



October 2010

MEDICAL GUIDELINES FOR TRANSPLANT ATHLETES ATTENDING WORLD TRANSPLANT GAMES GÖTEBORG, SWEDEN 2011

Athletes

Congratulations on being chosen to participate in the World Transplant Games. Your involvement in the Games will contribute greatly to donor awareness. You will also increase the positive attitude towards the rich benefits of transplantation. You will enjoy remarkable personal development and world friendships. Probably you will achieve personal bests in your chosen events. There are also possibilities that you will win medals. It is anticipated that you are well advanced in your preparation, your training and in your provision of drugs, supplies, equipment and clothing. The following information is provided as a reminder in your preparation for your travels and competition.

1 Medical Certification

All athletes are required to complete and return the medical certificate for assessment at least two months prior to travelling to Sweden.

All personal information will be treated in the strictest confidence and if data is used for any research purpose the athletes name will not be identified.

2 Environmental Conditions

Sweden will be cool. The air is extremely pure in Göteborg however there may be high pollen counts. In the middle of June, at the time of the Göteborg Games we have "summer" in Sweden.

The weather is however unpredictable; we may have temperatures between 15 and 25 degrees centigrade. We may have rain, but we do hope the WTG will be blessed with sun and pleasant temperatures

3 Traffic

Road traffic is dense and vehicles travel on the right side of the road. Always look **left** first before trying to cross a road. If driving you drive anticlockwise around roundabouts. Be very watchful of trams which are frequent, silent and travel close to the footpath!

4 Allergies and other medical conditions

If athletes are allergic to peanuts, bees or latex, it will be necessary to wear a **Medic Alert Bracelet** and if possible carry an ampule of $1/1000$ adrenaline.

5 Hygiene

The venues for accommodation, dining and competition will all provide safe and hygienic environments, food and liquids. The off campus dining will also be very safe.

You will be provided with a bottle to be used for drinking water. The water in the taps at hotels and public places is safe and can be used for drinking with no risk and for refilling your bottle..

6 Contagion

Contagious disease is under constant surveillance in Sweden. In the event of a life threatening disease outbreak, the authorities are well placed to contain the disease and will communicate widely and quickly if a disorder such as “bird flu or H1N1 flu” appears in the community. However, it is the responsibility of the athlete to self report if a fever or a rash should develop.

7 Jet Lag

Long flights are responsible for disturbed patterns of sleep, vibration fatigue and disruption of diurnal rhythms. Also the change in time zones may cause the athletes to miss a medication dose. Athletes should be aware that the above challenges persist for several days, the duration being governed by the number of hours of change in the time zone. If the athlete finds that the Goteborg time zone is 6 hours ahead of that of your own zone, poor sleeping will persist for 6 days. Try to accelerate recovery. Try to avoid sleeping during daylight.

8 Training

Training requires planning and dedicating a significant amount of time to your preparation. It is necessary to taper before you compete. Therefore in the last week before you travel, your activities should be less intense. Please do not rely on training during the days of the Games as the facilities may be limited and you may do yourself harm.

9 Equipment and Supplies

All equipment, including footwear should be well prepared and worn in. Do not buy new shoes just prior to competition. Please wear footwear in the public showers. Please bring all your own dressings and bandages.

10 Medication

It is vital to ensure that you have a full supply of medication for your trip. In addition it is necessary to have a duplicate supply of medication for the duration of the trip. These supplies should be carried in two separate packages. One package should be kept in your personal belongings and taken as cabin luggage. The other should be packed in a second case. This is to overcome difficulties if one or other supply is lost. Included in your supply should be Panadol, Vick's vapour rub, liniment methyl salicylic acid or deep heat, antiseptic cream, sun screen and a supply of bandages and dressings which you prefer to use. You may also wish to carry supplementary vitamins and sports electrolyte solutions. You should carry a letter from your clinician outlining the drugs which are essential to your health to ensure that the drugs are not confiscated. Do not carry drugs of addiction.

Please study the World Anti-Doping Agency list of prohibited drugs on www.wada-ama.org to find out if any of your drugs are considered to be performance enhancing and check with your physician to establish if an alternative could be prescribed.

All EU citizens are requested to bring their European Health Insurance Card. The card makes it easier for people from the European Union's 27 Member States plus Iceland, Liechtenstein, Norway and Switzerland to access health care services during temporary visits abroad. More information: Visit EU webpage: http://europa.eu/eu-life/healthcare/index_en.htm To the card itself: <http://ec.europa.eu/social/main.jsp?catId=559&langId=en>



11 Travel Risks and Prevention

You should be aware that being restricted in an aircraft cabin will lead to swelling of your ankles. This is not a result of water overload. It is a consequence of decreased muscle activity of your legs. To overcome this it is necessary to wear one way stretch stockings up to the knees to prevent the swelling.

Once the swelling has occurred it is very difficult to overcome. Therefore prevention is the preferred option. You would also be aware of the risk of deep venous thrombosis. This can be overcome to a large extent by exercising in your seat, walking about and keeping your bowels and bladder empty. Some team members will also have the opportunity to take a 1/4 of an aspirin every day for a week prior to the travel. However this may be contraindicated so you should ensure this is safe before you do so. Please do not use diuretics to remove the ankle swelling.

12 Dehydration

Aircraft travel and competition is associated with a significant dehydration. One of the commonest failures of transplant athletes in transit and in competition is a failure to maintain hydration. Dehydration may cause side effects such as increasing concentration of immunosuppressive drugs and this should be avoided

at all costs. It is necessary to carry fluids with you at all times. Bottled water or sports solutions are always safe but in Göteborg you will also be provided with a bottle to be used for drinking water. The water in the taps at hotels and public places is safe and can be used for drinking with no risk..

