it until late into the night!

The next German Championships will take place in Rostock on the Baltic Sea.

With the annual Championships TransDia’s objective is to inform the public about the complex issue of organ donation and to raise awareness regarding the lack of organs for transplant. The comparison with other countries shows very clearly that Germany needs considerable improvement in this context - there are too many people dying because of acute organ shortage or having to wait seven or more years for a donor kidney.

Peter Kreilkamp (www.transdiaev.de)
In 2007, the 6th European Transplant & Dialysis Games were awarded to Ireland and the Irish Kidney Association took on the task of forming a Local Organising Committee to turn aspirations and plans into reality. We chose Dublin City University as the base for the Games as it offered the opportunity to accommodate everyone together and also the facilities to hold half of the sports on site with the remainder within a short radius of the campus. It had the added attraction of being only 4km from Dublin airport and a short commute for haemodialysis.

Taking on the Games was all about making a commitment to make a difference. We used the Games as a positive vehicle to promote organ donor awareness to the general public through the print and electronic media. We made prime time national television news on several occasions with a full 30 minute programme dedicated to Transplant Team Ireland shown during Games week. (http://www.rte.ie/news/2010/0811/nationwide.html)

We also made good use of our Games website, www.2010Newlife.com, and a variety of social networks, (look up 6th European Transplant & Dialysis Games on Facebook), to spread the key message of the Games – Organ Donation works, carry an Organ Donor card. Our volunteer recruitment campaign was also another means of spreading awareness about organ donation. We had a number of companies involved in the volunteer programme and this worked out well during Games week and has paid dividends since as there is strong interest in staying associated with the on-going work of the Irish Kidney Association.

Prior to the Games we asked all the visiting countries to bring good weather with them for the week of the Games and happily they obliged! We had a full week with no rain and the sun even shone for the track and field – a real achievement in Ireland! We had 350 competitors from 24 countries with 12 sports on offer.

We saw some great performances during the week of the Games as people aimed for their own personal goals. Achievements ranged from simply finishing the 5km mini marathon to adding European titles to World titles won in Australia last year. There was great competition in the medals table with Hungary just pipping Ireland to first place, 44 golds to 41 golds.

As with all transplant & dialysis sports events, the camaraderie was great. Everyone was united by a shared experience and a shared desire to make a difference and promote the need for, and value of, organ donation.

The legacy of the Games for Ireland looks strong. We have raised awareness of organ donation amongst the general public, we have increased involvement in transplant & dialysis sports, with the Irish team expanding threefold, and we have encouraged the transplant and dialysis medical fraternity to promote regular involvement in exercise and sport amongst their patients.

In 2012 we will all meet again in Zagreb, Croatia for the 7th European Transplant & Dialysis Games. It promises to be another great occasion.

Colin White, Chairman of Local Organising Committee
There are currently no facilities for organ transplantation in Bhutan, which is located in South Asia, north of India and south of China. Therefore, kidney failure patients are referred to Christian Medical College, Vellore, Tamil Nadu, India for possible transplantation. The expenditure for treatment and expenses for the patient and an attendant is all met by the Bhutan Government.

The number of kidney failure patients in Bhutan is increasing rapidly. In 2010, there are currently 76 patients undergoing dialysis from only eight dialysis machines available in the Jigme Dorji Wangchuck National Referral (JDWNR) Hospital. This dialysis unit began its work in November 1998 and the following table below illustrates the growing problem:

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These days the referral for transplant cases is very strict as the hospital will only accept related donors. Also, most of the kidney dialysis patients are from remote parts of the country and are often financially constrained. I sometimes visit the dialysis and hospital guest house (where the poorer kidney dialysis patients live for free) with necessities and also to give counseling on self health care, diet and hygienic management. In addition, to help raise awareness of the problems, I had an article on kidney failure published in the Bhutan national newspaper earlier this year.

