

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)

Andre Lassooij - Lung Transplant (NL)

Stefano Lazzar - 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 Pischiutti - 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)

Organized by

AAS 2 Bassa Friulana - Isontina
Centro Regionale Trapianti FVG
Centro Trapianti di Cuore ASUI Udine
Centro Nazionale Trapianti
ACTI Italia

Sport and organ transplantation *strive for life*

June 11, 2018

**Bella Italia Village
Lignano Sabbiadoro
Udine - Italy**



»» 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 Lassoij
Francesco Calabrò
Interview by: **Roberto Peressutti**
- 11.10 Discussion
- 11.30 Coffee break

Chairmen: **Paolo Pischiutti, Andrea Di Lenarda**

- 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 Ermolao**
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

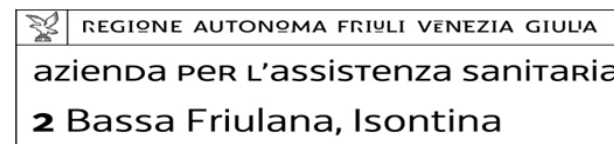
Sport and organ transplantation

Moderated by: **Bruno Pizzul**
Stefano Lazzer, Lucio Mos, Ivano Saletti

June 14, 2018
18.30 - 20.00

Nutrition and organ transplantation

Moderated by: **Roberto Collini**
Duilio Tuniz, Emanuele Scarello, Francesco Francini



Scientific Committee

M. Bassetti, L. Bellis, G. Bernardi, M. Confalonieri, A. Di Lenarda, A. Di Silvestre, B. Grassi, S. Lazzer, U. Livi, E. Lugatti, F. Mazza, G. Mosconi, A. Nanni Costa, R. Peressutti, A. Proclemer, G. Sinagra, V. Tursi, M. Werren

Scientific Director

Prof. Ugolino Livi

Scientific Secretariat

Dr Adriana Di Silvestre
Dr Roberto Peressutti
Centro Regionale Trapianti FVG

Organizing Secretariat

SS Formazione
Azienda per l'Assistenza Sanitaria n. 2
"Bassa Friulana-Isontina"
Tel. 0432-921440 - Fax. 0432- 921685
e-mail: cfa@ass5.sanita.fvg.it

REGISTRATIONS

Participation is free of charge
but registration is required.

Send the registration form to EHLTC Loc
Dr Marina Dellapietra

by e-mail: info@mdstudiocongressi.com
or by fax: +39 0432 507533