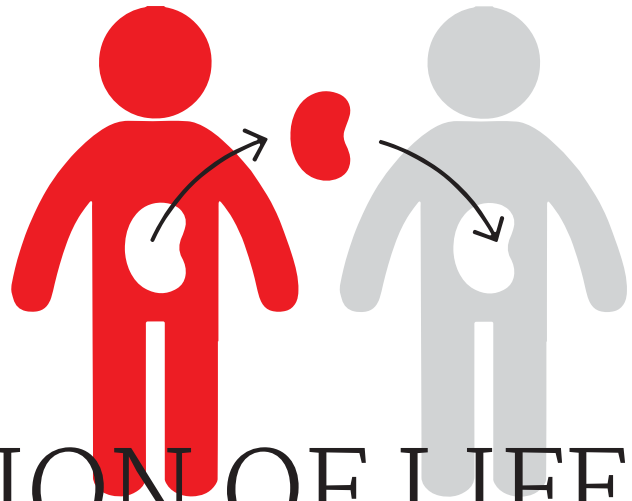


Organ Transplant Sport: A CELEBRATION OF LIFE



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Life is 10% what happens to you and 90% how you react to it.

(Charles R. Swindoll)

Did you know that you can compete in sport on an international level after an organ transplant?

The World Transplant Games Federation aims at promoting the benefits of successful organ transplantation in order to increase public awareness of the importance of organ donation. They also provide help for the rehabilitation of people after a successful organ transplant. They have already achieved a 30% or better increase in organ donation rates in the countries which have hosted the games. The World Transplant Games is an international sporting event for transplant athletes. It demonstrates the physical success of transplant surgery and the ability of transplant recipients to lead healthy, normal lives. The event aims to significantly enhance the understanding and acceptance of organ donation.

The competitors to these games are unique in that each one of them is alive and well as a result of a successful organ transplant. The Games embrace all ages, anyone from 4 – 80 years old who qualifies is welcome to participate.

The first competitive sporting event for transplant recipients took place in Portsmouth, England in 1978 with around 99 competitors from the UK, France, Germany, Greece and the USA.

Today we hold the Summer World Transplant Games every two years and the Winter Games in the intervening years. In 1987 the World Transplant Games Federation was officially formed and now has nearly 70 member countries worldwide.

The last three games were held in Mar Del Plata, Argentina (2015), Durban, South Africa (2013) and Gothenburg, Sweden (2011). Our South African team just returned from the Games in Malaga (2017)

- The games represent the largest organ donor awareness event in the world
- Participants range from 4 years to 80 years of age and have all had a life-saving Organ Transplant operations – heart, lungs, liver, pancreas, kidneys or bone-marrow;
- It is a multi-sport event including Track & Field events, Cycling, Road Races, Swimming, Golf, Tennis, Table-tennis, Badminton, Squash, Volleyball, Petanque, Tenpin Bowling, Cycling, Lawn Bowls and other select sports to suit all capabilities.
- Málaga was proud to be announced the hosts for the 2017 World Transplant Games and 2500 participants representing some 55 nations competed
- The Malaga games were held from Sunday, June 25 to Sunday, July 2 2017.

The standards of these games can be high. The 100 meters has a record of 11.18 seconds and the long jump 6.85 metres

The Transplant Games Association of South Africa (TGASA) was established in April 1994 by a small group of organ-transplantees, who felt the need for an organization that would promote an active lifestyle and an involvement in various sporting activities to transplant recipients.

These goals have been pursued ever since and a South African Team has been to every World Transplant Games since 1995. In September 2006 the Associations name was changed to South African Transplant Sports Association and a new Constitution adopted.

The Country is divided into the Following Recognized Regions:

- Eastern Cape
- Free State (under the auspices of the North West region)
- Gauteng
- KwaZulu-Natal
- Mpumalanga (under the auspices of the Gauteng region)
- Northern Cape (under the auspices of the Western Cape region)
- North West (under the auspices of the Gauteng Region)
- Limpopo (under the auspices of the Gauteng region)
- Western Cape

SATSA is a member of the World Transplant Games Federation and is recognised by the Department of Sport and Recreation in South Africa, is a non-profit organization and are exempt from paying income tax (Fund- raising (NPO) No: 004-595).

SATSA is an Affiliated Member of the South African Sports Confederation and Olympic Committee (SASCOC). In 1997 the Team was, for the first time, awarded South African colours.

Before the Malaga Games Somerset West resident Hermann Steyn, the team manager, said: "We are thrilled to announce our team and welcome the new faces to our squad.

