

TransplantWorld

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Journal of the



World Transplant Games Federation
Powered by the gift of life

Celebrating Our History
Athletes Preparing
for the World Games
New Orien Young Award
Winter Games Returns

The Road to Málaga

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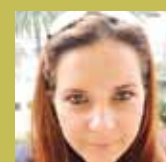


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Michael Prenner from Bolzano, Italy will be participating in his 14th World Transplant Games in Málaga this summer. Michael's first Games was 30 years ago in Innsbruck, Austria – 1987 the year of the official formation of the World Transplant Games Federation. These are some of the highlights in the inspiring story of Michael's journey on the "Road to Málaga".

My 30 year Journey on the Road to Málaga

On 17th July 1985, aged 30, following seven months on dialysis, I received my first kidney transplant in Innsbruck, Austria.

In 1987 my doctor made me aware of the World Transplant Games taking place in Innsbruck so I bought myself a cheap bike and entered. My target was not to be the last in the race. The ensuing Games have always been a target which has helped me to continue to live my new life with a transplant. The training with the bike helped me to lower my blood pressure and to strengthen my physical and mental constitution. I could increase my self-esteem and integrate myself fully into society.

In 1989 I began to promote transplantation and organ donation with 'photos and reports in the media. Also, I brought the concept of transplant sport to Italy by founding Transplant Sportclub Südtirol, the first Italian sports group for transplant recipients. In 1992 I organised the first ever European Transplant Championship for 20km and 5km cycling with 50 cyclists from ten nations.

In 1995 in Manchester, UK I finally won my first WTG medal, a silver – a great pleasure for me. Then in Sydney, Australia 1997, I was delighted with two bronze medals in cycling and bowling.

In 1999, my kidney was not working properly however I was still able to win a bronze medal at the Games in Budapest, Hungary. Unfortunately, I was back on dialysis in May 2000 but I always kept myself in shape and on 5th October I took part in the European Transplant and Dialysis Games (ETDG) in Athens, Greece. I won three gold medals in track and field and a bronze in bowling. On 25th October of that year I fortunately received the call for a new kidney transplant and just ten months later I was delighted to win a silver medal at the World Transplant Games in Kobe, Japan.

During the years 2001 to 2016, I have organised the Euregiotour from Innsbruck to Arco in order to promote the organ donation and to say "THANKS" to donors and their families. This event attracts around 100 cyclists including approximately 45 transplant recipients

My greatest Games so far was in London, Canada 2005 with a silver medal in time trials and a bronze in the road race. I followed this up with a cycling bronze in Bangkok, Thailand two years later. In Gold Coast, Australia 2009 I won a fantastic silver medal in the road race. During November of that year, I was privileged to present at an International Congress at the University Hospital in Verona, Italy in favour of organ donation and transplantation. In 2010 came my election onto the Presidential Committee of the European Transplant and Dialysis Sports Federation.

Finally, at my most recent Games in Durban, South Africa 2013 I finished with 10th place in the 20km road race.

I have continued for the past 30 years to organise and compete in many transplant cycling events, promoting the benefits of organ donation and transplantation in different ways. I have received medals and honours throughout this time, with some of my proudest moments occurring at the World Transplant Games.

With a great joy, I'm looking forward to seeing my friends again in Málaga.

Michael Prenner
Italy

Above: Michael (centre) at the Manchester 1995 WTG

Right: Gold Coast 2009 (Michael left)



GUEST EDITORIAL • GUEST EDITORIAL • GUEST EDITORIAL • GUEST EDITORIAL

Canadian Dennis Segatto's long "Road to Málaga" began in 1980 when he took part in the 3rd World Transplant Games "Transplant Olympics", held in New York, USA. The New York Games were the first to be held outside of the UK and followed on from the events in Portsmouth, UK in 1978 and 1979. These early Games were conceived by the World Transplant Games Federation founding President, Dr Maurice Slapak and were the beginnings of the Games we have today. Dennis is delighted to be competing at the Games in Málaga this summer.

My Journey from New York 1980 to Málaga 2017

I received my kidney transplant in July 1979 at the age of 24 at University Hospital in London, Ontario, Canada.

The 1980 Kidney Transplant Olympics were held in New York, USA and I participated with nine other Canadian recipients. There were 200 athletes from 11 countries and this included, for the first time, five heart transplant recipients. I made many friends from around the world, however, my fondest memory is running the 3 mile road race in Central Park.

I had been very athletic throughout high school and college, running cross country, track and field, wrestling and soccer to name a few. My life would be altered forever after these Games as I became an advocate and spokesperson for organ and tissue donation. I would not be able to participate again in the World Games until after a second transplant in 1994 due to life's circumstances or Games expenses. I competed again in 1997 in Sydney, Australia which ignited a spark to continue training and competing. These were my favourite Games due to the large number of participants from around the world, especially children. The Opening Ceremony in Circular Quay where we marched to the Sydney Opera House was breathtaking with so many supporters there, including my mother, wife and daughter, who came to watch me for the first time as I took part. The atmosphere throughout the Games was so incredible, it was uplifting. Now at the age of 62 I am proud to be competing in Málaga, Spain this year.

I know very well how important it is to get active as soon as possible after transplantation in order to recover and continue

a healthy active lifestyle, after all we are given a second chance at life and we should make the most of the special gift someone has given to us. It is with this in mind that we should all be beacons of hope for others to become ambassadors for "Fit for Life" in our own special ways and encourage others to register their consent to become possible organ and tissue donors as their dying wishes.

