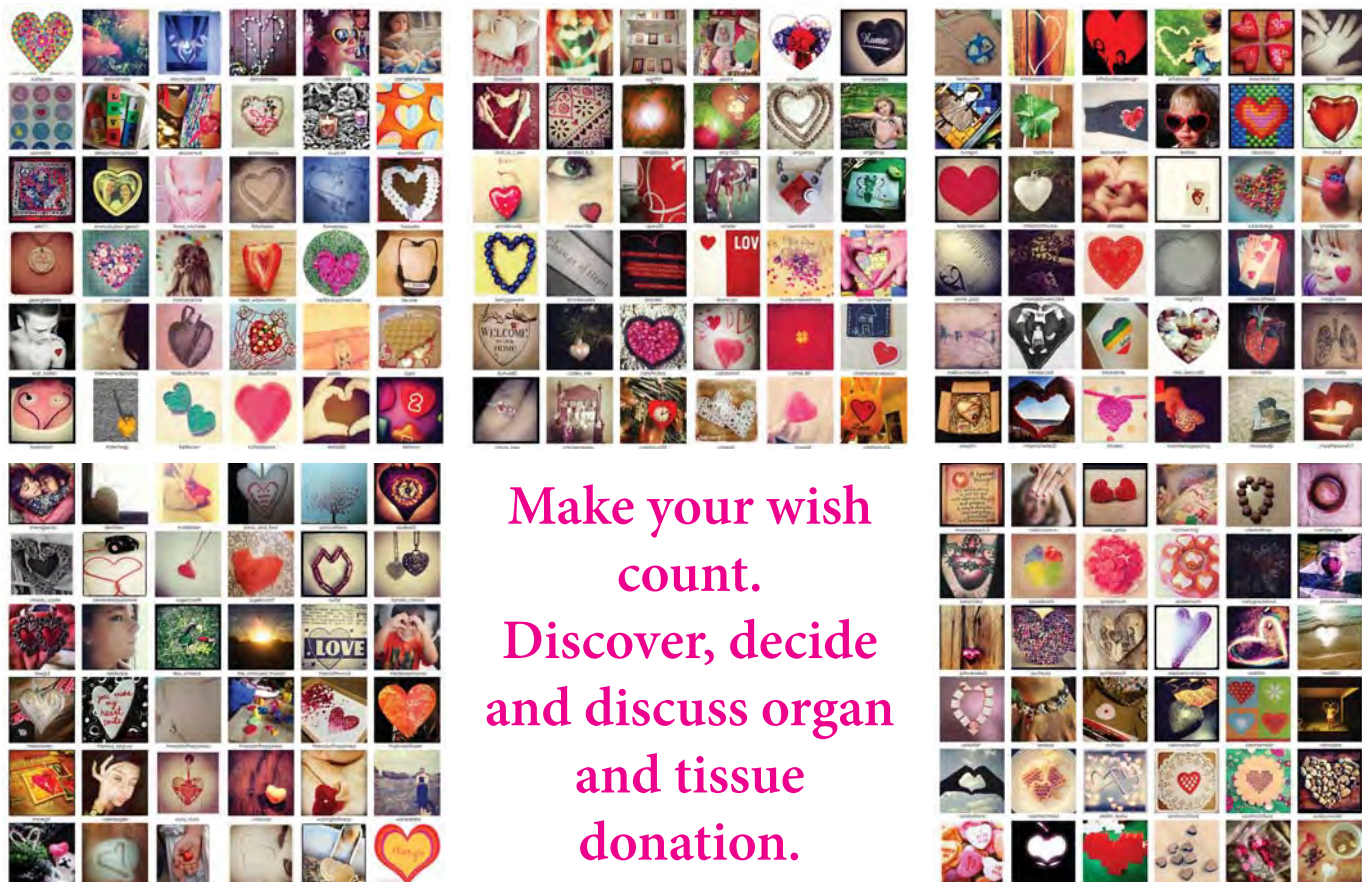




the Circulator

Heart and Lung Transplant Trust (Victoria) Inc A0037327C/ABN 68 585 966 022

First Quarter | 2013 | Issue No. 71



**Make your wish
count.
Discover, decide
and discuss organ
and tissue
donation.**

"This year, the HLTTV was lucky enough to be given a grant to run a new awareness-raising activity – a photo competition to promote organ and tissue donation. We called this competition 'Life Flashes'.

Entrants were asked to submit an image and short description that promoted the theme of DonateLife Week. We had 39 fabulous entries, as well as a group of people participating in a smaller Instagram (online image collection website) activity to make heart photo-mosaics."

Louisa Walsh, Membership Officer.

See the winning photos and essays on pages 8 - 9.

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President's message

As we hopefully leave the uncomfortable hot weather behind, we enter the pleasing coolness of autumn, with Easter, school holidays and the joys of a new football season (for those who follow Australia Rules) to look forward to.

While the season may be cooling in preparation for winter, business is even busier than usual for those of us at the Heart and Lung Transplant Trust (Victoria) (HLTTV).

As well as coordinating and supporting our usual events and fundraising, we've taken a strategic and sustainable approach to long-term fundraising for what we're calling the **Second Chance Accommodation Program**.

