

Transplant World

2014 | Issue 2

Journal of the



World Transplant Games Federation
Powered by the gift of life

See inside:

Photos and News
from Around the World



CONTENTS

Editorial

Message from the President.....Page 3

Main Topic

Organ Donation and
Transplantation StatisticsPage 4

Future WTGF Events.....Page 5

WTGF Member Country News

.....Pages 5-9, 12-14

Events from Around the World

.....Pages 10-11

European Heart & Lung Transplant Championships

.....Page 14

Sport, Health, Training

Applying for a Therapeutic
Use Exemption (TUE) -
André Lassooij Page 15

Tejo – a new sport for 2015! Page 16

Elmar Spink – Germany Page 17

Life Story

Kaidyn Blair – Canada Page 18

Focus On

Uruguay Page 19

Acknowledgements:

Editor: Olivier Coustere

Sub Editor: Colleen Horan-Green

Content/Article Coordinators: Karen
Cole and Mary Twomey

Artwork: inkCap Design, Somerset, UK
www.inkcapdesign.co.uk

Printer: Printech Europe Ltd,
Chelmsford, UK
www.printecheurope.com

WTGF

Basepoint Business Centre
1 Winnall Valley Road
Winchester
SO23 0LD United Kingdom

Tel: +44 1962 832560

Email: wtgf@wtgf.org

Website: www.wtgf.org

Front cover: photo from the archives
of the Asociația Transplantatilor din
Romania

WORLD TRANSPLANT GAMES FEDERATION OFFICERS AND COUNCILLORS

Executive:



Olivier Coustere
President



Gary Green
Secretary



Chris Thomas
Treasurer

Council:



Stoyanka Markova
Ananieva



Dr Ka-foon Chau



Prof Won-Hyun Cho



Lynne Holt



André Lassooij



Anders Olsson



Raymond Van
Ryckel



Liz Schick



Willie Uys



Colin White



Ex-officio
Medical
Adviser



Dr Daryl Wall

WTGF Councillors with the delegation from Malaga in Mar del Plata in June



“The welcome and hospitality we received in Argentina was warm and friendly”

I also met very recently with Professor Philip O’Connell, President of TTS, who was in Europe for some meetings. Our discussions were extremely interesting and fruitful and as a result, we are now acting upon his strong suggestions to work more closely together on many topics. This will be a great advance in our relationship with The Transplantation Society.

As you know the General Assembly of WTGF will take place in Mar del Plata in August next year and of course it will be time soon for you all to consider proposing suitable candidates for the Council of WTGF. We will have six Councillors whose term of office will expire in 2015 so I encourage you to put your candidates name forward as soon as you receive the nomination notice at the beginning of the year. There are countries that have never had a Councillor – in South America for example and areas of the Middle East – and these nominations would be most welcome in order to have a fair representation of all cultures and nationalities on the WTGF Council.

For now, I leave you with thoughts about the Christmas celebrations in many countries and the hopes for a healthy and happy 2015 for us all.

Until we meet in Argentina

Yours friendly



**Olivier Coustere
President**

MESSAGE FROM THE PRESIDENT

It is hardly believable that we have reached the end of another year – Durban 2013 seems such a long time ago – and now we look forward to our first World Transplant Games in South America. Many countries on that Continent have not been able to participate previously but may now be in a position to take part as we are in their ‘neighbourhood’! We welcome you all.

During 2014, the Executive and Council held the annual meetings in Mar del Plata, taking the opportunity to review all the work of the Federation and of course to meet the key people of the LOC 2015. We were not so lucky with the weather as it was quite a rainy time but the welcome and hospitality we received in Argentina was warm and friendly, so we look forward to August 2015 with optimism.

The bidding process for the 2017

Games was conducted in Mar del Plata in the usual manner and we had a great delegation from Spain. Previously three Councillors had made a visit to Malaga in the south of Spain to assess its suitability and we were very impressed with the visit and the subsequent formal presentation made to the whole Council – there was no doubt about their enthusiasm and ability to run a great Games and to promote our prime objective surrounding organ donation.

I have conducted some serious meetings face to face this autumn with representatives of both The Transplantation Society (TTS) and the World Anti-Doping Agency (WADA) – both meetings took place in Paris as the opportunity arose conveniently for me. I met Alan Vernece who is the Medical Director of WADA and we agreed to work on the proposals that he made and to start such discussions within the Council.

“ Don’t count the days, make the days count. ”
Muhammad Ali

ORGAN DONATION AND TRANSPLANTATION STATISTICS FROM AROUND THE WORLD

Since our first days in 1978 and our first event to promote awareness about the benefits of organ donation and transplantation through the witness of our Games, WTGF has been eager to prove that our work is valid and important.

Through the Games, it has often been stated that there is a surge in organ donation activity in the city or region where the event is held and although very difficult to prove in real terms, this has certainly appeared to be the case.

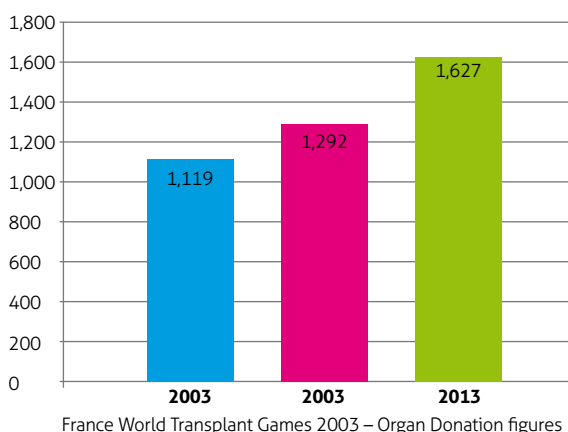
The International Registry of Organ Donation and Transplantation is a very useful database that provides information by country of donation and transplantation activity so we have used this source to identify the statistics for countries where our Games have been held in recent years and show below some facts which may surprise and interest you.

We have chosen to highlight the most successful Games for which figures are available, giving the information for the year of the Games and the comparison for the post-Games year.