13 Clothing and Keeping Dry

It will be necessary to have light clothing which will cover you completely. Importantly, if, through your activities your clothing becomes moist, it will be necessary to have a change of clothing. Dryness is a key to good health. Similarly, if after competition you perspire or you are wet, it is necessary to dry off completely. To achieve this it is wise to have a supply of towels.

14 Injuries, Illness or Medication Complications

It is important that if there is any concern at all amongst the athletes or for that matter the supporters, the medical officer should be notified immediately. Pleasingly, the clinical support will be very active and experienced. Please report any infection or rash immediately. Contagion of chickenpox must be prevented.

15 Competing Without Injury

One of the most remarkable characteristics of the Games is the success of the physiotherapists and their support for athletes prior to, during and after competition. On this occasion we will have physiotherapists to care for you. You will be very familiar with the appropriate pre-competition warm up and massage and the importance of stretching and warm down. With these strategies it will be possible to compete on several days without becoming extremely stiff.

16 Withdrawal of an Athlete

An athlete who is in any way concerned about competing or if the medical officer is concerned, then the athlete will be advised to miss certain events. Withdrawal from a sporting event should be seen as a possibility in any athlete's life.

17 Failure to Meet Standards

An athlete may not meet the World Transplant Games standards which have been established over the last 20 years. This circumstance will be brought to the attention of the athlete and the Manager. The athlete will be advised not to compete or not to travel.

18 Communication

The athletes should be aware that the administration of the World Transplant Games will be determined to provide excellent communications. Communications however are always flawed. To overcome this we would recommend that wherever possible telephone communication should be made available so that any confusion will be overcome very quickly. Keep all documents. Double check all dates, times and locations. Call your team manager if you have doubts or require advice.

19 Support

It is vital for all athletes for recognise how important supporters will be to their success. Every effort should be made to ensure that a member of the team (either athlete or supporter) is available during competition so that you may be able to look to a friend for support during the event. Do not compete alone. Please ask for help.

20 Diet

You should not be unwilling to partake in the diet available as it will be immaculately prepared. However it is important to emphasize that trying new food may be hazardous for athletes. Please carry cashews, raisins and bananas to the events, to avoid missing a meal. Diabetics should carry sugar lollies.

21 Skin and Eye Protection

Please think ahead and carry head protection, sun screen and wear a long sleeved shirt. Sunglasses are required to prevent cataracts.

22 Insurance

Be sure to have health insurance for any associated trips. Please bring these documents with you.

23 Teamwork

The athletes and supporters (including the medical officer) should form a friendly and cohesive team where members can talk openly with each other. Watch out for athletes with hypoglycaemia (low blood sugar). Hypoglycaemia appears as sweating, confusion and collapse.

24 Habits and Illegal Activities

No team member should smoke or undertake use of recreational drugs. We will be entering high security where even pseudoephedrine (for sinusitis) may be detected in small quantities by airport security spectrophotometry screening of bags

25 Recreation and Sleep

Relaxation is vital for health and sporting success as is a sound sleep regime. Avoid excess coffee and alcohol to preserve regular sleep pattern. Strive to stay awake until dark. Be sure to be out in the sun at midday briefly (with protection) to readjust your biorhythms. Be sure to close your blinds to gain a full night of sleep.

26 Advice

If you have any advice which you wish to share with team members please contact the administration to facilitate dissemination.

27 Blood Tests

These can be arranged through the games health services.

28 Diabetes Mellitus (DM)

DM is common. Please ensure that all team members carry appropriate sweets for any diabetic team members.

29 Alcohol

Consumption of excess alcohol is dangerous and can poison organs, cause confusion and falls and MOST importantly alcohol depresses judgement centres in the brain. Under the influence of alcohol the athlete may become involved in fights or illegal activities.

30 Vaccinations

It is not necessary to undergo vaccinations to visit. However, it would be wise to ensure that your tetanus toxoid vaccination is up to date.

31 Medical alert bracelet and medical information card

It is necessary at all times to wear a medical alert bracelet if the athlete has a serious illness (diabetics) and the provided medical information card must be carried in the identification card pouch.

32 Misfortune and misadventure

In anticipation of difficulties it is recommended that a list of telephone numbers and emergency responses be carried with your ID at all times.

33 Clinical Research

Participation in clinical research is worth your consideration. If you wish to participate please sign the consent Form included on MF2.

34 Anticoagulants

Athletes who are on anticoagulants (Warfarin Clexane) are advised to be extremely vigilant in supervising their therapy. Participation in the Games has the effect of increasing or decreasing clotting.

35 Suggestions and Advice

If you wish to contribute to the conduct of the Games or to the research in recipient athletes please advise the Chairman of the medical committee at wtgf@wtgf.org

SUMMARY

The supporting staff of the World Transplant Games wishes you success in your preparation for the Games. Every effort will be made to ensure that you have a safe and successful participation. Any documentation that the team member requires in support of his or her health care should be carried at all times. On occasion it will be necessary to refer the athlete to the local medical services. Appropriate documentation would be valuable on such occasions. Preparation is necessary for both your competition and your health.

Should you have any questions or comments, do not hesitate to consult your team manager or ultimately information@wtg2011.com or any of the undersigned.

We thank you in anticipation.

Yours sincerely



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