You can see more about that in the interview with Jane Harris, senior social worker in the lung transplant clinic who approached HLTTV about help with accommodation.

Life post-transplant is a challenge for all recipients, and it's particularly challenging for nearly half of patients and their families as they live regionally or interstate.

With a minimum three-month stay required after surgery, this means

many patients and their support networks have to worry about where they will sleep, and how they will afford it rather than being able to focus on healing.

My observation is that transplant recipients are among some of the most grateful, generous and creative people I know. In this edition, and on our website (www.hlttv.org.au) we'll be looking to our members for ideas and feedback to help us on this fundraising (and awareness raising) journey.

I'd also like to assure all members that the HLTTV continues our broader fundraising for gym and clinic equipment and coordination of local member events such as the Easter Barbecue (photos featured). We also ask you if there's anything we can do to support our interstate patients to develop events a little closer to home.

Be well and take care.

David Hayne
president@hlttv.org.au

A note from the editor

Welcome to the first quarter edition of the Circulator, bought to you by the volunteers of the Heart and Lung Transplant Trust (Victoria).

I sincerely apologise for the lateness of this edition - there have been a few teething problems, but we're looking forward to a problem free second quarter.

We offer our sincere thanks to the outgoing editor, Gaylynn Pinniger, for her support in guiding the new editorial team through this first edition. It's a big job, and Gaylynn is hopefully having a well-deserved break.

For this edition we celebrate the brilliant entries into the Victorian DonateLife 'Life Flashes' competition, a photography competition that asked people to provide images and stories to help promote this year's theme of **'Make your wish count. Discover, decide and discuss organ and tissue donation.'**

With more than 180 entries, the judges had a tricky job choosing winning entries.

We also hear from president David Hayne about this year's serious focus on fundraising for our vital **Second Chance Accommodation Program** for post-transplant

HLTTV welcomes new Treasurer

The committee is thrilled to welcome Jane Cooper as our new Treasurer.

Jane is married to Stephen and they have a daughter Catherine who was born with cystic fibrosis. Catherine received a double lung transplant at The Alfred in 1997 and is now 15 years post transplant.

Jane is a qualified CPA, works part-time and lives in Sydney.

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patients.

We also offer a warm and appreciative welcome to our new Treasurer, Jane Cooper, congratulate the milestones for many members, and remember the work and life of Professor Don Esmore after his recent passing.

Thanks to those who provide valuable feedback, stories and ideas for The Circulator. Your submissions and suggestions are always welcome – circulator@hlttv.org.au

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First class location to build a second chance at life

For dozens of pre and post transplant patients at The Alfred, going to the gym is literally a 'prescription for life'.

Located in the north-west wing on the fourth floor of the Centre Block, this hub of activity has recently received a much needed upgrade thanks to determined staff and funding and support from a surprising range of sources beyond state and federal funding. These sources include community service clubs, transplant recipients, and volunteer support organisations such as the Heart and Lung Transplant Trust (Victoria).

Supervising physiotherapist Louise Fuller (Lou) has been associated with the dedicated heart and lung transplant gym for well over ten years, and knows what a huge difference recent improvements make to the lives of pre and post transplant patients and physiotherapy staff.

"This upgrade is the result of some four years of fundraising, lobbying and action from staff patients and many, many generous supporters. Every dollar has been spent wisely not just for this generation of transplant patients, but future generations as well," said Lou.

The single biggest impact has been the removal and repair of walls to create a much more open, airy space that's not only cooler, but provides much needed floor

Transplant recipient Graeme Vessey is proud to have co-funded equipment with the HLTTV.



(L-R) Lou Fuller congratulates Glen Tebble on his work with the Rotary Club of East Keilor who were major fundraisers for upgrade construction work.

space for equipment and floor based exercises.

"Increased space and newly donated equipment mean that patients can keep up the momentum of their workouts because they simply don't have to wait for equipment the way they used to," explains Lou.

"The gym program was originally developed in the early 1990s to support the first transplants, and was based on programs being delivered in other centres of transplant excellence.

Facilities were very 'make-do' back then, and it wasn't until the mid 1990s that a dedicated class was developed.

Equipment at that time was mostly donated by patients, and the gym space was very limited," Lou recalls.

When Lou began part-time at The Alfred in 2000, she was keen to further apply available scientific research and introduce known best practice into the transplant

rehabilitation programs.

"We saw programs begin to incorporate more core training and we started to quantify the sorts of parameters patients could expect to achieve on treadmills and bikes. Every patient is different, every experience is different so it's critical that programs are tailored specifically to each patient's recovery," said Lou.

"Exercise has proven time and time again to improve quality of life for patients. A transplant requires a huge psychological adjustment – many patients have been sick for a long time, and our structured, supported programs give patients the confidence and ability to re-establish a 'normal' life," she said.

Lou has seen many patients surprised by just how quickly recovery happens after transplant, with regular (thrice weekly) gym visits showing patients in a very tangible way just how rapidly hard work pays off.

"Gym visits give more than short term benefits. Many transplant patients are all too aware that the long-term steroid use needed post-transplant has a weakening effect on bones.