For statistics on organ donation activity worldwide please visit the International Registry of Organ Donation and Transplantation website www.irodat.org.



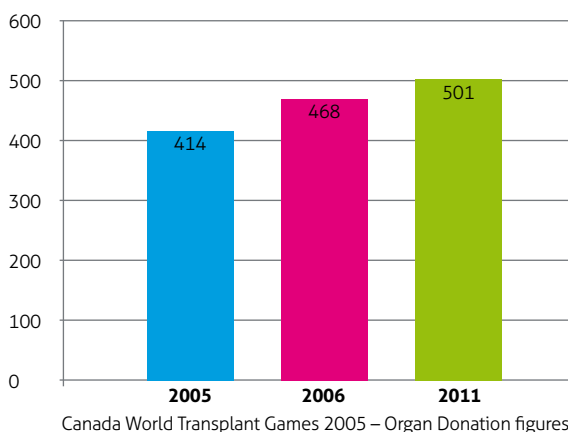
France World Transplant Games 2003



Organ Donations
2003: 1,119 – 18.6 per million
2004: 1,292 – 21.0 per million
Increase of 15.5%

By 2013 the figures are very much improved –
2013: 1,627 – 24.7 per million
Increase of 45% since 2003

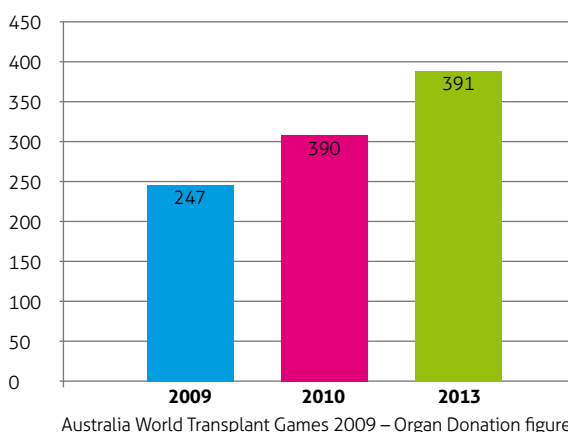
Canada World Transplant Games 2005



Organ Donations
2005: 414 – 12.8 per million
2006: 468 – 14.1 per million
Increase of 13%

Latest available figures
2012: 501 – 14.73 per million
Increase of 21% since 2005

Australia World Transplant Games 2009



Organ Donations
2009: 247 – 11.3 per million
2010: 309 – 14.0 per million
Increase of 25%

Again by 2013 the figures show a great improvement –
2013: 391 – 16.9 per million
Increase of 58% since 2009

XXI WORLD TRANSPLANT GAMES Malaga, Spain 2017

We are delighted to announce that the WTGF Councillors have chosen Malaga as the venue for the 21st World Transplant Games in 2017. Malaga is a beautiful city on the Spanish coast with great facilities, a wonderful climate and a friendly

population who are already looking forward to welcoming members of our transplant family.

Full details of the event will follow as they become available.



11th SOUTH AFRICAN NATIONAL TRANSPLANT GAMES 10th & 11th October 2014

It was truly a Celebration of Life by all the athletes who participated and the supporters who attended the 11th National Transplant Games 2014 in Cape Town!

The main aim for participating in these Games was to qualify in different sports for selection to the team to participate in the World Transplant Games in Argentina in August next year. Another objective was to promote organ donation and transplantation by the living examples of these athletes and their quest to live a healthy life after transplantation. In this quest the Organ Donor Foundation and Sun Flower Fund were part of the Games, not only through marketing stands, but also by celebrating Bandana Day with bone marrow recipients.

It was not just fun and celebration as the Annual General Meeting of the South African Transplant Sports Association (SATSA) took place on that evening. The members not only welcomed the new National Chairman, Stan Henkeman and his new team but were sad to say good bye to Willie, former National Chairman, and Heilie Uys, former National Secretary.

On Friday 10th October, the road runners were the first to participate at the Rondebosch Common area while the cyclist participated in a 20km road race in the beautiful Atlantic Beach Estate area. What a great atmosphere was created at the Pearl Valley Estate when the golfers teed off, the Petanque players drew a crowd at the club house and the tennis players enjoyed the beautiful scenery at the tennis courts

while playing serious tennis. In the meantime the swimmers enjoyed the wonderful facilities of the Coetzenburg swimming pool in Stellenbosch where swimmers from 8 years to 67 years old competed. The badminton players were not only competing against each other, but were treated to an excellent exhibition of badminton by Johan Kleingeld former national player and provincial players. Also on Friday afternoon the squash players enjoyed the courts of the Virgin Active club while the atmosphere at the ten pin bowling competition in the Grand West Casino facility was contagious.

On Saturday 11th October the athletes (102 of them) and supporters gathered at the Coetzenburg Athletic Stadium in Stellenbosch to enjoy a day of track and field events. The weather was perfect and the competition of high standard. A permanent highlight of this day is the children participating in the sprint, long jump and ball throw events. We thank Megan Frye and her team from Kidney Beanz for their sponsorship allowing 11 children to join with others from all over the country to "Celebrate their New Lives".

All athletes were rewarded with participation medals at the Gala evening on Saturday. It was clear that all the new athletes and their families, who had arrived on Thursday, became friends and full "family" members during three days of competition and celebration.



Willie Uys (left) – a familiar face

Heilie Uys
South Africa



NEWS FROM TUNISIA

Since its foundation, the Tunisian Transplant Sport Association - l'Association Tunisienne Sportive des Greffés (ATSG) - has taken part in national, regional and international transplant events hoping to raise the flag of Tunisia and promote the culture of organ donation.

Recently, nine athletes participated at the 5th Middle East Transplant Games which took place in Istanbul, Turkey. The Tunisian team spent six days in the WOW Hotel, Istanbul - three nights were sponsored by the organisers of the Games and the other three were at the expense of the Association. The participants from Tunisia were happy to meet with team members from other countries and exchange their stories and experiences. The Tunisian team earned respect and congratulations from the organisers and officials at the event for their perseverance, organisation and discipline.