I was fortunate to be able to climb Mt Kilimanjaro up the Machame Route with 15 others starting on 1st July 2015, which happened to also be Canada's birthday, as my tribute to all the organ and tissue donors and their families all around the world. There are so many ways I have been able to give back to my community, province and country over these past 38 years which would never have been possible had it not been for my kidney donor and family. All of us competitors at the 2017 World Transplant Games in Málaga, Spain have this great common bond.

I am so excited to have the opportunity to meet all of the competitors, family members, donor families, volunteers, officials, team managers and everyone involved with this very important event that shows the world what transplantation is all about.

Best of luck and see you in Málaga.

Dennis Segatto
Canada



Left: Dennis' Games shirts from 1980



Above: Dennis with Australian TM Jan Wall and some young recipients in Sydney 1997



Above: Dennis with Dr Maurice Slapak – Sydney 1997



Right: "Team Segatto"

Message from the President

From ancient times through to today, pilgrims from across the world make their way to the reported resting place of St James in the Cathedral of Santiago de Compostela in the far north of Spain. Legend has it that the body of St James was taken from Jerusalem to Santiago where he was buried where the cathedral now stands. During the Middle Ages the route, known as the Camino de Santiago, or the Way of St James, was highly travelled although throughout the centuries there have been a number of impediments which have reduced the number of pilgrims each year – the Black Death, political unrest in the 16th Century and two World Wars impacted on the tradition.

More recently, the journey was popularised in the movie, *The Way*, starring Martin Sheen, who takes the footsteps his son would have taken if not for a fatal misadventure.

Many pilgrims in this day and age commence their journey just inside France so as to cross the Pyrenees but Europe is dotted with routes all leading to Santiago.

It is a journey steeped in history and respect. For many, it is a pilgrimage to spiritual growth or rebirth. For others, it is simply a wonderful hiking or biking track with a great sense of history.

What is most impressive, however, is the fact that you don't travel to a particular city or port to begin your pilgrimage – it actually starts the moment you take one footstep out your own front door, whether you are in England, Argentina, France, Australia or Sweden. The moment that door shuts and the key is turned, your pilgrimage commences.

As we prepare for the 21st World Transplant Games in the historic and culturally rich city of Málaga, Spain, it is not hard to compare the journey of recipients every two years to the World Games to that of the ancient pilgrims. For many recipients, attending the Games



is a challenge in the same way these pilgrims faced the Camino. For many recipients, the World Games is a type of rebirthing. An opportunity to reflect on the gift of life and show gratitude for the generosity of others.

At these Games we will be honouring our traditions while introducing some new ways to celebrate all that is great at the World Transplant Games.

As part of our 30th anniversary celebrations of the World Transplant Games Federation, we have invited donor families and living donors to compete in their own competition. We are pleased many have taken up that opportunity and I am sure all of us will take time to pause and cheer them on.

We also plan to invite donor family members and living donors to march into the Opening Ceremony separately behind the country procession. This is a tradition at some national games and we are pleased to introduce it at the world level.

You might also notice at the Opening Ceremony I intend to recognise those recipients who have been to the most

Games – and perhaps one recipient who goes all the way back to New York in 1980.

We conduct these World Transplant Games for two reasons: to promote the gift of life and to help the continual rehabilitation of transplant recipients. What better way to celebrate this than celebrating those who are themselves a testament to the long-term success of transplantation.

In the meantime, please read through all the inspirational stories in this wonderful journal. It is dedicated not to the Camino de Santiago but to the Camino a Málaga.

Te veo allí!



Chris Thomas
President



Málaga is ready and waiting for you. The city is totally prepared for this great event that we are proud to be hosting, and we hope you will enjoy plenty of what the capital of the Costa del Sol has to offer.

In the first place, the time of your visit coincides with mild weather bringing perfect temperatures that make the beach a very inviting place to go. We invite you to take advantage of the sun, water sports and other team activities that are practiced by the sea, such as beach volleyball, beach football, beach handball and bat-and-ball. You can also take time to relax, just lying in the sun and listening to the sound of the waves.

The coastline of Málaga offers 15 beaches, with the Campo de Golf and San Julián beaches being the furthest west and La Araña beach being the furthest east, and not forgetting the well-known beaches of La Malagueta and Pedregalejo/Las Acacias, which are those that are most frequently visited by tourists. All Málaga's beaches have lifeguard teams and the necessary safety measures to guarantee a peaceful and pleasant day.

To make your visit to Málaga perfect, you will need to wear sunscreen when you're at the beach or doing water sports. Your arms, legs, face and the trunk of your body must be well covered, if they are exposed to the sun. It is also essential to drink plenty of water and eat ice cream or drink cold drinks.

The Local Organizing Committee has designed a program of activities



Local Organising Committee Málaga 2017

for children that will take place over Wednesday June 28th, and Thursday, June 29th. On the first day, there will be a series of activities on the beach where children can enjoy games adapted to their age group, participating in a really entertaining sports day.

On the Thursday, the program will be held at the mouth of the Guadalhorce river and will involve exciting activities such as a kayak gymkhana, archery, orienteering and other activities that will provide the children enrolled with an adventure-filled day.

Our gastronomy provides another attraction during your stay that can be enjoyed in complete safety. Grilled and fried fish, great vegetables, irresistible desserts and dishes which combine these ingredients will leave you with an unforgettable memory of your days in Málaga. The wines of Málaga deserve a mention all to themselves. They are a luxury within reach of everyone, include white and red wines, as well as sweet wines – fresh and fruity, full-bodied,

Oloroso sherries and Pajarete creams... a variety of wines that will ensure that admirers of these delights take away a permanent connection to our city and province.

