

Saturday

17 August 2019

10:00 - 16:00



Have you ever wondered how fit you are?

Sports Science Event

Boiler House & Union Lawn, Newcastle University Campus

Free admission

In the run up to the World Transplant Games 2019, we shine a spotlight on the topic by inviting people of all ages to take part in (or just watch!) a huge range of different activities, designed to test and measure your body's strength and fitness!

Come and meet experts in Sports and Exercise Science from Newcastle University and learn about how fitness is measured and optimised. Help us celebrate the impact that organ donation has on the life of transplant recipients and see how exercise can assist their recovery after surgery.

Find out:

- What happens to your heart during different types of exercise
- How we can measure lung function
- Different ways to assess body composition
- Your reaction times under pressure situations
- How forces are generated during different types of exercise
- How flexible and powerful you are

Why not bring your families and friends and compete to see who is the fittest?! And, learn more about the impact of organ donation.

Come along on the day – you don't need to book

The World Transplant Games Federation is a worldwide organisation with representation from more than 60 countries that celebrates successful transplantation and the gift of life through unique and inspiring events – namely the Summer and Winter World Transplant Games. Find out more at:

www.wtgf.org



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World Transplant Games Symposium 2019

LIFE SAVER to LIFE CHANGER

Celebrating the Impact of Organ Donation and Transplantation

King's Hall, Armstrong Building, Newcastle University Campus

Free admission. Online booking required at: www.wtgf.org

Our symposium examines the contribution of Newcastle Hospitals and University to the field of transplantation medicine and the use of exercise and health promotion as part of a healthy lifestyle following organ transplantation. It also provides an update on approaches to increase the availability of organs for transplantation. Presentations and workshop leaders include clinicians, academics and World Transplant Games athletes.

The symposium will appeal to clinicians, academics, sports scientists, physiotherapists, sports therapists, sports and exercise students and anyone with an interest in organ donation and transplantation.

10:00am

REGISTRATION

Newcastle contribution to
Transplant Medicine

Exercise prehabilitation for
transplant candidates

Exercise rehabilitation
for transplant recipients

Sports participation and the
transplant athlete

Personal perspective of the
transplant athlete

12:30pm

LUNCH

1:15pm

WORKSHOPS

A. Managing injuries in
transplant athletes

B. Nutrition for improving
sports performance

C. Achieving peak
performance – the athletes
experience

2:15pm

REFRESHMENTS

2.30pm

Key note address: Exercise
and the immune system

Organ donation – the UK
perspective

Increasing donation rates –
persuasion or the law?

Novel technologies to improve
donor organ quality

4:00pm

CLOSE