The nine athletes participated in many different sporting activities winning three gold, four silver and three bronze medals. Therefore, they raised the flag of their dear country on several occasions and proved their sporting competence. On the day of the athletics, the team doubled their efforts when inspired by the presence and support of physicians, Dr Jamil Hachicha, Dr Mondher Lounissi and Dr Fathi Ben Hmida.

Following the Games, as a reward for all their effort, the transplanted Tunisians took three hard earned days vacation at their own expense. They visited many of the grand historic monuments, which have made Turkey a top-ranking tourism country, and spent time shopping for typically Turkish gifts for their families at home.

The President of the Association, Mr Moncef Bazine noted in his statement that he would have liked to have seen a larger team however ATSG



Team members relaxing after the Games in Istanbul

is unfortunately forced to limit the number of its athletes. He thanked the National Centre for the Promotion of the Transplantation of Organs (CNPTO) and Tunisian Society of Nephrology (STN) for their financial and moral support.

ATSG continues to fight for the cause of all recipients, to defy disease and to secure the culture of organ donation in Tunisia.

Souad Baccouche
Tunisia



1st SingTransplant Youth Symposium & SingHealth Transplant Academic Meeting

Education regarding organ and tissue transplantation is of the utmost importance in building awareness. That is why from 17th to 20th October 2014, we were proud to hold our inaugural SingHealth Transplant Academic Meeting (STAM). STAM consisted of a series of lectures and workshops designed for physicians, surgeons, nurses, allied health professionals and transplant coordinators who have a keen interest in transplant medicine.

We kicked off the event with the SingTransplant Youth Symposium. The primary objective was to provide a platform for youngsters to build awareness and knowledge on issues surrounding the topic of organ donation and transplantation. Prior to this, various teams from both secondary and tertiary schools embarked on a research project on various topics regarding organ transplantation. It was also an ideal opportunity for our young people to express their viewpoint of organ transplantation in Singapore.

As we all know, transplantation requires multi-disciplinary effort. Hence, we had various seminars and courses catering to different audiences. There was a solid organ transplant seminar designed for the nurses and for the various healthcare professionals involved in transplantation there were many lectures, seminars and courses on subjects including solid

organ transplant, tissue banking, liver and renal transplant ultrasound and haematopoietic stem cell transplant support. There were also a series of surgical transplant workshops for surgical trainees and surgeons and an open forum for the general public to know more about transplantation in Singapore.

All in all, more than 900 young people, staff and members of the public attended the event. Through events like this, we wish for all to appreciate the greater meaning behind transplantation: gift of life, gift of hope.

Aloysius Seah Guang Liang
Transplant Coordinator, SingHealth Transplant
Singapore



TRANSPLANT GAMES OF AMERICA 2014

11th July 2014 - the temperature in Houston at 8am was 81° Fahrenheit with a heat index of 86.2. Less than 90 minutes later over 1,700 participants had completed Houston's Transplant Games of America (TGA) inaugural 5K event. The 2014 Donate Life Transplant Games had officially begun and the city was alive with almost 3800 registrants ready to compete for gold, silver, and bronze in 18 competitive sporting events over the next four days.

Following the legacy of previous games, the Transplant Games of America brought an array of special events to compliment the hard-fought competitions. The Opening Ceremony lit up the night following the parade of athletes representing 42 teams from 46 states and Puerto Rico. A special appearance by Scott MacIntyre singing his hit song, "I Am Hope" was followed by a dazzling fireworks display to close the evening.

Sunday's Donor Tribute Ceremony at the Wortham Theater was an emotional event at which attendees were able to commemorate the lives of donors through testimonials and a video presentation of hundreds of individuals who have made the incredible gift of life for so many recipients. The Monday evening highlight was the Quarter Century Club Dinner honoring 25 year recipients and donor families in a gala celebration at the Houston Aquarium.

According to Bill Ryan, President and CEO of the Transplant Games of America, this year's event in Houston had some dramatic changes. For the first time corneal and tissue transplant recipients were eligible to compete in most of the sports and were able to gain medals in their own division. Bill said, "Being more inclusive was the right next step for the Games. There are so many stories of courage and sacrifice, and this change was a welcomed enhancement".

Six new medaling events were added to the packed schedule of competition. With the intended consequence of attracting athletes of all types, new events included Cornhole, Darts, Trivia Challenge, Texas Hold-em Poker; in addition, Ballroom Dancing and a Virtual Triathlon were brought back from previous US Games. And in a special twist of theater, attendees were introduced to "Blaze" the new TGA mascot. Blaze is the TGA adaptation of the Phoenix, a mythical bird who historically has represented rebirth, a creature rising from the ashes to a new life.

The City of Houston, led by the Harris County Houston Sports Authority hosted the 2014 Games and were supported by Rice University, the George R. Brown Convention Center, BBVA Compass Stadium, and the Tellepin Downtown YMCA. The mission for the Houston Games was to help increase the number of adults on the donor register in Texas. In a major initiative led by Donate Life Texas, an additional 2.5 million names were added to the Texas donor registry.

To finish the five day event, attendees visited the TGA Village, signed up for one or more of the 20 workshops and seminars, shared stories at the coffee house, and pinned quilt squares in another emotional afternoon. The 2014 Transplant Games concluded with a rousing Closing Ceremony and Farewell Reception on Tuesday evening. Proudly wandering through the headquarters hotel laden down with medals and pins, recipients, donor families, and supporters said their good-byes in a ritual embrace with the promise of a return to the Games in 2016. It was "mission accomplished" for all.

Bill Ryan
USA



*Introducing
Blaze!*



THE 5th MIDDLE EAST TRANSPLANT GAMES

12th – 13th September, 2014

Istanbul, Turkey



The 5th Middle East Transplant Games were organized in conjunction with the 14th Congress of the Middle East Society for Organ Transplantation (MESOT) that was held in Istanbul on 10th -13th September 2014.