Your relaxation time is crucial, whether you're an athlete participating in the World Transplant Games, or whether you are attending as a family member or a volunteer. Málaga has a first-class hotel network that forms a perfect partnership with the wonderful climate that attracts thousands of tourists every year. But not only that, more and more foreign visitors have decided to put down roots in our land and either buy a property, arrange house swaps, or sign up to property timeshare programs.

Málaga wants you to feel completely at home and we are doing everything in our power to achieve that.

Málaga 2017 LOC



Announcement of WTGF Awards at the XXI World Transplant Games, Málaga, Spain 2017

Including the new Orien Young Award in commemoration of an important founding member of the Federation

Following the sad death of founding member Orien Young in 2016, there will be a new Orien Young Award to be presented to the gold medal winners of the 4 x 100m men's relay team on the track. This Award will be presented each World Games in honour of Orien's many years of dedication and work for the Federation.

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

In addition, the Outstanding Athlete, Outstanding Junior Athlete and Outstanding Team Awards will again be awarded at the World Transplant Games in Málaga this year.

The WTGF Outstanding Athlete and Outstanding Junior Athlete awards are awarded to a man and a woman and a boy and a girl respectively who have been nominated by their team manager and selected by

the Judiciary Committee using the following criteria:

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

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

Good Luck to all!

André Lassooij, WTGF Sports Chair
Gary Green, WTGF Sports Manager

PREVIOUS WORLD TRANSPLANT GAMES FEDERATION AWARDS

OUTSTANDING TEAM AWARD

2013: GB&NI

2015: Hungary

OUTSTANDING ATHLETE AWARD - MEN

2009: UK – John Barnes

2011: UK – George Newman

2013: GB&NI – Liam Barnett

2015: Hungary – Robert Gelencser

OUTSTANDING ATHLETE AWARD - WOMEN

2009: Australia – Kate Clark

2011: USA – Tracy Copeland

2013: South Africa – Heilie Uys

2015: Germany – Simone Bauer

JUNIOR OUTSTANDING ATHLETE AWARD - BOYS

2011: UK – Matthew Salkeld

2013: Canada – Kaidyn Blair

2015: GB&NI – Declan Bennett

JUNIOR OUTSTANDING ATHLETE AWARD - GIRLS

2011: UK – Kelly Young

2013: GB&NI – Nicole Mackenzie

2015: GB&NI – Ellen Russ

MAURICE SLAPAK AWARD - Men's 5k Road Race Team

2007: Argentina – Adrian Grunewald, Juan Juarez, Daniel Coniglio

2009: Hungary – Mezei Gergő, Venyericsán László and Zilaj Csaba

2011: UK – Ian Brannigan, Matthew Salkeld, Peter Murray

2013: Hungary – Gergo Mezei, Laszlo Venyericsan, Csaba Zalij

2015: GB&NI – John Moore, Phillip Cairnduff, Christos Liaskos

PETER GRIFFIN AWARD - Men's Swimming Freestyle Relay

2009: UK – Jason Smit, James Flinham, Matthew Barton, Ben Pacey

2011: UK – Matthew Dodd, George Newman, Jason Smit, Ran Pulik

2013: GB&NI – Liam Barnett, Matthew Dodd, Benjamin Pacey, Stuart Robinson

2015: GB&NI – Martin Graham, Declan Bennett, Rhys Bonnell, Liam Barnett

Athlete Code of Conduct

The WTGF Athlete Code of Conduct is reproduced here as a reminder for the 21st World Transplant Games in Málaga, Spain



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

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

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

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

I understand that if I compromise this pledge, I may be subject to disqualification from this and possibly other transplant sports-related events.

The Winter World Transplant Games are Back on the WTGF Calendar



The 2018 Winter Games will be held in Anzère and Arbaz, Switzerland, from 7-12 January. Competitors and accompanying persons can optionally extend their stay in the Swiss Alps from 6-13 January 2018 at no extra cost*.

The Winter Games offer competitions in Alpine skiing, snowboarding, cross-country skiing, biathlon, curling and snow shoeing, with many competitions open to both individuals and teams.

Curling and snow shoeing competitions require no particular skills or experience and offer an ideal opportunity for transplant recipients to compete in the Winter Games for the first time.

Anzère-Arbaz, located on a sunny terrace at 1'500m above the Rhone Valley, is the perfect destination for accompanying family and friends. Non-skiers will enjoy the many marked walking and snow-shoeing trails and the more adventurous will be thrilled on the long, marked and secured, toboggan run at Les Rousses. Children are well catered for with a games area and a magic carpet for skiing and tobogganing, right on the village square.

All competitors and accompanying persons will benefit from significantly reduced prices on ski equipment rental and professional instruction from the local ski and snowboard schools, making the 2018 Winter Games a unique occasion for our transplant community to discover these exciting sports in the inimitable atmosphere of a transplant games.

The Winter Games have not taken place since 2014. To ensure that they will have a regular place on the WTGF calendar in the future, the 2018 Games will be operated as a partnership between the WTGF and the organising association in Anzère-Arbaz and offer a showcase for host countries interested in bidding for the 2020 and 2022 Winter Games.

The partnership in 2018 will see the WTGF hosting the official Games website, managing the registrations and taking responsibility for all liaison with country representatives and team managers, as well as many other administrative and organisational aspects of the Games. Having already hosted the 2012 Winter Games, Anzère, together with its neighbour Arbaz, has all the skills

and experience to provide another wonderful experience for competitors and accompanying persons alike.