Taking inspiration from my own life and from others who have been through similar experiences, for the last three years I have been running from pillar to post to establish a kidney foundation in Bhutan. I started off alone and now there are 42 members of the newly formed Bhutan Kidney Foundation (BKF) and we are working hard for Civil Society Organization (CSO) registration. The CSO registration is critical for our Foundation as until we are legally certified, we are not allowed to raise funds in any form. To further our progress with this we recently put together the Mission and Vision for the Foundation. We are now working on the framework of the Foundation as well as designing a logo. We have encouraged hospital staff to become involved in our Foundation and have a medical specialist from the JDWNR Hospital as one of our members. We are working very hard on this project without any core money and therefore, we recently took the decision to ask for a contribution from our members.

We are looking to the future and hoping that our Foundation will bring public awareness of the problems for kidney patients in Bhutan.

Tashi Namgay, Bhutan Kidney Foundation
The Swedish National Heart and Lung Transplant Association, VIKING, hosted the 13th European Heart and Lung Transplant Games in the hot summer month of July in 2010. This wonderful event took place in the greenest city of Europe - Växjö. The town has a beautiful position near a lake in the region of Smaland. A provincial town with eighty thousand residents, it also has a University, sporting and cultural facilities and lots of places to relax.

The region is the home of famous Swedish glassworks, where perfect crystal glassware and colourful works of art are made. The landscape is dominated by vast forests with hundreds of lakes and the moose is a common and frequent inhabitant - In fact, I saw some there with my own eyes!

Viktor Magnusson the Project Manager of the Games, the Local Organising Committee and the team of volunteers showed sincere hospitality, professionalism and dedication to the Games. The competition was perfectly organised and the social events were entertaining and cultural.

It was a great privilege for heart and lung transplantees to have the opportunity to participate in such an event, where they displayed the benefits of transplantation and their own rehabilitation. Also, it was an opportunity to make friends of all ages from all over Europe. The Games in Växjö were the most friendly games that I have ever participated in. They were filled with positive energy and kindness among the participants and the hosts.

The members of the Slovenian Transplant Association consider ourselves very fortunate to belong to the family of the European Heart and Lung Transplant Foundation and we are now looking forward to attending the next Games in the Netherlands in 2011. Here come good times!

Anastazija Bizjak, Slovenian Transplant Association

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Viktor Magnusson the Project Manager of the Games, the Local Organising Committee and the team of volunteers showed sincere hospitality, professionalism and dedication to the Games. The competition was perfectly organised and the social events were entertaining and cultural.

It was a great privilege for heart and lung transplantees to have the opportunity to participate in such an event, where they displayed the benefits of transplantation and their own rehabilitation. Also, it was an opportunity to make friends of all ages from all over Europe. The Games in Växjö were the most friendly games that I have ever participated in. They were filled with positive energy and kindness among the participants and the hosts.

The members of the Slovenian Transplant Association consider ourselves very fortunate to belong to the family of the European Heart and Lung Transplant Foundation and we are now looking forward to attending the next Games in the Netherlands in 2011. Here come good times!

Anastazija Bizjak, Slovenian Transplant Association

Arnulf Pohl has been appointed as the new President of the European Heart and Lung Transplant Federation (EHLTF), following in the footsteps of Terry Mangan who retired after ten years of successful work.

Arnulf was born in 1938 and grew up in the Province of Burgenland, Austria. He graduated from the Agricultural University in Vienna in 1961. Arnulf lives in Vienna, he has been married since 1968 and has two children and two grandchildren. In 1986 Arnulf was diagnosed with cardiomyopathy and was the grateful recipient of a new heart in 1994 at the General Hospital, Vienna.

Arnulf now devotes his time to promoting the cause of organ donation. He was Chairman of the Austrian Heart and Lung Transplant Association from June 2004 to June 2007. He organised the internationally attended event “1000 Heart and 500 Lung Transplants at the General Hospital Vienna”, held in Vienna in October 2004. Since June 2006 he has been an active member of the EHLTF Managing Committee and has been involved in the preparation and implementation of the EHLTF Games in Vichy, France 2008 and Växjö, Sweden 2010.

Arnulf was appointed Vice Chairman of the EHLTF in July 2008 and since July 2010 has held the position as the new European Heart and Lung Transplant Federation Chairman.
On the September 18th, 2010, a large sports day was organised for transplanted and non-transplanted athletes at the University Medical Centre of Groningen, Netherlands.