The theme of the congress, "Organ Donation and Ethical Conduct" was in keeping with the spirit of the Games, which was not only an occasion for transplant donors and recipients to participate in sporting events but was also to demonstrate the physical success of transplant surgery and raise awareness of the need to increase organ donation.

The Middle East Transplant Games was first held in Kuwait in 2001. From the beginning the Games have demonstrated that, even after serious transplant surgery, patients can engage in sporting activities at a competitive level. Transplant games are the perfect opportunity to celebrate the gift of life, while drawing attention to the importance of organ donation.

It was in this spirit that Dr. Mehmet Haberal, Founder and President of MESOT, Chair of the 14th MESOT Congress, and President of the World Transplant Games Turkey Federation, invited all transplant donors and recipients to take part in this exciting event. This year 84 participants from eight Middle Eastern countries, with ages ranging from 10 to 62, gathered in Istanbul to take part in the Games and demonstrate the success of organ transplantation by competing in running, swimming, bowling and table tennis.

The Opening Ceremony was held on the evening before the Games and was attended by Dr. Haberal, Dr. Seyed Ali Malek-Hosseini (the immediate past President of MESOT) and other Members of the Council. The atmosphere was one of great anticipation and excitement that the Games were about to begin.

During the two-day event everyone gave their all and the dedication of the athletes was inspirational. The enthusiasm and camaraderie between the participants was infectious and soon everyone was cheering for each other, regardless of which team they were on, with everyone celebrating others' achievements. The coordinator of the Games for the first time, Dr Bengu Guven Karahan, Deputy Head of the Department of Sport Sciences at Baskent University, was also immersed in the spirit and enthusiastically declared her intention to continue to take part in such activities in the future.

The Games came to an end on September 13th with bowling as the final event. Those who were not competing came to watch and cheer the others on. The After Party which followed brought the Games to a close with an evening of fun to celebrate the success of races well run and newly forged friendships.

Prof Mehmet Haberal,
Nicole Kassas,
Dr Bengu Guven Karahan
Turkey



Above: Celebration at the Games After Party with MESOT President Dr Mehmet Haberal, and Past Presidents Dr Faissal Shaheen, Dr Anwar Naqvi, Dr Adibul Rizvi, and Dr Ahad Ghods

Left: Professor Haberal celebrating with the men's 2000m medal winners



2014 Australian Transplant Games

The 2014 Australian Transplant Games took place in Melbourne from 26th September to 4th October. The Games brought over 700 registrants to Melbourne from all over Australia and the World, including transplant recipients, living donors, donor families, supporters and healthcare professionals. Participants were aged from two years old to 75, all coming together with the same goal, to say thanks and celebrate the greatest gift – the gift of life.

The week started with a world-first event: the 'Thank You' activation, dedicated to donor families and living donors. On Saturday 27th September, hundreds of individuals touched by transplantation came together in Federation Square, the centre of Melbourne, to create a human formation of the number 2,478. The number represented the collective power of transplantation and the extra years of life 2014 Games participants have enjoyed since receiving their life-saving transplant. The public event allowed those involved to say thanks to Australia – thanks for considering organ donation.

The DonatLife Fun Run was held the following day at the beautiful Albert Park. The Fun Run was an amazing demonstration of the quality of life that can be lived after transplantation and despite some fierce competition on the running track smiles were all around as the finish line was crossed. We even had some of our four legged furry friends join in the fun!

The week that followed was a huge success, with participants competing in over 21 sporting events all over Melbourne. And, just as importantly, the Games offered a range of social events including a Trivia Night, State Team Dinners and everyone's favourite – the Gala Dinner and Closing Ceremony.

The competition was tough this year and all competitors did extremely well. Of course there are some amazing and elite athletes that attend the Australian Transplant Games, but equally important are those people who come along and just have a go. The Australian Transplant Games are about participation and it is wonderful to see recipients of all ages and ability throwing themselves into new sports – and sometimes even surprising themselves with a medal!

An important element of the Games is the complimentary Junior Program which gives transplant kids the chance to try new sports, make new friends and experience all the fun that is the Games. This year the kids enjoyed a day trip to the Zoo, a circus workshop day, a baseball "come and try" afternoon as well as all of the sports events that are offered to the kids. There were plenty of medals being worn around throughout the week with huge grins to match.

And just as important as the smiles, the medals and the events is the awareness for donation that was achieved. Numerous national media channels embraced our message, chatting to the Faces of the Games, sharing their stories with the nation. The Games were broadcast on two major television stations, Channel Nine and Channel Seven and the message of the Games was also distributed in numerous newspapers around Australia.

We would like to say thank you to all those involved in making the 2014 Australian Transplant Games the success that it was including those working behind the scenes, competitors, supporters and our wonderful volunteers.

We hope to see you all at the 2016 Australian Games, or better yet... We look forward to catching up with you in Argentina!

Romy Shorter

www.transplant.org.au

www.facebook.com/transplantaustralia



EVENTS FROM AROUND THE WORLD

NATIONAL TRANSPLANT GAMES AND EVENTS FROM AROUND THE WORLD



Swimming champions at the Australian Games



The Tunisian team at the 5th Middle East Transplant Games



Happy faces at the 3rd Thai Transplant Games



High jump! European Transplant and Dialysis Games 2014



Racing for the line at the Australian Games!



Striding out at the South African Games



Enjoying the Transplant Games of America in Houston, Texas

EVENTS FROM AROUND THE WORLD



Big smiles from the SingTransplant Youth Symposium



French Transplant & Dialysis Games, Biarritz 2014 - 'Défi de la Jeunesse'



Hello from the Turkish team at the 5th Middle East Transplant Games



A wonderful moment at the Transplant Games of America!



