Purpose of this Conference is to share knowledge on the beneficial effects of physical activity in transplant people. Regaining control over one’s own body following organ transplantation is an essential step for complete patient psychophysical recovery and physical activity, even at a competitive level, is an important contribute to reach this goal.

Accordingly, sport can be used as therapy. The transplant people, when adequately followed by specialized physicians, can practice sports also on a competitive level by participating in selected competitions and games.

Physical activity, and sport in particular, attests the effectiveness of transplantation, demonstrating itself to be an important therapeutic strategy able to improve the functional and biological parameters of all organs. Besides, it contributes to reach a perception of total physical and psychological well-being, and can be considered an essential part of patient therapy.

The hope is this Conference can further strength the concept of patient care in its entirety, so that the benefit given by transplantation is the most complete and durable.

The transplant patient, who participates in the European Championships and Strive for Life, is in any case a winner and deserves to get on the highest podium.

---

**Faculty**

Piergiuseppe Agostoni - Cardiovascular Unit, Monzino Cardiology Centre, Milano (I)

Fernando Agrusti - Friuli Venezia Giulia, Sports Medical Italian Federation, Pordenone (I)

Francesco Calabrò - Heart Transplant (I)

Roberto Collini - Sport Journalist, Gorizia (I)

Marco De Fabritiis - Nephrology and Dialysis Unit, AUSL Romagna, Forlì (I)

Andrea Di Lenarda - Cardiovascular Department, ASUI Trieste (I)

Andrea Ermolao - Sports Medicine Unit, Medical Department (DIMED), University of Padova (I)

Francesco Francini - Clinical Nutrition Unit, University Hospital Padova (I)

Bruno Grassi - Department of Medicine (DAME), University of Udine (I)

Ari Harjula - Department of Cardiothoracic Surgery, University of Helsinki (FIN)

Tuija Helander - Lung Transplant (FIN)

André Lassooij - Lung Transplant (NL)

Stefano Lazzer - Sports Medicine Degree Course, Department of Medicine (DAME), University of Udine (I)

Ugolino Livi - Department of Medicine (DAME), University of Udine (I)

Giovanni Mosconi - Nephrology and Dialysis Unit, AUSL Romagna, Forlì (I)

Lucio Mos - Cardiology Unit, AAS3 San Daniele del Friuli (I)

Alessandro Nanni Costa - CNT – Centro Nazionale Trapianti, Roma (I)

Roberto Peressutti - Friuli Venezia Giulia Transplant Centre, Udine (I)

Paolo Pisciutti - Regional Health Authority, Friuli Venezia Giulia (I)

Bruno Pizzul - Sport Journalist, Udine (I)

Ivano Saletti - Heart Transplant (I)

André Simon - Heart and Lung Transplantation, Department of Cardiosurgery, Harefield Hospital (UK)

Emanuele Scarello - Chef, Udine (I)

Duilio Tuniz – Cardiologist, Udine (I)
**Programme**

**June 11, 2018**

**9.00** Welcome address

*Nevio Toneatto* - President of ACTI Italia

*Brendan Gilligan* - President of European Foundation of Heart and Lung Transplantation

*Alessandro Nanni Costa* - CNT - Centro Nazionale Trapianti

*Umberto Cillo* - President of SITO - Società Italiana di Trapianti d’Organo

**9.15** Introduction

*Ugolino Livi*

*Chairmen: Fernando Agrusti, Bruno Grassi*

**9.20** Alessandro Nanni Costa

Role of physical activity after organ transplantation: the Italian perspectives

**9.40** Piergiuseppe Agostoni

Pathophysiology and functional capacity in VAD and heart transplant people

**10.00** Giovanni Mosconi, Marco De Fabritiis

Exercise as medicine in the transplant patients

**10.20** Personal experiences

*Tuija Helander*

*Andre Lassooij*

*Francesco Calabrò*

*Interview by: Roberto Peressutti*

**11.10** Discussion

**11.30** Coffee break

**11.50** Ugolino Livi

What’s hot, what’s new in heart transplantation

**12.10** Andrè Simon

Updates and perspectives in lung transplantation

**12.30** Ari Harjula

Stem cells and genetics in organ transplantation

**12.50** Andrea Ernolaio

Cardiovascular events after transplantation: potential pitfalls of screening and preventions

**13.10** Discussions

**13.30** Roberto Peressutti

Conclusions

---

**Meet the Experts**

**June 12, 2018**

18.30 - 20.00

**Sport and organ transplantation**

*Moderaed by: Bruno Pizzul*

*Stefano Lazzar, Lucio Mos, Ivano Saletti*

**June 14, 2018**

18.30 - 20.00

**Nutrition and organ transplantation**

*Moderaed by: Roberto Collini*

*Duilio Tuniz, Emanuele Scarello, Francesco Francini*

---

**REGISTRATIONS**

Participation is free of charge but registration is required.

Send the registration form to EHTLC Loc Dr Marina Dellapietra

by e-mail: info@mdstudiocongressi.com

or by fax: +39 0432 507533