Chris Thomas, WTGF President, said that the WTGF Council is committed to providing recipients with a Winter Games opportunity and it was a brilliant way to showcase the success of transplant athletes in rehabilitating to the fullness of health.

Liz Schick, WTGF Secretary and President of the organising association for Anzère 2018, added that Anzère and Arbaz were looking forward to hosting transplant recipients, their families and friends from around the world to celebrate life and pay homage to donors. Surrounded by magnificent scenery and with pollution-free mountain air, the Winter Games are, she said, a wonderful opportunity to get and to feel "Fit for Life" and receive a boost of energy.

We encourage all countries that have expressed an interest in hosting a future Winter Games to contact hosting@wtgf.org as soon as possible to reserve their VIP place(s) at Anzère 2018.

**Accommodation only, conditions apply*



TRANSPLANT RECIPIENTS ON THE ROAD TO MÁLAGA

Inspirational athletes in training for the 21st World Transplant Games in Málaga, Spain, 25th June 2017 to 2nd July 2017 - sharing their stories and preparations, each on their own personal Road to Málaga.

Jennifer Klouse

USA | Liver Recipient

As the journey to Málaga continues, I think about how blessed I am to have been given another opportunity to join many others from around the world, to travel to another country and to honor my donor at the 2017 World Transplant Games! Many people have asked me what it's like to attend the Games and my answer is the same every time...it is something that can't be described with words...it's more of a feeling that you get and it is something that you have to experience for yourself to fully understand the magnitude of how incredibly honourable, humbling and awesome the experience is!!! As for my donor, I never knew I could love a complete stranger so much.... but he's up there...smiling down at me. He

along with the grace of God is the reason I am alive today.

I think about the scar I have on my stomach often. A scar can be defined as a mark left behind where you haven't healed. To me that Mercedes Benz on my stomach means more than that. As a good friend of mine told me the week after my transplant, you should be proud of that scar as it represents when you were in a battle for your life... and he was right!!

Some of the most important things for me as I prepare for Málaga include feeling strong physically, emotionally and spiritually...having that strength in all



three areas of my life makes for the best day possible for me! In order to feel this way, I try to drink at least a gallon of water a day. Getting at least 7-9 hours of sleep is also important for me to be able to feel strong enough to take the day head-on with also being able to get in a proper work out! Most of my training revolves around running and the Insanity program which includes a lot of exercise around plyometrics and cardio circuits. I'm a very strong person of Faith, so taking time out of my day to read my bible or praying gives me strength spiritually. Making sure I put proper nutrients into my body is also important as it's the fuel that gives me the energy to continue to go, go, go! It's so important to also make time for some fun and to share it with those that are important to me as well as having some "me" time too! Disconnecting from the normal every day is also important as it gives me an opportunity to refuel, refocus and refresh my mind and body!

As many that know me know I like to Hulk Smash life...conquer my fears, live out my dreams and to never be afraid of who I am.... scars and all. I'm pretty stubborn... so even with some health hiccups in my life...I will press on...and I will accomplish what I've set in my mind to do!



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Hasse Karlsson

Sweden | Liver Recipient

Hasse Karlsson will participate in his third World Transplant Games when he comes to Málaga, Spain, this summer. He has set his goals high. He is going for gold. "The World Transplant Games is important for the awareness of the need for organs and the national will, in the arranging country, to take a stand pro-organ donation," says Hasse.

Hasse Karlsson is 65 years young and works as a Perfusionist at Sahlgrenska University Hospital in Gothenburg. It was in 2003, after an operation that complications were encountered. He was infected by hepatitis C which lead to the need for a new liver which became an



acute need when it was discovered that Hasse also had liver cancer. Fortunately, the cysts had sealed themselves, but the need for a transplant was evident and one month later Hasse received his new liver. "It was a great feeling."

Sports has always been there for Hasse, as it is for most people from Gothenburg. Sweden's second largest city, on the south west coast, has a long and prosperous sporting history with top teams in all the major sports leagues in Sweden. In Málaga, Hasse will focus on golf, cycling and athletics in the form of javelin, discus and shot-put. "I didn't travel to the Games in Argentina so I will do my best to defend my gold medal in shot-put from the Games in Durban, South Africa, 2013."

Hasse's main sport though is golf. He played the game before his transplant and is a member of a golf club, Torrekulla, just outside Gothenburg. "I play nine holes three to four times a week when the season allows, the winters are long in Sweden." Cycling comes naturally to Hasse since he generally commutes to and from work on his bike which allows Hasse to fit bike training for Málaga into his daily routine. Hasse only began to compete in the athletic sports after his transplant and discovered a skill for the throwing sports.

Fourteen years on after his transplant,



Hasse leads a very normal life. For the most part he eats and drinks just like any other person but with an eye to keeping his liver healthy. The transplant worked very well and he takes very little anti-rejection medication. Hasse is looking forward to the 2017 Games in Málaga, an area he is familiar with since he has played some golf here before. Hasse will bring his family to the Games as supporters. It's a tradition in the Karlsson family. "My goals for the 2017 Games are to win a medal in the events I am taking part in, but it is also a fantastic way to make new friends from all over the world."

The Swede, Hasse Karlsson, is focused and is going for gold in Málaga. Rest of the world, beware...

CJ Ahl
Sweden.

Pablo de Gálvez

Spain | Double-lung Recipient

My name is Pablo de Gálvez. I was born in Málaga 42 years ago. I am a lawyer and also a double-lung transplant recipient.