Javelin at the South African Games

Report of Private Audience with Pope Francis

September 19th, 2014, Vatican City

Pope Francis: 'Organ trafficking and commercialization are immoral, - Declaration of Istanbul Custodian Group (DICG) is at liberty to convey this message on my behalf'

DICG asked The Mayor of Rome, Ignazio Marino to arrange a private audience with Pope Francis with the intention of deriving his support for the principles and the mission of the DICG. The



L-R: Dr Mirela Busic, Professor Mehmet Haberal, Professor Ignazio Marino, Dr Beatriz Dominguez-Gil, Professor Francis L. Delmonico, Pope Francis

delegation was to ensure international representation, and from countries with outstanding deceased donation rates (Croatia and Spain). Professor Haberal of Turkey was to be acknowledged as a benefactor of DICG.

Some of the information presented to Pope Francis (the full context can be obtained at www.declarationofistanbul.org/governance/dicg):

- Only 10% (100,000) of the needed 1 million transplants in the world are performed each year.
- Poor people are selling their organs throughout the world, with brokers exploiting their destitution.
- Six years ago (2008), professionals from all over the world came to

Istanbul to write the Declaration of Istanbul, to combat organ trafficking and transplant tourism and commercialism.

- DICG's mission is to curtail these practices and promote ethical donation and transplantation throughout the world.
- Organ trafficking is continuing in many countries.
- Curtailing organ trafficking requires increasing organ availability and understanding donation as a gesture of social responsibility.
- Donation has been successfully developed in Croatia and Spain, based on a principle of community. DICG is now promoting the model of Croatia throughout South Eastern Europe.

Result of the meeting:

DICG has been invited to submit a background/reference document that Pope Francis will use in a pronouncement to be widely reported in 2015.

NEWS FROM THE PHILIPPINES



A "family photo" of all the attendees at the 2014 Tribute to Donors Celebration

The Kidney Transplant Association of the Philippines (KITAP) was delighted to hold a special "Tribute to Donors" and celebration at the National Kidney and Transplant Institute, Quezon City, Philippines on 21st June 2014. The theme of this year's Tribute to Donors event was "Donors; you are a part of me, a link to our life a bridge to our future".

Manilette B. Fernando- Alcaraz R.N
Philippines

NEWS FROM ROMANIA

A Wonderful Summer Experience

We, as patients, speak of the need for strictness when respecting the rules for taking our medication, of the need to attend our regular check-ups in transplant centres and of the need for sport in our lives.

With these important elements of patients' welfare in mind, the Romanian Transplant Patients Organization - Asociatia Transplantatilor din Romania (ATR) - proposed for patients, both transplanted and those awaiting a transplant, an educational program for the integrated management of their chronic condition. To achieve their aim, this year ATR organised a "Summer School for Chronic Patients" with the support of the City of Mangalia (Mangalia is a beautiful historic city on the border of the Black Sea) and of sponsors Astellas, Novartis, Fresenius, IHS, Farma Plus, Ropharma and SC Celmar.

The "School" was held over six days and attended by 93 participants - both recipients and patients waiting for their transplant. Workshops were held in many areas including psychology, nutrition, medical management of the chronic disease, communications between patient and physician, kinetic therapy, art therapy and sport.

The event was a huge success and when the week was over all the participants, trainers and the Mayor of Mangalia agreed that it must be repeated next year.

"So we will meet again in 2015!"

Amali Teodorescu
Romania



Participants gather in front of the City Hall, Mangalia



*Delighted gold medal winners -
Ulrika Svanteson and Lars Santeson*

A great week for Sweden in Krakow!

European Transplant and Dialysis Games, 16th-23rd August 2014

Swedish Team Manager Johan Lundberg was very satisfied with the Swedish team's results following the European Transplant and Dialysis Games in Krakow, Poland this summer.

"It was great to see the dedication and the fighting spirit of the Swedish athletes" said Johan with a big smile on his face. "And great to see that the 'new faces' in the team hadn't come just to watch and learn. They made an impact from the word go!" From Sweden team's point of view the European and Dialysis Transplant Games was a brilliant success with eight gold and three silver medals won over the week.

The next goal for Team Sweden is Argentina...watch out Mar del Plata! The Swedes are coming...

CJ Ahl
Sweden

Golfing News from Sweden!

Karin Green won the Swedish Transplant Championship in Golf at a windy and tough Lerjedalens Golf Club in Gothenburg on the 27th September 2014.

It was a small, but eager field of transplanted golfers that arrived to compete at Lerjedalens Golf Club, Gothenburg and they all enjoyed a good lunch and warmed up before teeing off at 1:00 pm.

Lerjedalens is an open heath-land course and winds were strong, up to 15 meters per second, which made the course very challenging. However the fairways and greens were in excellent condition.

Overall winner Karin Green mastered the course with long drives and good putting. The winning score will be shrouded in mystery out of respect for sensitive readers! Let's just say that Karin won after her handicap was deducted.

Karin has the honour of arranging next year's Swedish Championship for Transplanted Golfers near to her home town Skövde in western Sweden. The exact date is to be confirmed but will be around the end of May, beginning of June 2015. If any of our international friends would like to participate, you are most welcome; however the "Dalahorse" is only awarded to the best Swedish transplanted golfer.

A big thank you to everyone involved with Lerjedalens Golf Club for all their help and support.

CJ Ahl
Sweden



"It was a tough and difficult course and the strong winds didn't make it any easier" said Karin as she hugs her prize horse from the county Dalarna.

3rd THAI TRANSPLANT GAMES

The Transplant Sport Association of Thailand (TSAT) held its 3rd National Transplant Games from 30th to 31st August 2014, supported by the Department of Physical Education, Ministry of Tourism and Sports.

For the first time ever, the event was also attended by participants from Malaysia, China, Australia and Japan.

The two-day event at the National Stadium comprised of five sports - badminton, table tennis, athletics, petanque and ten-pin bowling. A total of 82 transplant athletes participated in the keenly contested Games.

The Games provided a stage for patients who had

once suffered grave illnesses to show their prowess and enjoy their rehabilitated lives. All of the three annual events organized by TSAT so far have been under the patronage of the Department and Prof Phaibul Jitrapai said that this is an auspicious sign that the Thai government is recognizing the importance of transplant sport.