The “Move for Donation and Transplantation Day” was organised to raise awareness of the benefits of donation and to give the public an insight into the new life which is available to a recipient after transplantation. It is important for patients after transplantation to be in good condition - movement and sport can greatly help to support this.

On the day, there was the opportunity to play badminton and table tennis in the hospital. In addition, at other venues in the vicinity many other sports were offered, including rowing, golf, swimming, volleyball, tennis, squash and athletics. In total more than 200 people joined together to participate in the day, including almost 90 transplant recipients. The participation of transplanted and non-transplanted athletes greatly helped towards reaching our goal of spreading awareness amongst the general public.

This wonderful day will be a basis for the National Transplant Sports Day and who knows what else will follow!

Marion Siebelink, The Foundation for Sports and Transplantation

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**2011 WORLD GAMES BEGINS!**

**NEW REGISTRATION SYSTEM!**

In an effort to make the World Games experience more uniform from Games to Games, the upcoming 2011 World Games in Goteborg will be the first Games to utilize an online registration system provided by the WTGF.

In the past, each World Games organizing committee came up with their own system to process registrations. Games attendees had to deal with a different system each time. Now, all future World Games will utilize the same system which will allow for an identical experience each time. Also, team managers will be able to use the same reports each Games to monitor their team’s progress.

The platform for this system is being provided by Orchid Technologies of Salt Lake City, Utah, USA, and is based on the system that was originally used by the Organizing Committee for the XIX Winter Olympic Games held in Salt Lake City in 2002. Local Organizing Committee volunteers have been working closely with their counterparts at the WTGF and Orchid to make this first effort to be as user friendly and all inclusive as possible. By the time this issue of TransWorld is in your hands, the registration system should be live and accepting registrations. Comments and suggestions from Games registrants on the system will be helpful for making it better for future Games; please let us know your thoughts by contacting the WTGF office at wtgf@wtgf.org.

Gary Green

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**2010 – Issue 2**

**COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS**

**MOVE FOR DONATION AND TRANSPLANTATION IN THE NETHERLANDS!**
I never thought in a million years that I would go through something like this. I went from being a healthy 21 year old to a patient in the Intensive Care Unit (ICU) experiencing fulminate liver failure. What had been a routine check up soon turned into a life altering experience that is still like a dream to me. I just happened to be in the right place at the right time.

I was at the Cleveland Clinic for an unrelated appointment and my mom noticed my eyes were yellow. My doctor had my liver enzymes tested and I was admitted immediately. I thought this was absolutely crazy! They tested me for everything possible and couldn’t find anything wrong. Our two-day trip turned into an unexpected month long stay at the hospital. I have little recollection of the events that took place after the first three days, until I woke up a week later from what seemed like a nap, with a new liver. It was the scariest feeling to wake up in ICU and try to comprehend what was going on - apparently, I was telling everyone I was in Florida!

Miraculously, once I had been placed at the top of the national waiting list a liver was found in eight hours and after testing I was transplanted with no time to spare. It’s amazing how quickly this all happened - without my amazing donor, I would not be alive today. My family has been my rock and I’m so thankful for them and each day that I am alive!

Since then, I have competed in the U.S. Transplant Games where I won medals in swimming and running. I also had the opportunity to go to my first World Transplant Games in Australia in 2009, where I won two bronze medals in swimming and fourth place in beach volleyball. Celebrating my gift of life with other recipients and those affected by transplantation is indescribable. I am so proud and grateful everyday that I am still able to do all the things I could before.

Now at the age of 25, I have found that my purpose in life is to spread awareness and promote organ and tissue donation. I am so passionate about it and I know that’s why I was left here. I am the volunteer head community administrator on Transplant Cafe. It is an online community that serves as a supportive, fun place for those affected by transplantation. I am also volunteer coordinator of Transplant Recipients International Organization (TRIO) Youth Circle and do public speaking with my story to help raise awareness. My dream is to have a job traveling, promoting and educating people about the importance of organ donation. I want to show the success of life after a transplant. Helping others to receive a second chance is my goal and purpose in life.

The Gift of Life is so amazing and we are all true miracles. I am so happy to be alive and so thankful for my donor! I hope my story will help benefit others and influence people to become organ donors. I want to continue to share my story and speak about how important it is to pursue your dreams and live life to the full. Sometimes it is the struggles in life that show us what we are truly capable of.

