



Addenbrooke's Liver
Transplant Association

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NEWSLETTER – Autumn 2017

'AWESOME' GLOBAL GAMES ENDS IN 4-MEDAL HAUL FOR FELIXSTOWE TRANSPLANT ATHLETE



Michelle with the gold medal-winning relay team

Michelle Mitchell, from Felixstowe, brought back a gold, two silvers and a bronze medal from the 21st World Transplant Games in Malaga last June. If sprinting 100, 200 and 400 metres wasn't challenging enough, the school caretaker planned to add middle-distance to her repertoire by running the 800 metres at the annual British Transplant Games, in Glasgow. Before her operation, the mother-of-two ran for Felixstowe Runners and completed two London marathons, but treatment cut short her long-distance training as well as full time work running food hygiene contracts in factories and supermarkets. Training is made more difficult by side-effects from the strong drugs taken to stop Michelle rejecting the transplanted organ. Returning from

winning gold in the relay and silver in the 200 and 400 metres, she said: “It was just an awesome experience – and it went really well. I came back with such a positive attitude”. Michelle underwent life-saving liver transplant surgery at Addenbrooke’s Hospital three years ago after being diagnosed with PBC.

Congratulations are also due to Nick Whitehurst who gained a Gold medal at the Games in his category for Squash less than two years after receiving his transplant. Both Michelle and Nick were part of the 14-strong Addenbrooke’s team, of whom seven were liver recipients and all brought back at least one medal. Team GB and NI won overall so it is official – we have the best Transplant Sport athletes in the world! Evidently anything is possible!

PLANS TO CREATE 'SOFT OPT-OUT' ORGAN DONATION IN SCOTLAND

The Scottish Government Minister for Public Health, Aileen Campbell, has announced plans to introduce a ‘soft opt-out’ organ donation scheme following public consultation. *“Moving to an opt-out system of organ and tissue donation will be part of the long-term culture change in attitudes to encourage people to support [organ] donation”*, Ms Campbell said. Under the proposals, NHS Scotland will assume all deceased patients consented to donate their organs unless they previously stated otherwise, and next of kin will have the right to object. Wales already has ‘deemed consent’.



SUCCESSFUL YEAR FOR ADDENBROOKE’S TRANSPLANT GAMES TEAM

Nina Herbert

In July a very small Addenbrookes team (8 Kidney recipients and 5 Liver recipients) travelled to North Lanarkshire to compete in the British Transplant Games. The opening ceremony was amazing with over 800 competitors attending. This ceremony enables us to show our appreciation of the Donor Family Network and the living donors for their generosity and support, and to raise the profile of organ donation and to celebrate the Gift of Life through sport. Every team member put 100% effort in, all winning medals, and I am proud to say even though we had a small team we came 4th overall. The importance of these games is paramount in highlighting how transplantation does change lives; not only does it give recipients the opportunity to get active after their transplant, but it opens the door to meet a network of people who have been through the same experiences. You cannot put a price on this. Transplant Sport really does change lives. I would like to thank ACT, the Transplant

Unit, AKPA and ALTA for their ongoing support. Without your help, team members would not be able to afford to attend Transplant Sport events, therefore reducing the promotion of our Transplant Unit and organ donation.

CELEBRATION DAY 2017



Photos: Adrian Hyde

Over 70 people attended Celebration Day this year, which was held at the Hallmark Hotel in Bar Hill, Cambridge. The change of venue has been made necessary owing to the fact that the Frank Lee Centre can no longer accommodate Sunday bookings – still the preferred option for most people according to the survey we carried out earlier in the year. Speakers included Sir Roy Calne, Marion Ryan who is the Regional Manager of NHSBT teams covering the Eastern, London and South-Eastern Regions, and Alison Moore from the Eastern Region Organ Donation Services team, who spoke movingly of her late mother's decision to donate her organs for



transplant. She succeeded in changing the perception of organ donation of a number of those in her audience. Three members of the committee were not standing for re-election, including the very long-serving Joyce Newby and Linda Wright, and presentations were made in gratitude for their many years of service.

VISITING TEAM



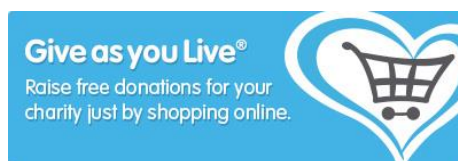
The Visiting Team

photo: Adrian Hyde

There have been a number of changes to the Visiting Team over the last year, the most significant being caused by a radical change in Addenbrooke's assessment procedure. Instead of spending five or six days as an in-patient undergoing all the necessary tests prior to a transplant decision, when possible patients attend Clinic 1a for 2 or 3 days as out-patients. Those living too far away are provided with accommodation in Kingston House. The visiting team has thus divided into two groups: two people attend Clinic 1a on a Tuesday morning whilst another two continue visiting the Ward on a Friday morning. The new arrangement has generally been voted a great success by all concerned. Two newcomers were also welcomed to the team in the spring - Audrey Eade and Sue Gray.

WE DON'T WANT TO LOSE YOU!

If you move house, or change your name or any of your other contact details, please don't forget to let us know. Without your new address, we cannot keep in touch via our newsletters, nor can we (as sometimes happens) ask if you would help a new transplant recipient who lives nearby and could do with some face-to-face support.



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