After the competition TSAT President Prof Phaibul Jitrapai expressed his thanks to the Department of Physical Education for recognizing the importance of encouraging transplant recipients to participate in sport as a means of improving their health.

Anussorn Thavisin
Thailand



EUROPEAN HEART & LUNG TRANSPLANT CHAMPIONSHIPS

European Heart & Lung Transplant Championships

12th – 17th July 2014

The 15th European Heart & Lung Transplant Championships were held in Vilnius, the capital city of Lithuania, with 15 countries participating - Austria, Belgium, Bulgaria, Denmark, Finland, France, Germany, Great Britain, Greece, Hungary, Ireland, Italy, Lithuania, Netherlands, Norway, Romania, Slovakia, Slovenia, Sweden and Switzerland. The beautiful city of Vilnius has many places of interest to visit - churches, the Palace of the Grand Dukes, the President's Palace and castle to name just a few.

The Opening Ceremony consisted of a parade of participants, each country parading behind their national flag and each athlete carrying a sign saying 'I live with a donated heart' or 'I live with a donated lung'. This was worded in both languages, on one side in English, the other in Lithuanian in order to promote organ donation to the passing public.

Following this everyone entered Cathedral Square and the Grand Palace where they were able to sample some traditional Lithuanian food, along with a wonderful cake to mark the occasion, while watching some local dance.

The President of Lithuania, 88 year old Dalia Grybauskaitė who was Lithuania's original Cardiac Transplant surgeon and performed the first heart transplant in the country 27 years ago, gave an opening address and welcomed everyone. This was followed by speeches from Virgilijus Tarutis the current Head of Cardiac Surgery in Vilnius, Ugnė Sakuniene, Chair of the Local Organising Committee and Brendan Gilligan, Chairman of the European Heart & Lung Transplant Federation. The Championships were organized by GYVASTIS with Ugnė Sakuniene, Chairing the Local Organising Committee.

A wonderful week of sport, fun and friendship followed with



Above: The Opening Parade

Left: The beautiful "Games" cake



competitions in Badminton, Table Tennis, Tennis, Volleyball, Swimming, Petanque, Cycling and Athletics. The weather was very kind, especially on the day of the Athletics, although at times it may have been too hot for those competing. The week of competition ended with the

usual "Circle of Life", a very emotional event for so many reasons, followed by a superb Gala Dinner.

Our thanks must go to Ugnė Sakuniene and her team for putting on such a wonderful event which everyone who attended will treasure memories of for many years to come.

We now look forward to Finland in 2016.

Judith Burgess

European Heart and Lung Federation

COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS • COUNTRY NEWS

Expedition Kilimanjaro!

On the morning of Tuesday, 14th October 2014, Expedition Kilimanjaro planted its UMC Groningen Transplantation Centre flag on Uhuru Peak, 5895 meters high! Eight of the 12 transplanted members reached the top of Mount Kilimanjaro - the recipients have definitely shown their worth following heart, liver, lung, kidney, bone-marrow and intestine transplantation.

In addition, the expedition has highlighted the importance of organ donation in a unique way.

Mission accomplished!

André Lassoij, Netherlands



The happy group proud to be on top of Mount Kilimanjaro!



Applying for a Therapeutic Use Exemption (TUE)

My personal experience by André Lassooij

Transplant recipients always have to take care of their bodies because of the medication they are prescribed following transplantation. On the advice of their doctors, recipients take medication and as they begin to get better can continue with their working life or studies. As they become stronger they are often able to take up sport again and some can participate in international events - like Xavier Lacosta from Spain, the fastest man over all age categories on the 100m sprint - Xavier ran the 100m during the World Transplant Games, Nancy 2003 in 11:16 seconds!

In sport at the highest levels, the use of drugs of any kind is controlled by the Rules of the World Anti-Doping Agency (WADA) - <https://www.wada-ama.org/en/what-we-do/the-code>. This is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations and among public authorities around the world. It uses five International Standards which aim to foster consistency among anti-doping organizations in various areas: testing; laboratories; Therapeutic Use Exemptions (TUEs); the List of Prohibited Substances and Methods; and the protection of privacy and personal information.

The “professional” athletes who participate at international events, such as the Olympic Games, have to be issued with a TUE from their International Sport Federations (IF) if they must take a medication which appears on the List of Prohibited Substances. This is also the case if they are in a National Testing Pool. For athletes who occasionally participate on an international level and may be using medication that is on the Prohibited List (which probably includes all transplant recipients), they must also apply for a Therapeutic Use Exemption (TUE) in order to be cleared to compete.

Since my lung transplant in 1996, I have participated in eight World Transplant Games and won a lot of medals, especially in athletics. In 2009 I actually beat the World Record (50-59) in the 100m and 200m during the World Transplant Games, Gold Coast. For these results I trained between five and six times a week and watched what I ate very carefully and also took my medication on time.

In 2008 I participated in national championships, which were not connected in any way with transplantation and I became National Champion (M50) in the 200m sprint and came 2nd in the 100m sprint. I also participated in the European Athletic Games for Masters (over 35 years of age) in Ljubljana, Slovenia.

For participation in the European Athletic Games for Masters I was bound by the Rules of the Anti-Doping Agency policy. Participation at this kind of event means that every participant is himself responsible for taking care not to have illegal drugs in their body. In the case of using any of the substances that are on the WADA List of Prohibited Substances and Methods, the athlete should apply for a TUE.

The TUE isn't arranged in every country in the same way. In the Netherlands it is arranged by a National Anti-Doping Organization for all sport federations who follow the Rules of the World Anti-Doping Agency. Together with my lung transplant doctor, I went to the website of The Netherlands Anti Doping Authority and filled in the form. My doctor was very proud to do so for one of his patients. The form was sent via the website to the TUE committee from the Netherlands Anti-Doping Authority, which consists of a panel of independent doctors who judged the request and I was granted a Therapeutic Use Exemption to compete.