(Cont. next page)

First class location to build a second chance at life (Cont.)

Bone health is a critical component of our rehabilitation programs, with weight bearing exercise proven to be hugely beneficial for managing bone health and improving long term outcomes," explained Lou.

"Exercise is for life, not just rehabilitation."

There's no doubt that the upgraded gym will continue to be in high demand. In the last twelve months more than 80 post transplant patients used the gym three times a week for a minimum of three months.

Pre-transplant patients, such as those with ventricular assist devices, also use the gym three times a week for a minimum of six months.

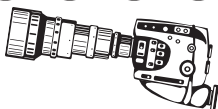
"Our motivation to upgrade the gym was based on the belief that these patients with a second chance at life deserve a first class environment, with first class treatment.

Every day I am humbled by each patient's journey, and if I can do anything to make their journey better, that's what I'm here for," said Lou.

Staff and patients from the transplant gym give special thanks to all their supporters and to The Alfred Foundation who manage all philanthropic grants.

Supporters will be recognised at the official opening of the gym planned for later this year.

Special thanks to Ian Stubber (www.snaphappyian.zenfolio.com) for his excellent photography of HLTTV events and interviewees. We hope to feature more of his work in future editions. Queries to circulator@hlttv.org.au



HLTTV recognises valued program partner

Since May 2012, HLTTV have been thrilled to partner with the Park Regis Griffin Suites to provide affordable, accessible and practical accommodation solutions for regional transplant recipients.

We were recently proud to recognise their participation with the unveiling of a special plaque in their reception area to highlight the support given to the Second Chance Accommodation Program.

Situated between Melbourne's city centre and popular St Kilda Beach, the Park Regis Griffin Suites features include a range of different accommodation options, an onsite cafe/bar and a tram practically at the front door.



We highly recommend the Park Regis Griffin Suites, and the Stay-Well Hospitality Group.

For those looking for accommodation close to The Alfred, make sure you check with the Park Regis for any available discount rates.

Park Regis Griffin Suites

Phone | (03) 8530 1800

Location | 604 St Kilda Road, Melbourne

Email | griffin@parkregishotels.com

Web | <http://www.staywell.group.com/hotels/melbourne/park-regis-griffin-suites>

Can we help you get together?

While the HLTTV is committed to regular events here in Melbourne, we're keen, and curious, to know if our many regional, remote and interstate members require support with their social events.

A sense of community, and having a network of people who understand what you're going through can be a source of great comfort while on your transplant journey.

What can we do to help make this happen where you live? Can we promote a local event here in the Circulator, or our website? Can we liaise or advocate on your behalf with your regular clinic location?

It's part of our vision to support all of those involved with or in need of a heart or lung transplant. Let us know what we can do for you.

Email | president@hlttv.org.au or contact us using our website at

www.hlttv.org.au or visit us on Facebook - just search for Heart and Lung Transplant Trust and make sure to "like" the page to stay in touch with the latest news and events.



2013 Easter BBQ



This year's Easter BBQ was held on Sunday 24 March 2013, on a beautiful but gusty day with a strong northerly that tested the cooking skills of John Prior and his dad.

It was great to see well over 55 members, supporters and family attend on the day, with everyone enjoying a sensible amount of chocolate, and being very patient while having their photo taken by our roving reporters on the day.

We had many raffle gifts donated, with loads of winners thanks to the hard work of Martina Appelman who spent the morning selling and organising the raffle tickets and the draw, ably assisted by Jon Rolfe on the megaphone.

Special thanks to Coles Rowville for covering the cost of meat and bread and to all those who donated some wonderful raffle prizes.

More photos of the event can be found on the HLTTV website, and feedback or queries can be sent to our hard working BBQ coordinator Jeff by emailing events@hlttv.org.au

HLTTV Second Chance Accommodation Program

It is now nearly a year since the Management Committee started a program to accommodate patients and their primary carer/s for those critical three months after heart/lung transplant at The Alfred (see *The Circulator, Issue 71, page 5*).

With some 75 transplants performed at The Alfred in 2012, more than half of the recipients were from regional Victoria or interstate and needed urgent accommodation.

While the program is currently funded in a way that allowed us to support six of these patients, the HLTTV aspires to ensuring every recipient family from outside Melbourne gets the support they need during this special second chance of life.

Coordinating funding and administration of the program creates a significant workload.

While HLTTV volunteers undertake much of the administration coordination, one Alfred staff member has made it a personal mission to support this critical aspect of patient care.

We took some time to talk to Jane Harris, the tirelessly passionate program coordinator and senior social worker to the Lung Transplant clinic.

Like many staff linked to the heart and lung transplant units, Jane has had a long-term commitment to The Alfred.

In her case, her dedication to patient support is demonstrated by more than three decades of tenure.

More than two thirds of that time has been with transplant units, firstly with the combined heart/lung unit and now with the dedicated lung transplant unit.

While a background in cystic fibrosis has given Jane a specific

focus on lung transplant patients, Jane's role as accommodation coordinator covers both heart and lung transplant recipients.

Jane was kind enough to give us some time for a chat about the accommodation program, HLTTV's involvement and what she hopes for in the future.