"It is always a little daunting competing at the World Transplant Games for the first time, but with the help of those who have been before the experience will ultimately be a rewarding one for the athletes. The 53 transplant athletes, including five juniors, and many more supporters, will descend on Malaga.

There are 20 new team members, and all have been selected following their success at this year's National Transplant Games in Johannesburg.

"Selection on to our team was just the beginning. It is an enormous commitment of both time and money. The past five months have been busy for the athletes, keeping fit, regularly training in their sport and attending training camps.

However, the opportunity to represent their country, celebrate life and in doing so, paying tribute to their donors, is the goal."

And Team South Africa elevated to greatness in Malaga!

Fifty one athletes amassed a total of 76 medals of which 35 were gold, 23 silver and 18 bronze placing us 6th overall.

Lisa du Plessis, a Plumstead swimmer won 5 gold medals and broke world records in each of her 5 events. Lisa had a kidney transplant in 2010.

2016 marked the 50 year anniversary of solid organ transplantation in South Africa. The first organ to be transplanted was a kidney, and this happened in Johannesburg in 1966. This landmark event was followed closely by the first heart transplant in the world, in 1967, which was performed in Cape Town by Dr. Christiaan Barnard and his team.

Challenges include (to name a few) geography – where rural areas have far fewer health resources; socioeconomics – where impoverished individuals are compromised (through no fault of their own) because of bad nutrition, unemployment or lack of money for transport; and the two-tiered healthcare system - where differences between the state and private sector are stark. Persistently low donor numbers are concerning because there are thousands of people waiting for a transplant across the country, few of whom will be fortunate enough to receive a life-saving organ. In spite of concerted public education efforts by committed organisations, donor numbers have remained static over the past decade. This is unlikely to change until political will is clearly demonstrated through a dedicated, national awareness and education campaign and implementation of mandated organ donor referral in our hospitals nationwide. For this to happen, South Africans need to hear the voices of our elected leaders, with a show of commitment to drive such initiatives in the long term.

Yet, in spite of these challenges, achievements in transplant are noteworthy, and sometimes exceptional. In this supplement, you can read the stories of transplant recipients who, against overwhelming odds, have flourished in competitive sport at an international level. You can read about the organ donors and the families of those who give the ultimate gift — literally saving the life of another through their decision. You can read about the individuals committed to bettering transplant care for our children, and who continue their work while continuously battling funding and resource shortages. You can also read about the health professionals who work tirelessly to ensure that transplants do take place.

Hermann added: "Not only are these athletes ambassadors for our country, but they also hope to raise more awareness here in South Africa and globally, of the need for more people to sign on to the Organ Donor Foundation."

The foundation urges people to share their wishes with family and friends.

For more information on activities at SATSA, visit www.transplantsports.org.za, and register online at the Organ Donor Foundation, at www.odf.org.za

For Pablo Ráez elevation to greatness meant that he had to die.

He was diagnosed in 2015 and his later campaign for bone marrow donors to give hope to people in his situation went viral on social media. As a result the number of bone marrow donors in the province of Malaga increased by 1,300% last year.

Ráez underwent his second bone marrow transplant in November last year after a suitable donor was found in the United States, following the first from his father. His condition had deteriorated however in recent weeks.

During his illness his messages to his followers contained his motto, "Siempre fuerte" (always strong).

Aware that his second transplant had not achieved the desired result, he said: "Death forms part of life, so you don't have to fear it, but love it."

The 20-year-old from Marbella gained a huge social media following with his campaign to increase bone marrow donations in Spain.

Bone marrow donations in Malaga have now increased by 1400%, with 11,200 new donations in 2016.



Pablo Ráez with his campaign: Fuerte Siempre (Always strong) in Spain to make people aware of bone marrow donations



Swimmers Travis van Rensburg and Kristin Henry (won a junior achievement award in swimming and athletics) shined with Lisa in the pool winning golds and Kristin breaking 5 world records.



Transplantees, Martinique du Preez and Mnisi Damane, elevating to greatness in Malaga



Johan Kleingeld winning gold in the Badminton. Johan also participated in the commonwealth games in 2012



Jacques Boshoff, youngest member of the SA team with a total of 3 gold medals and 1 silver medal. Jaques is a local Pretoria resident from Hoerskool Oos Moot



TENNIS STARS Etienne Steyn, Gawie Marx, Stefan van den Berg and Nora Simpson winning medals in the singles and doubles events



Vivian de Klerk and team mate celebrating their medals in the cycling events



Super star Donovan Wright getting some physio treatment after his silver medal in the 800m



Jacques Boshoff and Luke Dawson with silver medals in table tennis



Martinique Du Preez with his medals on the track and field events