To conclude, participating in the World Transplant Games can bring great benefits for some participants but it is not a reason to change medication which your doctor has prescribed. This can be very dangerous for your health and the World Transplant Games Federation is strongly against any athlete attempting to adjust his/her prescribed drugs in order to gain a short term advantage at their sport.

Take care of your body, you only get one!

André Lassooij
World Transplant Games Councillor
Netherlands





Tejo

A game of tejo in action

At the next World Transplant Games in Mar del Plata there will be two additional sports chosen by the Local Organising Committee. These will be darts and tejo. Many of you may not be familiar with tejo as it is a sport played mainly in Argentina and Uruguay. It is a highly inclusive game since it can be easily played and enjoyed by people of all ages and abilities.

In Argentina, tejo is played across the country and it is included in major competitions such as the "Evita National Games" which have been held since 1948 with high participation from both juniors and adults.

The origins of tejo are not clear, but it is usually considered a variant of bowls or pétanque. This is the reason why tejo is sometimes called *flat bowls*.

The game involves throwing a smaller disc, called the *tejin*, into a marked terrain and subsequently throwing the bigger discs, called *tejos*, trying to place them as close to the *tejin* as possible.

Tejo can be played singles or doubles. The doubles teams can be all male, all female or mixed. All actions before and during the game are under the supervision of an umpire. The Tejo games are played on flat compacted sand, where a rectangular area is marked out by strings held in place by nails driven into the ground.

The **marked terrain** must have the following dimensions:

- **Men:** 2.5–3.0 metres in width/12.00 metres in length
- **Women:** 2.5–3.0 metres in width/10.00 metres in length
- **Mixed:** 2.5–3.0 metres in width/10.00 metres in length

A transverse line, also marked by string, divides the terrain into two identical parts.

A coin is tossed at the beginning of the match and the winner

has the right to throw the *tejin* and the first *tejo* thus starting the game. During the rest of the match the winner of each game earns the right to throw the *tejin* in the following game.

Once the *tejin* and the first *tejo* have been thrown the opposing team must play their *tejo* or *tejos* until they can score a point, either by throwing their *tejos* closer to the *tejin* than the opponent's *tejos*, or by displacing the opposing team's *tejos* which might be closer than their own. Once this is done, the opposing team will try to reverse the situation by scoring points for themselves, and so on.

When a team has no more *tejos* left, the opposing team must play and try to score more points, either by throwing their *tejos* closer to the *tejin* than the opponent's *tejos* or by displacing the opposing team's *tejos*. Once all the *tejos* have been thrown, the team whose *tejos* are closest to the *tejin* will win as many points as the number of their *tejos* which are closer to the *tejin* in comparison with the *tejo* from the opposing team which is closest to the *tejin*.

When the game is finished, the match continues with the next game starting from the opposite end of the marked terrain or court. The winner of the match is the team which first reaches the number of points established by the Rules of the Game, according to each category.

The term **GAME** is used to refer to each instance in which all players play all their *tejos*. The **MATCH** will consist of as many **GAMES** as are necessary until one of the teams scores the total number of points established by the Rules of the Game.

We hope to see many participants enjoying tejo in 2015!

Professor Carlos Lirio
Argentina



Powered by the Gift of Life...

My name is Elmar Spink. I am 42 years old from Cologne in Germany, and my story may be interesting to you.

In 2010 I had a cardiac arrest at home just sitting on my sofa. I was very lucky because my wife was at home and also my neighbour who fortunately managed to bring me back to life. At the hospital they did not know what was wrong with me. I had always been healthy my whole life and had regular check-ups with my doctor. I had a defibrillator installed and went back to work in October 2010.

In January 2011 I experienced problems with my heart again. Throughout 2011 I was in a different hospital each month but no one could find what was wrong and they could only see that my heart function continued to have problems. In December 2011 I had to have my gallbladder removed and following this I was taken to the transplantation centre - there I stayed in bed for seven months.

Three months after I entered the transplantation centre, the doctors said I had only two days to live so they installed a Ventricular Assist Device (VAD) system and used Extra Corporeal Membrane Oxygenation (ECMO). With these two machines I was able to live until 9th June 2012 when I was lucky to receive my new heart. After all that I had to learn to sit, to stand up, to walk again. I had lost most of my muscles after the long time in bed. The medical professionals never found out why this had all happened.

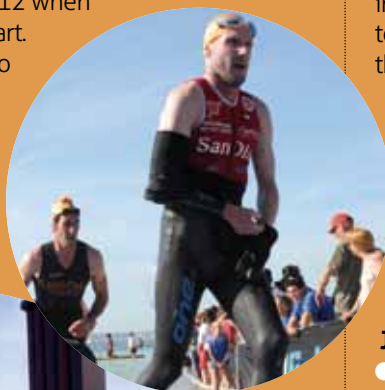
I wanted to get my previous fitness back and I began training in August 2012. I had some rejections with my heart which caused me problems but this is pretty normal in the first six months. In December 2012 I managed to stand on my snowboard again. I then started jogging again in January 2013. From that moment I decided to get back to my previous sport - triathlon - again and to be an inspiration for organ donation in Germany. Only 25% of the German population are willing to sign up to donate their organs and a lot of people die during the waiting period.

Exactly one year after receiving my new heart I completed my first triathlon again. I was fortunate to receive a lot of public and media reaction and I intend to continue to use the gift of life to promote the need for organ donation.