I see myself as a very fortunate person, full of faith, and with an extraordinary family consisting of my parents, brothers and sisters as well aunts and uncles and above all, my wife and companion. My family have always

helped me to enjoy and share my life fully, both before and after my transplant, supporting me regardless of the difficulties that I have encountered and that we realise may occur again at any time.

Sport and swimming have always been



a part of my life and I believe in taking a normal and relaxed attitude in all things, in my sport and in my faith.

This permanent, positive attitude has helped me throughout my life. Before my transplant, I had to endure many daily ongoing difficulties such as infections, fevers and hospitalisation periods but

I have always tried to keep as fit as possible whenever I was able. Throughout my health problems, as soon as I began to feel a bit better, I went to the swimming pool and exercised. I would

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Reena Raju

India | Heart Recipient

Hi! My name is Reena Raju and I'm from Bengaluru, India. I'm a vocalist, guitarist and a former hockey player having represented my university at the national level hockey tournaments. I graduated in BA psychology and was working in an MNC when I was diagnosed with Dilated Cardiomyopathy (DCM).

In 2006, I came down with a common cold, cough and fever and was treated accordingly. A week later I couldn't eat, sleep or walk. It took a month for doctors to diagnose my condition and I had an ejection fraction (EF) of only 15%. At the young age of 25, I not only had to learn to pronounce 'Dilated Cardiomyopathy' but live with it. Being a sportsperson helped me to take my illness as a sport. I chose to live against all odds. I survived nearly four years with sips of liquid, frequent hospitalisation, pain and near death



experiences. I also did voice-over jingles, sang at various occasions and did my best to live it up.

In 2009, my doctors gave me six months to live with a heart transplant as the only option. I was terrified. I did not want to part with my heart nor did I want someone to be brain dead. Heart transplant was rare in India back then but I was lucky enough to meet world renowned cardio thoracic surgeon – Dr K M Cherian from Chennai, India. Through his presence I gained confidence and had a successful heart transplant on Nov 19th 2009.

When we are close to death we understand the value of life. I chose to dedicate my new lease of life to help patients suffering from end stage organ failure. I founded Light A Life – Reena Raju Foundation, a registered charitable organization to create awareness on organ donation, provide pre/post transplant patient counseling and raise funds to gift life-saving immune-suppression and anti-rejection medication to needy organ recipients. I have completed a 5.7km run by walking and jogging to the finish, an 8km cyclotron, parasailed, did a 15ft underwater sea walk and most recently a 13,000ft tandem skydive! Everything I do is special and in memory of my donor. I feel the best way a recipient can honor their donor is by living their life to the



fullest. I wear my 7 inch scar with pride!

I'm delighted to be part of the 2017 World Transplant Games in Málaga, Spain! Ever since my transplant, I have been keeping myself physically and mentally fit. Initially I did a few 'trial and errors' to know what works for me, to strike the right balance and listen to my body. This has helped me gauge my 'do's and don'ts'. My work out involves warming up, cycling and jogging. I train and play badminton three times a week. I eat healthy protein rich food and never skip my routine medical follow up. Discipline is key to a sustained and quality life post transplant.

I'm excited and look forward to meeting fellow organ recipients from various countries, donors/donor families, WTG team and volunteers at the Games! Málaga...here I come!

continue with this for as long as possible until my illness prevailed and I began to feel worse again - then I would have to go back to hospital and start the whole circle once again.

Just before my double-lung transplant I became a swimming teacher at Málaga University. A few years later I became national champion in my first National Transplant Games in Lorca, Spain in 2016. At the Spanish Games in Granada this summer I repeated this honour with much satisfaction and gratitude and I am now looking forward to competing in my first World Transplant Games in my hometown of Málaga in June.



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Aussie Athletes Unite at Transplant Australia's World Transplant Games Training Camp

Take 20 Australian transplant athletes, mix them with other athletes at the Australian Institute of Sport, add presentations from sports science experts and coaches, and you have all the key ingredients for the inaugural Transplant Australia High Performance Training Camp! Held over an April weekend, the camp involved selected athletes from around Australia competing in swimming, cycling or athletics at the World Transplant Games, or in combination with other sports.

The Australian Institute of Sport, in the nation's capital Canberra, is the traditional home of elite athlete preparation and boasts a wealth of expertise, as well as top-class sporting, training and recovery facilities. Over two and a half action-packed days, we participated in sessions ranging from sports medicine and sports psychology, to strength and conditioning, post-training and competition recovery, and sports nutrition. We had the rare opportunity to train together in the gym, pool, on the track or on the bike. Among a wealth of useful information, we discovered that an 'ice bath' is not actually icy – in fact, cold water hydrotherapy is ideally at 15°C / 60°F. We learned how



Team TA athletes on the track



Michelle on the "Road to Malaga"

to eat, sleep and hydrate like sporting champions, and we were inspired by a presentation from one of the elite gymnasts living and training at the AIS.

Most importantly, we got to spend time together as athletes from Team Transplant Australia, sharing our Games goals, training tips, and the inevitable ups and downs we have already encountered on the road to Málaga. We even managed

to have fun! We also secured some great media exposure about the Games as well as the importance of organ donation and transplantation. Thanks to Astellas for sponsoring the camp, to help prepare us to do our best in our events. Watch out world, the Aussies are ready!

Michelle Daley
Transplant Australia

transplant
australia
make the most of life.

Dutch Golfers Preparing for Málaga 2017!