Thanks for your time Jane - can you tell us why the accommodation program is so important?

Having shelter and support is a basic human need. Many of our regional and interstate patients are dealing with so much more than a chronic health condition.

Often they've been living with a chronic condition for some time, and find themselves financially stretched just at the time when ideally they should be celebrating an amazing second chance at life.

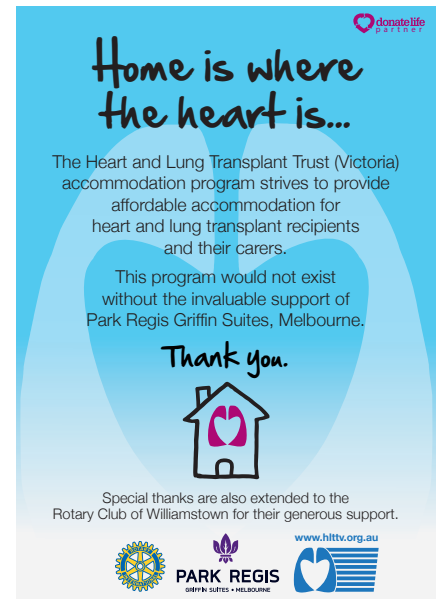
The issue of finding decent accommodation within close distance of the Alfred affects 50% of heart or lung recipients and their families.

Last year, that meant 40 recipients, and their carers and families were challenged to find somewhere to live for a minimum of three months post transplant.

As a social worker, making sure a person has somewhere to live is bread and butter work - this is our core business.

While some hospitals are able to offer accommodation, it's just not possible for The Alfred. That's why the commitment and hard work of the Heart and Lung Transplant Trust Committee is so important.

We thank Jane for her time, and continued commitment to patient support.



Fast Facts

HLTTV Second Chance Accommodation Program

\$10,350

...the average full cost to stay in a hotel close to The Alfred.

\$1,350

...the amount payable by families paying a nominal \$15 per day in the Second Chance Accommodation Program.

The nominal fee, along with a State Government rebate is paid directly to the Park Regis Griffin Suites, with HLTTV making up the balance.

\$19,200

...the amount HLTTV has invested so far for two apartments during 2012.

While that's the best we can do for now, we predict we'll need at least eight apartments to meet the expected need for 2013 and beyond.

Transplant is just the start

Transplant recipients and their carers need to spend a minimum of three months in a mandatory rehabilitation/recovery program at The Alfred.

These three months are spent in an almost daily regime of tests, medical procedures and assessments, clinic visits, gym/physiotherapy and education sessions.

This stay is not at The Alfred - the patients and carer must find accommodation close by.

Other things to remember:

- The Alfred is a transplant centre of excellence for patients travelling from South Australia, Tasmania, southern New South Wales, the Northern Territory and regional Victoria.
- The use of public transport to commute during this time is not an option due to elevated infection risks from immunosuppression therapy needed (to reduce rejection of the new organ)
- Melbourne hosts many events that cause peaks in accommodation demands (Grand Prix, Tennis Open etc). Many patients have been asked to leave during these times.
- For every person who receives a transplant, there are family, friends, coaches, teachers and work colleagues whose lives too have been changed. It's estimated that nationally this equates to nearly 40,000 people directly impacted.

The HLTTV is embracing the challenge to continue raising funds to support transplant recipients to get the most out of their second chance at life.

We hope you will join us by participating in fundraising activities, or helping us spread the word.

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You can see in the table below how we plan to get funding levels to where they need to be.

To fund one family for three months in an apartment, we need to raise an average of \$2,400.

HLTTV is embarking on strategic fundraising mission that will involve our own volunteers, targeted corporate bodies, local schools and community groups.

You'll also start to see some unique and exciting events (such as the 'Tour de Transplant' outlined below) that we'll be using to raise funds, and awareness about organ and tissue donation.

Simply visit our website for more information as it comes to hand.

Donations can also be made via our website, or by using the form on page 13 of this edition.

Year	Apartments	Investment	Total Families
2012	2	\$19,200	8
2013	4	\$38,400	16
2014	6	\$57,600	24
2015	8	\$76,800	32

Calling all keen cyclists



The Management Committee is currently developing an exciting fund raising event to raise money to extend the Second Chance Accommodation program.

We are planning a bike ride with a difference - The Tour de Transplant.

The Tour de Transplant will travel through country Victorian towns that are home to transplant recipients.

The aim is for the event to take place over seven days in late March 2014.

Right now we're negotiating with a Tour de France stage winner to organise, mentor, oversee and ride in the event. Imagine having the chance to ride with a National cycling icon!

More information will be published in the next Circulator, and on our website but if you or any of your relatives or friends would like to take part, please contact us with your expression of interest.

While riding places will be limited to 25, there'll still be plenty of work for support crews so get in early.

Simply email president@hlttv.org.au with "Tour de Transplant" in the subject line.

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DonateLife Week and LifeFlashes 2013

DonateLife Week was celebrated nationwide this year from 24 February to 3 March. Held by DonateLife Australia, DonateLife Week 2013 aimed to promote organ and tissue donation awareness.