“Now at the age of 25, I have found that my purpose in life is to spread awareness and promote organ and tissue donation”
XXIII INTERNATIONAL CONGRESS OF THE TRANSPLANTATION SOCIETY, VANCOUVER, CANADA

The XXIII International Congress of The Transplantation Society took place in Vancouver, Canada from 15th - 19th August 2010. The WTGF was pleased to have the opportunity to be represented by a booth over the five days and a presentation to delegates, made by World Councillor Prof Daryl Wall.

This international event had over 4,000 delegates from around the world in attendance and our volunteers came into contact with a variety of people from many walks of life - physicians, surgeons, donor and recipient coordinators, nurses, pharmaceutical companies, universities, other non-profit organizations and companies affiliated with transplantation. Making such varied and global contact helped to spread the word about the WTGF and its aims.

Prof Wall made a very informative and interesting presentation at the Congress on “Establishing and Maintaining Health and Quality of Life Benefits of Isometric and Isotonic Exercise”. The full slides of this presentation are available to download on the WTGF website.

Many thanks to World Councillors Prof Daryl Wall, Heather Fisher and Dr Ka-Foon Chau and also to volunteer Jan Wall, they attended this event on behalf of the WTGF and worked hard to further increase the profile of the WTGF throughout the transplant family.

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We have settled in very well to our new office with more space and better facilities and as we write this message, we can see the beautiful colours of autumn, the trees changing from green to gold, reminding us that 2010 is coming to a close.

Not long now before we will be communicating with all our member countries, encouraging you to plan your teams for the next Games in Sweden and to pay your WTGF subscriptions. We would love to see Peru, Ecuador, Russia, Bhutan, Ghana and Nepal holding their country’s flags in the Opening Ceremony for the first time - we hope it will be possible and the WTGF will try to help them.

The registration for the 18th World Transplant Games will be open now and will be electronic, thanks to the new system devised by the WTGF. This will be the standard system for the future and we hope that it will facilitate the registration process.

Thank you to all those who have sent us articles, photos and inspiration for this Journal and our sub-editor Colleen Horan-Green who works with us on the production.

With best wishes to you all and looking forward to seeing you in Sweden in June 2011.

Mary Twomey and Karen Cole
WTGF Secretariat
In Japan, we have held the National Transplant Games every year in various parts of the country since 1991. For the past five years, the Games have been held under the co-sponsorship of Novartis Pharma K.K. and together we co-host “Novartis Gift of Life Cup” by inviting under 12-year-old recipients, not only from inside Japan, but also from Asia and Oceania.

This year, two child recipients from Malaysia, one from Thailand and ten from Japan, were invited and participated in the Games. The Games attracted 80 recipients and 60 family members. We also invite donor families every year and this year, 12 people from seven donor families joined the Games.

The Games were held in Chatan town in Okinawa from 9th – 10th October, 2010. Many sports were offered to transplant recipients including tennis, table tennis, badminton, swimming track and field events and bowling. In addition, darts and uni-curl (curling on a carpet in a gymnasium) were also on offer as extra activities so that everyone attending the Games could participate more fully and enjoy the event.

As for media, there was wide coverage of the Games including three television stations and reporters from six newspapers. We were pleased to note that for the first time a foreign television station, Korean TV, reported on our event.

Next year, we will be holding this wonderful national event in September in the city of Kobe, where the World Transplant Games were held in 2001. We will be celebrating the Japanese Transplant Games’ 20th anniversary and we are planning to invite more people from other countries and look forward to a large attendance at our National Games in 2011.

Michikta Ohkubo, Japan Transplant Sports Organization
Astellas (formerly Fujisawa) has been committed to the European transplant community since the early 1990s. By taking a leadership role in addressing the needs of surgeons, physicians, and patients, we are CHANGING TOMORROW.

Through sustained investment in almost 100 European clinical studies, Astellas is continually striving to advance transplant care by developing both new treatment regimens and innovative therapies that target specific pathways.

By partnering with you, and by supporting many of the patient organisations that offer hope for the future, we are all CHANGING TOMORROW as we work to fulfil the promise of transplantation.

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