During the week of 26th March a delegation of the Dutch golf team with their partners visited Málaga for pre-Games training.

On the first day, the golfers were introduced to the beautifully landscaped course of the Guadalhorce Club de Golf where the competitions will take place in June. They were given the opportunity to become familiar with the course – its inclines, the wind that comes from all angles and the sound of planes flying over – full of holidaymakers.

On the second day, there was special attention paid to the pairs who will participate in the team competition at WTG2017. Then on Thursday, a stroke-play competition began which was spread over two days with the two top players winning the prizes: Nico Zonneveld for the best gross score and Ruurd Valkenburg (bronze winner in Argentina) for the net score.

The golf team and supporters are very much looking forward to a beautiful and fair Games in Málaga. This city will be an excellent host - the old city is beautiful, the food exquisite and the people very nice.

Frank Peters, Netherlands



Dutch golfers on the course in Málaga



The 18th hole!



GAME CHANGERS

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Suiko is a specialist sports, major events and tourism consultancy. We believe that sport can make the world a better place.

Introducing the New WTGF Youth Webpage: Cynthia Guillemin – Fit For Life!



Cynthia at the World Transplant Games in 2003, Nancy, France

The World Transplant Games Federation launches a new Youth Section on our WTGF website! This is the place for WTGF to showcase the benefits of sport in youth, provide information on all the sports events at the Games for competitors under 18 years of age, as well as keeping you up to date with various youth activities and events around the world. Be sure to visit our website, www.wtgf.org and click on the new tab called "Youth"

As a young transplant recipient, we encourage you to send us your story,

achievements and what you hope to accomplish through keeping fit and healthy with sport and activity.

Cynthia's story below is an inspiration for everyone and a great illustration of the Federation's aim for all young transplant recipients.

"Your heart beats faster and faster. Your muscles get tense. You can feel the first sweats flowing down your forehead making its way through your face until it reaches the floor leaving a trace of your effort. Your cheeks are turning a pinkish red, leaving you with a healthy look. And healthy you know what it means now, better than anyone else. You can feel it, live it better than anyone else".

"You have always been full of energy!" a quote from my mom who has a few grey hairs for which I might be the cause. Not only for obvious reasons that had to do with my kidney transplant at six years old but the drive that came from it that made me want to embrace life to the fullest.

Like any child given boundaries, I chose to do the one thing that I was forbidden to do whilst waiting for my transplant...physical activity! Freedom would be the word that comes to mind reflecting on it now. It helped build my confidence as a young child. People could finally see... ME. The ME, that wanted to swim several times a week. The ME that wanted to blend with others and prove to the world and to myself that I wasn't just a sad story ending happily, that there was more to the story.

The journey continued two years later in Orlando, Florida at the US Transplant Games. I was 8 years old surrounded by thousands of people

sharing a common story, reunited by sport. All here to compete. But not to win that kind of battle. They have won one of the most beautiful battles ever. They had actually won the war.

Another two years on in Kobe, Japan for the WTG and again two years later in Nancy, France. It became an addiction, always craving more. Next, I was in the Swiss Alps learning how to ski at TACKERS, a Transplant Adventure Camp for Kids from all over the world. New friends were made and confidence built far beyond ourselves back home. We were able to go up on the mountains and ski until our legs couldn't take it anymore. We would be breathless, bruised, cold but we wanted to get it right because we were in control this time. There wasn't any greater feeling.

That is what physical activity has been for me over the years after receiving a transplant. A continuous journey, with the voice of my six-year-old self in my mind telling me that she can do it. My routine is balanced between work, physical activities, travels, friends, music festivals...nothing that a sensible 25-year-old wouldn't be doing.

Follow that same journey. Be the captain of your own ship. Author of your own book. Go out there and prove to the world that there is greatness in being unstoppable because that is what you become.

Cynthia and WTGF would really appreciate YOUR views on the new webpage – please let us know what YOU would like to see there and we will try to make it happen!

www.wtgf.org



Cynthia at TACKERS 2017



Young Baebhen at TACKERS

TACKERS 2017

Baebhen's Story

When I was 5 days old, I had a liver transplant to cure a fatal condition. Thanks to the abilities of my surgeon and bravery of my parents, I hold a Guinness world record for being the youngest liver transplantee. This has led me to my achievement which I am most proud of; providing hope to others affected by transplants.

I was seven years old when I first went to TACKERS, a week which proved to be one of the most thrilling experiences, opening my eyes to an inner strength and self-belief which was reinforced each time I took part. With the careful and experienced guidance of Liz Schick, the volunteers, counsellors, and medical team, I was introduced to a world full of fun, friendship and activities which allowed me to appreciate and be proud of myself, and the realisation that I can fulfil my dreams and reach my goals like any other child.

A week on the snowy slopes of Anzère in the Swiss Alps, learning to ski, and hanging out with children who had had transplants too, was the perfect recipe

for forming happy memories and great friendships and I remain in contact with many of those friends I made during my time at TACKERS. We could safely stretch our wings and discover our own independence. It was also a chance for our parents to see our abilities - for them to see that we need not be limited by our transplant. And there were so many activities to keep the fun going; arts and crafts, dog-sledding, paragliding, fancy-dress party, karaoke. Every day and evening was different and exciting.