This year's theme was 'Make Your Wish Count - Discover, Decide and Discuss Organ and Tissue Donation'.

Every year the HLTTV provides volunteers to DonateLife to attend stalls, talk to the media and increase awareness of the need for people to discuss organ donation and sign on to the registry.

Often, this is simply by sharing their transplant stories. This year was no exception, with many of our members putting their hands up to be part of DonateLife Week.

HLTTV members once again demonstrated their generosity, with around 10% of our membership base volunteering for DonateLife activities.

This year, the HLTTV was lucky enough to be given a grant to run a new awareness-raising activity; a photo competition to promote organ and tissue donation.

We called this competition 'Life Flashes'. Entrants were asked to submit an image and short description that promoted the theme of DonateLife Week.

We had 39 fabulous entries, as well as a group of people participating in a smaller Instagram activity to make heart photo-mosaics.

All the entries were displayed on Facebook, at The Alfred during DonateLife Week, at the DonateLife Community Event in Carlton on the 3 March, and also at the Alexandra Race Club's DonateLife Racemeet on 23 March.
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The competition and photos received great feedback and even brought a few tears to eyes!

It was a competition, however, so there had to be a winner, with some hard decisions to be made by our judging panel.

Thanks to everyone who participated in the competition and in DonateLife activities.

Keep an eye out next year for opportunities to be a part of DonateLife Week 2014.

Louisa Walsh | Membership Officer

A reminder from the membership officer

Make sure you stay a part of the transplant community by renewing your subscription. HLTTV membership provides you with relevant news, events and information.

It's a great way to stay in touch, and support the work of a passionate organisation. Membership forms are available online, or see page 15 of this edition.

First prize went to Jay with the above image and essay:

My son often picks a dandelion and blows with all his might, making a wish as the little petals detach and fly away.

I know his wish would probably be for a car, a new toy or something yummy for dinner.

This makes me think about the scale of our wishes and how some people I know spend days on the sidelines waiting and wishing for an organ donation to come their way.

Fortunately when it comes to wishes there are no rules and no limits and fortunately when it comes to organ donation there is something we can all do, to make a wish count.

DonateLife Week and LifeFlashes 2013



Second prize was awarded to Angela, Justin and Zara, with the above image and following essay:

*The image of the heart
Is love's universal sign
And the best way to love
is to give it, I find.
Everybody knows it but I
believe sometimes
It doesn't hurt to gently
remind.
Of just what we can be
And what we leave behind
May this image of the heart
Keep that thought in mind.*



Page 9

And third prize went to Tiffany, with the image of linked hands and the following essay:

'My children all know that if something were to happen then I would want to be an organ donor. My husband knows it too. I've always been very clear about my wishes and because of that some of them have said they would want the same thing. It's not about making an impact or wanting my life to mean something - it's really that we are all connected in some way to the universe and to each other. By blood or time or place or situation and that connection is so powerful if we had the opportunity to share it why wouldn't we? Life is such a gift. Isn't it amazing that we can give that gift to someone else when we no longer need it. To me, that sounds like a second chance for both of us. Make it count.'

Finally we had a **People's Choice Award** judged through Facebook (based on the number of 'likes' given to an image). This was won by Kylie with the beach image below and the following essay:

The sun sets on another special anniversary - 21 years since I received a life-saving heart transplant.

I take a chance to enjoy simple pleasures in life, such as being able to walk along the beach, feeling the sand between my toes and the salt water wash around my ankles.

All thanks to a special family who, when facing the most terrible of circumstances, decided to donate the organs of their beloved child.

There is not a day that goes by where I do not pray for and give thanks for these 'angels', for because of them, I am alive!



Transplant inspires further creativity

*Claire Stubber (PhD and heart lung transplant recipient) reviews **conjuror**, a jazz infused poetry anthology by Allan Browne.*

Allan Browne is a Jazz drummer, Bandleader and single lung transplant recipient (2002).

Recently, Allan has published an anthology of poetry titled *conjuror*.

This collection of poetry is infused with the rhythm and subject of jazz; its history, its personalities and its jargon. *conjuror* includes CD on which Allan Browne reads seven of his poems which (except for 'suite for swing street' in which the stanzas are punctuated by music which intends to convey the mood of each one) serve to introduce a composition particular to the poem.

Allan plays the drums for the pieces and he is accompanied by Eugene Ball on the trumpet, Geoff Hughes on the guitar, Nick Haywood on acoustic bass, Marc Hannaford on piano and Phil Noy on alto sax.

The music together with Allan's readings give a roundness to the poetry and afford the poet a multi-dimensional form by which to convey his poems.

The section in which Allan's poems may find the most resonance for transplant recipients is *'frail vessel/steely stuff'*.



The poems in this section capture with a few poems something of the experience and feelings of a transplant recipient.

'Miracle' in eleven lines manages to communicate the wonder and joy of receiving a transplanted organ as it simultaneously, if very briefly, contemplates tensions inherent to transplantation.

Allan does not specify the 'you' in *'forgotten...lately'* so I speculate that his plaintive last stanza in the poem arises perhaps from that continuous battle between the recipient and the organ which is life-giving but also requires such heavy protection from an immune system always threatening to destroy it.