These are just some of my achievements and the times I attained over the two years following my transplant in June 2012:

- 30.03.13 10km run in 57 minutes
- 08.05.13 10km run in 54 minutes
- 12.05.13 Bike race - 68km in 2:08h
- 02.06.13 10km run in 50 minutes
- 09.06.13 Triathlon - 500m, 24km, 5km in 1:23h
- 02.07.13 Climbed the Großglockner, Austria - 3798m in 7:30h
- 13.07.13 Cross Triathlon - 500m, 13km, 4,5km in 1:41h
- 13.10.13 Half marathon - 1:49h
- 31.12.13 10km run in 45 minutes
- 14.01.14 Winter World Transplant Games (Cross Country: Silver and Snowboard: Bronze)
- 10.05.14 Triathlon 1.9km, 90km, 21.1km in 5:20h
- 18.05.14 Triathlon - 500m, 20km, 5km in 1:07h
10km run in 43 minutes

Elmar Spink
Germany



KAIDYN BLAIR

On April 24th, 2002 in Windsor, Ontario, Canada, our first son was born. We named him Kaidyn meaning fighter, not yet knowing that his namesake would stand for everything he was. Kaidyn was born 6lb 3oz, beautiful, perfect but yet not healthy. Kaidyn was born with a liver disease called Biliary Atresia. Biliary Atresia is a congenital absence or closure of the major bile ducts, the ducts that drain bile from the liver.

Most people dream of what their baby would someday become but our dreams were much, much different. We dreamt that he would live. That someone in their time of sorrow would be generous and kind. That a perfect stranger would give our child the only thing we couldn't...the gift of life.

At three months old Kaidyn went in for exploratory surgery in the hope of performing a procedure called the "Kasai." A Kasai procedure is a way to surgically bypass the blocked liver ducts to prevent liver damage but this could not be performed as cirrhosis of the liver had already set in. At this time Kaidyn was listed for transplant. We watched and waited knowing that someday soon Kaidyn would become very ill. We watched our son deteriorate into a frail 13lb, one year old right before our eyes....fighting to live.

On April 26th 2003, we received the call that changed our lives. A hero, an angel said "yes" and on April 27th 2003 Kaidyn received his miracle, his gift of life – a new liver. We will forever be grateful to the family that chose to give our son a second chance to live.

I will never forget the first time Kaidyn opened his eyes after his transplant, they were so sparkling white...so breathtaking.

Since his transplant, Kaidyn has soared. He has this over



Kaidyn returned home from Durban with a host of medals and the WTG Outstanding Junior Athlete Award!
(photo by Selyne - Essex Free Press)

abundant zest for life. Never taking his life for granted. He excels at life and sports. He plays travel basketball and his favourite, soccer. Kaidyn has competed at four National Transplant Games - Windsor, Ontario; Quebec City, Quebec; Calgary, Alberta and Moncton, New Brunswick. Also at the World Transplant Games in Durban, South Africa 2013, bringing home many medals and establishing world records in ball throw and long jump. He was honoured to receive the "Outstanding Junior Athlete Award" in Durban for his accomplishments at the Games. Kaidyn is the first Canadian to bring home this special award. Kaidyn hopes to participate in the World Transplant Games next year in Argentina. He is always striving and accomplishing more, proving that you can, not only be healthy and active after transplant but can surpass all expectations.

Kaidyn is an active participant in organ donation since his transplant. He shares his story locally and through social media (Please check out his video which was made to support Kaidyn's dream and intensify the need of organ donation - it can be found on YouTube under "Kaidyn's Dream"). In the past two years since Kaidyn began speaking publicly, our home town of Essex, Ontario has increased over 11% in registered donors. I am so proud to listen as he commands his audience's attention and shares his story while actively promoting organ donation. Always starting his speech the same; "I have a dream that no child, mother, father or loved one will ever have to die waiting for a lifesaving transplant." It is beyond rewarding, it is a privilege to watch as he impacts those around him. Kaidyn is a leader, an athlete, an ambassador for organ donation, but above all, he is our hero.

Tammy Blair
Canada

KAIDYN'S FAVOURITE QUOTE:

**"I can accept failure,
but I can't accept not trying."**

Focus on Uruguay

The Asociacion Trasplantados del Uruguay (ATUR) is the transplant association of Uruguay.

ATUR has grown from its small beginnings in 1998, when a group of 20 transplanted athletes and their families travelled to participate in the Latin American Transplant Games in Buenos Aires, into a significant non-profit association with legal status which was approved by the Ministry of Education and Culture in 2003.

The goals and activities of ATUR are:

- Ensuring the rights of all transplant patients, as well as those on dialysis and the waiting list. We receive inquiries about transplants, waiting list medication and claims regarding Government institutions.
- Educational prevention campaigns. We are involved in providing outreach activities across the country in educational institutions, events, companies and shows, providing information on prevention and care related to kidney diseases, heart, liver, etc.
- Creating a culture for voluntary organ donation. Working since 2000 with the Institute of Donation and Transplantation (governmental) www.indt.org.uy, a large number of volunteer donors were recruited which raised the rate of donation to 20.3 pmp in 2011, four times the average rate in Latin America. In Uruguay, since 2013, we have had the benefit of Law no.18.968 which states that any person upon the death becomes a donor unless they indicated otherwise during their lifetime. Equally ATUR and the Institute of Donation and Transplantation continue to campaign about donation, allowing people to reflect on the importance of "life after life" and to be willing to donate either fully or partially.
- Promoting the quality of life based on sport. We organize and participate in sporting events for transplant recipients at the national and international level, including the World Transplant Games which we attended for the first time in 1999 in Budapest, Hungary. Nationally, we hold our transplant sporting



The athletes from Uruguay at the Games in Durban 2013



ATUR event held at Punta del Este

events under the direction of the Uruguayan Paralympic Committee.

- Integrating our experience and our achievements to associations of other countries. ATUR is a founding member and partner of the Federal Council of Associations of Transplanted Patients for Latin America and the Caribbean.
- Institutional relations with the national Government and its departments. In Uruguay we are privileged that every worker and his family that contributes to the state fund "FONASA" is entitled to receive free of charge transplantation and medication from national resources. www.fnr.org.gub

We at ATUR thank the World Transplant Games Federation for this opportunity to tell people about the state of donation and transplantation in our small, but very caring country. Uruguay has the best rate of transplantation in Latin America and one of the best rates in the world relative to its population. Spain leads the world in this statistic and we in ATUR are proud that Uruguay is among the top ten.

Prof Irineo Rocha Ventura
Uruguay
www.trasplantados.org.uy



25

25 years since the first successful living-donor liver transplant took place in 1989 in the USA.