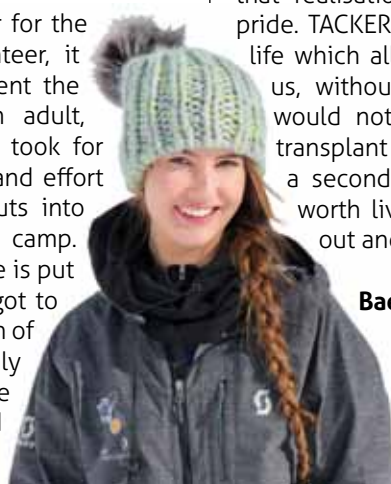
On returning this year for the first time as a volunteer, it struck me how different the perspective is as an adult, and how as a child I took for granted all the work and effort the TACKERS team puts into the success of the camp. Great thought and care is put into the week, and I got to look behind the curtain of the magic. I thoroughly enjoyed reliving the brilliant time I had at TACKERS with the

new crop of kids, and it's a wonderful feeling to give something back. The camaraderie between the volunteers and councillors was a brilliant new experience for me. Many of the children I have seen there were more cautious, afraid that they couldn't do the same things other children could, because of what they had been through. The most rewarding part of TACKERS is seeing these children gain confidence and believe they can reach their full potential. I watched the kids grow and enjoy the camp in the same way I did, all those years ago. I remember the sense of accomplishment being able to ski at the end of the week, and seeing the kids this year swell with that same pride was a joy to be part of. Having had a transplant myself and taken part in TACKERS as a child, and returning as a volunteer, I would like to think it reinforces the connection between the children and the volunteers. It is both a privilege and an honour to be a part of the family that is TACKERS.

For me, TACKERS had a huge influence on my life, giving me the confidence to seek out new experiences. TACKERS showed me I can do whatever I put my mind to, and to help other kids make that realisation is a great source of pride. TACKERS is a celebration of the life which all the donors have gifted us, without their selflessness this would not be possible. All of us transplant kids have been given a second chance at life, and it's worth living to the full - just go out and do it!

Baebhen Schuttke

**Baebhen at
TACKERS 2017**



FIT FOR LIFE! • FIT FOR LIFE! • FIT FOR LIFE! • FIT FOR LIFE! • FIT FOR LIFE!

10th All-Poland Transplant & Dialysis Sports Championships and Skiing Consultation – Fit for Life! in Poland

28th February to 5th March 2017 Zakopane



The 10th All-Poland Transplant and Dialysis Sports Championships were held earlier this year, combined with alpine skiing and cross-country skiing consultations. It was the Polish **Fit for Life!**

39 people took part in this event, including 23 transplant patients, three coaches, a doctor, two family donors and 21 transplantation supporters, members of the Polish Association.

For the first time, a study visit was organized by Goethe Institute in Minsk and two people from Belarus took part in the activities with Polish patients. They were Tatiana Tkhorova and Michail Kazauka from the Transplantation & Dialysis Organization.

The Belarussian participation resulted from a lecture given by Chair of the Polish Transplant Sports Association, Krystyna Murdzek, in Moscow in November 2016, entitled "The Importance of Physical Activity for Transplant Patients. Voluntary Organ Donation." An invitation for the visit came from a Russian organization, Nephro League.

Sports activities were held in two groups: cross-country ski-school and downhill ski-school. The schools were divided into beginners and an advanced group. Patients who put on skis for the first time also took part. Cross-country skiing equipment was rented by the Association and professional instructors and coaches ran the training sessions. Within the framework of the training transplant



Tatsiana Tkhorova and Michail Kazuka from Belarus

patients, donors and accompanying people took part in swimming pool and gym activities.

Participation in the organized physical activity was crowned with sports competitions. The Polish champions in 1km cross-country skiing were Anna Abramczyk, Łukasz Bojanowski, Marek Jawor, Andrzej Lewandowski, Teodora and Artur Jarmolowicz; and in alpine skiing Piotr Hotubowski, Łukasz Bojanowski, Artur and Teodora Jarmolowicz. Also, a snowboarding event was held won by Jakub Janczewski. Medals and commemorative cups were awarded.

All of the competitors were accommodated in the Main Sports Centre in Zakopane.

Prof Andrzej Chmura, WTGF Country Representative and Team Manager for Poland since 2004, watched over the safety and health of the competitors.

Another leader promoting the physical activity initiative **Fit for Life!** for Polish patients is Krystyna Murdzek – now 15 years post kidney transplantation.

"Fit for Life! – a physical activity promoting initiative has been supported by Astellas since 2016, with a mantra to see "more transplant recipients, more active, more often". This initiative was designed to promote physical activity after transplantation and get recipients active."

In Poland, we promote this initiative to prevent negative effects of taking immunosuppressants and steroids against transplant rejection, such as excess weight, arterial hypertension, diabetes, high cholesterol level and osteoporosis. Regular physical activity improves the quality of life after transplantation and gives self-esteem and autonomy from the family. An added value is being qualified to represent the country, taking part in the World Transplant Games and European Championships, winning medals and meeting new friends. Organised physical activities and presenting the proper way of exercising help transplant patients to develop a training programme at home.

Fit for Life! in Poland was financed with the funds of the "Sport for Everybody" programme, the Ministry of Sport and Tourism, Ak-Pol Promotion Centre, donors and private contributions.

Krystyna Murdzek
Poland



NEW FIT FOR LIFE! AMBASSADORS

Announcing Nine New Fit for Life! Ambassadors

Fit for Life! continues to grow with nine enthusiastic new ambassadors being appointed

The Fit for Life! initiative, proudly supported by Astellas Pharma Inc, has the dual role of helping inspire all transplant recipients to lead active lives post-transplant and to demonstrate to the global public the importance of organ and tissue donation.