Alternatively it could speak to a more personal conflict of recipient and carer or loved one, as years pass and the immediate threat to life diminishes understanding of the day-to-day challenges of being an organ recipient may wane.

'someday, today' contemplates the imminent understanding of one's own mortality that transplantation and illness impose.

Some of the poems such as *'oxygen'*, *'big hearts'*, *'ecg or ocd?'* and *'i am in a submarine at the pole'* bend their gaze towards hospital; the experience of disorientation within its walls, the electronic and radiographic equipment used to probe that which is not visible from outside the body and the paraphernalia which we may have placed, alien-like in our homes to support the task of oxygenating blood.

From an earlier album (of the same name) is *'cyclosporin'*. This poem is of course about the drug which many transplant recipients take or have taken as part of their immunosuppressive therapy.

Whilst it does aid in the prevention of rejection it is also loathed by many who have to take it because of its immediate and long-term side-effects.

Allan describes it as *'an immune-suppressant/ both sinister, regenerative/ giving with one hand/ removing with the other.'*

To compliment this sense of duality the second stanza describes the music inspired by the drug (whilst also cleverly referring back to the poem) which is, as is fitting, characterised as 'a two verse paradox.'

***conjuror* is published by Extempore and is available at www.jazzhead.com**

The Circulator editorial team is keen to review books, magazines and articles that may be of interest to the transplant community. We're also keen to promote the work of those who have embraced their 'second chance' at life to explore their creativity or pursue their dreams.

**Contact Belinda, Camille and Claire by email | circulator@hlttv.org.au
Items for review can be posted | Editorial team C/O PO Box 25036,
Melbourne, Vic, 3004.**

Book review - More than a footnote

Editorial team member Claire Stubber (PhD) reviews one of the most and significant books on the history of organ transplantation in Australia and New Zealand.

Edited by Brian Tait, this is a book that may interest many readers of the Circulator.

More than a Footnote: The Story of Organ Transplantation in Australia and New Zealand reviews many aspects of the establishment and continuation of organ transplantation programs in Australia and New Zealand.

Contributors to the book have written about the history of the transplantation of different organs such as the kidneys, liver, heart and lung.

There are also sections on the role of immunologists and donor coordinators as well as the future of organ transplantation.

Of particular interest to readers may be *Chapter Six: 'The History of Heart and Lung Transplantation in Australia.'*

This chapter explores the general history of heart and lung transplantation in Australia as well as a section detailing the establishment of cardiothoracic transplant programs in hospitals such as St Vincent's Hospital in Sydney and the Alfred Hospital in Melbourne.

The cardiothoracic transplantation team at the Alfred was, as it is still, a multifaceted team comprising of surgeons (Don Esmore established the surgical program), trainees, anaesthetists, cardiovascular perfusionists, researchers, immunologists, respiratory physicians, cardiologists a social worker (Jane Harris) and a transplant coordinator (Anne Griffiths).

This team not only established an excellent heart and lung transplant facility but they have also pioneered surgical techniques and devices which have benefited not only those waiting for or

receiving transplants but also other patients with respiratory or cardiac complaints.

The team at the Alfred were also responsible for widening the geographic boundaries for cardiothoracic organ procurement both within Australia and internationally.

They were the first to transplant a heart from a Perth donor in 1990 and in 1995 Anne Griffiths managed to deftly coordinate the first trans-Tasman donor retrieval.

There have been many individual honours for those who are part of the Alfred Hospital Heart and Lung Replacement Service.

Don Esmore was the recipient of an Order of Australia in 2002 and other awards of recognition for his work not mentioned in the book including the fact that he was the state finalist for Victoria in the 2008 Australian of the Year Awards, a Prime Minister's Centenary award in 2003 and an Award for Excellence in Surgery from the Royal Australasian College of Surgeons this year.

Greg Snell was awarded an Order of Australia Medal for service to medicine in the field of respiratory science, to education and to professional organisations.

Additionally, Glen Westall was awarded the Thoracic Society of Australia and New Zealand Young Investigator Award in 2006 for his research into Bronchiolitis Obliterans Syndrome.