These appointments will be for a period of two years. The WTGF will continue to work closely with its member country organisations to grow Fit for Life! as an initiative complementing the work of the WTGF with the staging of the World Summer and Winter Transplant Games.



Lara Beekman

Switzerland

Age: 44 – Liver recipient

"I would love to inspire transplant patients to make sport part of their daily lives. Speaking four languages makes it easier to communicate with all kinds of people and share this important message."



Peter Champion

Australia

Age: 58 – Liver recipient

"I remember when I asked my physician what is the best thing that I can do to prepare for my transplant? He answered, "be positive and keep fit" and so I did. I took it easy but still I would ride whenever I could. Diet and exercise is my mantra and is what I preach to everyone."



Jennifer Dicker

Australia

Age: 26 – Kidney recipient

"I realised it would be easy to remain inactive and I would need to put in real effort. With determination and intensive physiotherapy, I managed to re-build muscle strength, bone density and regain the ability to walk."



Pablo Garcia

Colombia

Age: 29 – Kidney recipient

"I always start my training by feeling my kidney, and using the strength of the donor that lives within me."



NEW FIT FOR LIFE! AMBASSADORS



Henk Goris

South Africa

Age: 26 – Kidney recipient

"Four Hours now has an absolute new meaning for me. From not moving an inch at a dialysis session, it is now possible for me to cover 100 kilometres in the same amount of time using my own strength."



Alexandre Humeau

France

Age: 25 – Liver Transplant

"My aim is to make people speak about this subject, to answer questions, and to prove that's it's more than saving a life. Powered by the gift of life is my motto."



Linda Petrovski

Australia

Age: 50 – Kidney recipient

"I believe that becoming fit and healthy through regular exercise and nutritious eating has ultimately saved my life. My passion now is to give back by being the best I can be and leading by example."

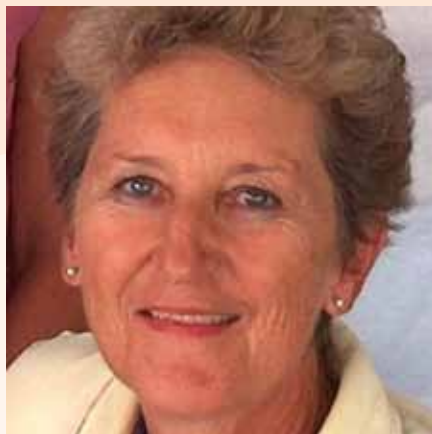


Hermann Steyn

South Africa

Age: 66 – Heart recipient

"My transplant has given me a renewed appreciation for my body, my life and also helped to shift my perspective. I am now living a full life again."



Heilie Uys

South Africa

Age: 64 – Kidney recipient

"Physical activity is not just a selected option but part of my daily living."

The full profiles for the WTGF Fit for Life! Ambassadors can be found at **wtgf.org/current-ambassadors**. If you are interested in becoming an ambassador please see the World Transplant Games Federation website **wtgf.org/ambassadors** or write to us on **fitforlife@wtgf.org/**.

Kim Renyard

Executive Manager
kim.renyard@wtgf.org





Runners gearing up for the 5k Donor Run on the NewcastleGateshead quayside

British Games sponsor extends support to World Games in 2019



UK health and wellbeing company, Westfield Health, has stepped up its support for Transplant Sport as the first major sponsor of the World Transplant Games NewcastleGateshead 2019, augmenting more than a decade of support for the British Transplant Games. Speaking about the sponsorship, Westfield Health Chairman Graham Moore, said: "Westfield Health has been a strong supporter of the British Transplant Games since 2008 and we are absolutely delighted to see the UK host the World Transplant Games 2019 in NewcastleGateshead."

"The Westfield Health British Transplant Games NewcastleGateshead 2015 were a truly fantastic event, I'm confident athletes from across the globe will have a great time in 2019 and I'm delighted that we are once again able to lend our support as major sponsors, but this time of the World Games."

Every year, NewcastleGateshead welcomes millions of visitors from across the globe to a range of sporting and cultural events set against the iconic backdrop of the River Tyne and its

bridges, the landmark Angel of the North and some of the UK's most prestigious sports venues – including Gateshead International Stadium.

The World Transplant Games 2019 will benefit from this track-record with a sporting programme delivered across indoor and outdoor venues in the very heart of the city. To help Games visitors make the most of their stay, the NewcastleGateshead Local Organising Committee are planning an exciting cultural and social programme that will bring athletes, visitors and local communities together during the Games.

Graham Wylie, Chair of the World Transplant

Games NewcastleGateshead 2019, said: "Westfield Health has shown an ongoing commitment to the transplant cause and I'm delighted that they have once again demonstrated this valued support by sponsoring the World Transplant Games NewcastleGateshead 2019."

"The Games are an inspiring way to demonstrate the benefits of transplantation and encourage transplant patients to regain fitness as well as raise awareness and encourage more people to sign the donor register. Having Westfield Health on board as sponsors goes a long way to helping us achieve these important goals."

NewcastleGateshead 2019 LOC



PhotoS: Visit England



Turning Innovative Science into Value for Patients

Astellas is committed to turning innovative science into medical solutions that bring value and hope to patients worldwide. Every day, we work together to address unmet medical needs with a focus on urology, oncology, immunology, nephrology and neuroscience as prioritized therapeutic areas while advancing new therapeutic areas and discovery research leveraging new technologies/modalities. We remain dedicated to meeting patients' needs, and our support for them will never waver.

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