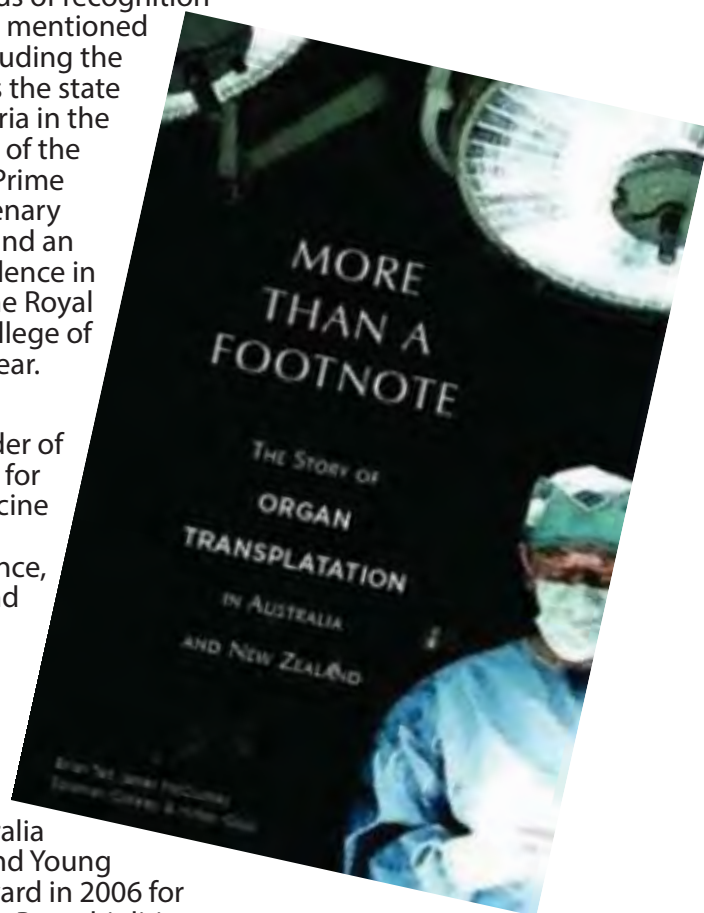
Glen Westall also heads the paediatric lung and heart-lung transplantation program, the only such program that exists in Australia.

Contained alongside the illustrious Alfred Hospital Heart and Lung Replacement Service are two contributions from recipients, one a Lung transplant recipient and the other a heart and double-lung transplant recipient.

Rachael Hanner received her lung transplant for cystic fibrosis in 2010 and she describes her battle with this chronic illness in childhood and through adolescence as well as the subsequent transplant.

Jose Luis Lopez received a heart and double-lung transplant in 1990 for fibrosing alveolitis.

He describes the nine years of deteriorating health that led to the transplant as well as the benefits of transplantation.



***More than a Footnote: The Story of Organ Transplantation in Australia and New Zealand* is edited by Brian Tait and published by Australian Scholarly Publishing Pty. Ltd.**

In memoriam

Professor Donald Stephen Esmore AO

Many in the transplant community were deeply saddened to hear Professor Esmore's passing on February 12 this year.

The following is an edited extract from the obituary printed by The Age newspaper. Contributions to the obituary were made by his colleagues Trevor Williams and Peter Bergin, both senior clinicians at The Alfred.

Internationally renowned cardiothoracic surgeon Professor Donald Esmore died at his home in Toorak after a protracted battle with bone marrow cancer. He was 63.

Don's ability to continue to operate and lead his now mature and world-renowned team was progressively diminished by his illness. With his passing, his legacy will, however, continue in the safe hands of those he has trained.

The path to a professional life in cardiothoracic surgery began when he moved to Sydney's St Vincent's Hospital as a cardiothoracic surgical registrar, gaining his fellowship of the Royal Australasian College of Surgeons in cardiothoracics in 1983.

He was pivotal in the renaissance of cardiac transplantation led by Victor Chang, and was a key team member in the first heart-lung transplant performed at St Vincent's Hospital during that period.

In 1988, The Alfred hospital in Melbourne was chosen to run the second national cardiothoracic transplant program, and in early 1989, with great support from the Alfred's administration and clinical staff, Don got straight down to business.



After only a few weeks, Don performed the first heart transplant in this new era of transplantation at the Alfred.

A year later, in March 1990, he performed the program's first heart-lung transplant, utilising the recipient's heart in a second recipient - the first "domino" heart-lung transplant in Australia.

His surgical team assessed many modified lung techniques, including anastomotic (joining) techniques for lung transplantation, and approaches to cut down lungs to fit smaller recipients, particularly children. In 2011, the Alfred was awarded Nationally Funded Centre status for paediatric lung transplantation.

His was a life of incredible achievement and deserved honours. He was a professor at Monash University, an officer of the Order of Australia, and a recipient of the prime minister's Centennial Medal.

Read more: <http://www.theage.com.au/national/obituaries/leader-in-heart-lung-transplantation-20130221-2euoj.html#ixzz2MiAWJJRS>

John 'Greg' Moloney

We received the sad advice that John 'Greg' Moloney passed away at the Alfred on Sunday 31 March.

Our thoughts are with his wife Kathryn, knowing that the last 11 months in particular have been quite challenging.

Greg received his heart on the same day as Glenn Leno received his lungs, some seven years ago.

Greg had been hospitalised for the past 11 months and was looking forward to returning home. Unfortunately this was not to be, with Greg suffering a cerebral haemorrhage while still in the Alfred.

*When you are sorrowful
look again into your heart,
and you shall see that in
truth you are weeping for
that which has been your
delight.
Kahlil Gibran*



**Donations to the
Heart and Lung
Transplant Trust (Victoria)
are fully tax deductible
and particularly easy to do
using www.givenow.com.au
Simply visit
<http://givenow.com.au/hlttp>
and follow the prompts.**

Diary dates, reminders and events

Have you had your flu shots for 2013?

April						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	Anzac Day 25	26	27
28	29	30	Like to promote your event in the Circulator? Email details to circulator@hlttv.org.au (events must be member relevant)			
May						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
Mothers Day 12	13	14	15	16	17	18
19	20	21	22	23	24	(Vic & Tas) Service of Remembrance 25
26	27	28	29	30	31	
June: Next edition of Circulator out this month - and time to renew your HLTTV membership!						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30						1
(SA) Service of Remembrance 2	3	4	5	6	7	8
9	Queens Birthday 10	HLTTV Committee Meeting 11	12	13	14	15
(NT) Service of Remembrance 16	17	18	19	20	21	22
23	24	25	26	27	28	29



DonateLife Services of Remembrance are held nationally.

Visit their website for full details.

<http://www.donatelife.gov.au/news-and-events/donatelife-events>

Transplant anniversaries - we wish you many more

January

Heart:

- Diana Almonte, 2009
- Carol Darroch, 1992
- Simon Eaton, 2011
- Gordon Field, 2001
- Mark Ginn, 1993
- Andrew Hunt, 2008
- Michael Muschamp, 1996

Lung/s

- George Bouios, 2008
- Michael Cox, 1996
- Gary Quick, 1999
- Nancy Reynolds, 2008
- Phillip Stephens, 2003
- Graeme Vessey, 2011
- Glenn Walker, 2012

Heart and Lungs:

- Patrice Maude, 1995

February

Heart:

- Mark Brewer, 2008
- Margaret Neilson, 2009
- John Winter, 1992

Lung/s:

- Jeannette Collins, 2008
- Phyllis Cremona, 1994
- Colin Frederich, 2011
- Ken Gain, 2004
- Debra Larchin, 2011
- Kirsten Larsen, 2003
- Frank Lineen, 2008

Heart and Lungs:

- Tarlee Schultz, 2006

March

Heart:

- Chris Gerritzen, 1995
- Sue Konieczny, 2008
- Edward O'Bryan, 1990

Lung/s

- Nola Barry, 2011
- Ray Gogoll, 2010
- Judi Groves, 2012
- Heather Hill, 2006
- Toni Miles-Bennett, 2011
- Suellen Petters, 2002
- Jon Rolfe, 2009
- Betty Sammartino, 2011

Donate now

I/We would like to make a donation to the Heart and Lung Transplant Trust (Victoria) Inc.

Name:

Address:

Postcode:

Donation: \$

(Donations over \$2.00 are tax deductible)

Please send to: Secretary Heart & Lung Transplant Trust (Victoria) Inc
PO Box 25036, Melbourne, Vic, 3004

Please visit <http://www.hlttv.org.au/> and follow the 'Membership' link to pay online.

Become a member now

Membership Form

Name:

Partner's name (if applicable):

Address:

Postcode:

Telephone:

Mobile:

Email address:

Date of birth:

New member

I wish to become a member of the Trust

OR

Existing member

I wish renew my membership of the Trust

I wish to receive my copy of 'The Circulator' by email:

Yes

No

Recipient (Please complete information regarding Transplant Type, Operation, Month and Year – this allows us to celebrate transplant anniversaries if you consent below.)

Lung/s

Month

[]

Year

[]

Heart

Month

[]

Year

[]

Heart & Lung

Month

[]

Year

[]

Other (please specify)

Month

[]

Year

[]

Are you happy for this information to be included in 'The Circulator' newsletter 'Transplant Anniversaries' each year? Yes No

OR

Pre-transplant (Waiting list)

OR

Carer/other/supporter (please specify)

Signature:

Date:

Membership for Pre-transplant members is free. An annual fee of \$10 applies to all other category of member.

An invoice for membership will be forwarded with the June edition of The Circulator each year.

Prompt payment on receipt of a membership invoice is appreciated and we are grateful for any donations.

Donations over \$2 are tax deductible.

Please return this form to:

Membership Officer, Heart and Lung Transplant Trust (Victoria) Inc.

PO Box 25036

Melbourne Victoria 3004

Members may also join online and pay membership and donation via direct bank transfer.

Please visit <http://www.hlttv.org.au/> and follow the 'Membership' links.

For enquiries email membership@hlttv.org.au



Heart and Lung Transplant Trust (Victoria)

Our Vision, Mission & Values

Our Vision is for a bright and active future for all those involved with or in need of a heart or lung transplant.

We actively encourage organ donation and support The Alfred Hospital Melbourne, the Transplant Team, patients, recipients, their families and carers throughout the journey.

Our Values

Hope | We provide a sense of confidence, belief and realism throughout the experience.

Leadership | We lead and promote a focus on caring, advocacy, support and community to those who share in the transplant journey.

Teamwork | We believe our success depends on how well we interact and communicate with others. We inform, network, collaborate and partner with all relevant stakeholders. We have a bias towards action.

Trust | Our integrity is fundamental in all that we do and stand for. We act ethically and honestly at all times. We do what we say.

Vitality | We approach our task with compassion, understanding, strength and joie de vivre.

the Circulator

If undeliverable please return to:-
Heart & Lung Transplant Trust
(Vic) Inc
PO Box 25036
MELBOURNE Victoria 3004



Details incorrect? To change or update, contact membershipofficer@hlttv.org.au