

## Greetings and Invitation

We are delighted to welcome you to the upcoming IPSOT-Symposium at the International Congress Center Dresden (ICD).

Explore the transformative role of physical activity in solid organ transplantation – from prehabilitation to long-term recovery.

We warmly invite you to join an international gathering of medical professionals, researchers, transplant recipients, and athletes for a unique interdisciplinary symposium held in conjunction with the World Transplant Games 2025.

Over two inspiring days, leading experts and transplant athletes will come together to share the latest research, personal experiences, and forward-thinking approaches on the intersection of transplantation, physical performance, rehabilitation, and long-term health.

Join us for this extraordinary event that unites science, resilience, and sport. Let's advance transplant care together — and celebrate life beyond transplantation.

We look forward to welcoming you in Dresden.

Your Scientific Chairs

*Prof. Dr. med. Christian Hugo*

Head of the KfH Dialysis Center at the University Hospital *Carl Gustav Carus* Dresden

*Prof. Dr. med. Christian Thomas*

Head of the Department of Urology at the University Hospital *Carl Gustav Carus* Dresden

## General Information

### Organiser

#### Transdia Sport Deutschland e. V. (TSD)

Freiberger Str. 31  
01067 Dresden  
Germany



Gudrun Manuwald-Seemüller  
Prof. Dr. Eberhard Schollmeyer  
Hagen Brosch

### Conference Office

#### Intercom Dresden GmbH

Sylvia Neumann / Natasha D'Alvito

Zellescher Weg 3  
01069 Dresden  
Germany



e-mail: [ipsot-symposium@intercom-kongresse.de](mailto:ipsot-symposium@intercom-kongresse.de)

phone: +49 351 320 173 20 / 80

fax: +49 351 320 173 33

web: [www.intercom-kongresse.de](http://www.intercom-kongresse.de)

## Venue

### Maritim Hotel & Internationales Congress Center Dresden

International Congress Center Dresden (ICD)

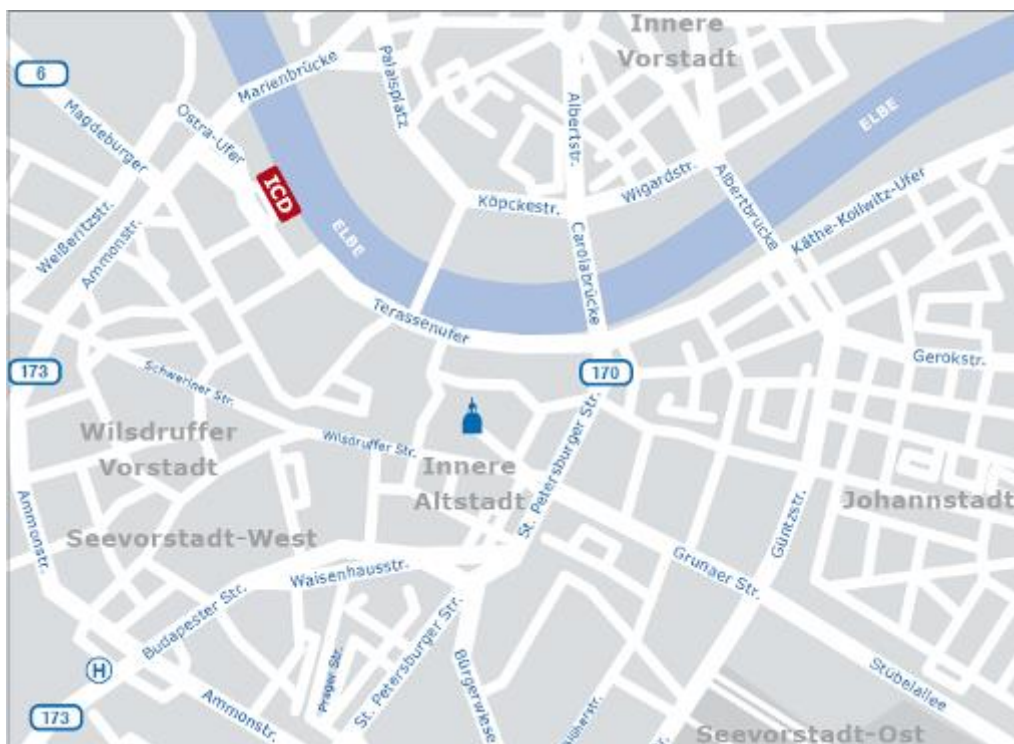
Ostra-Ufer 2

01067 Dresden, Germany

[www.dresden-congresscenter.de](http://www.dresden-congresscenter.de)

The ICD is located directly at the Elbe River in the heart of the city, only a few steps away from the most sights of Dresden:

- City centre: 0,5 km
- Airport: 9,0 km
- Main Station: 2,0 km
- Main attractions: 0,5 km



## Scientific Symposium to accompany the World Transplant Games 2025

### Program

#### Friday, August 22, 2025

- 9:00 - 10:00**      **Opening and Welcome**  
Session Chairs: *Christian Hugo, Christian Thomas*
- 9:00 – 9:05**      Introduction to the conference: conference goals, overview of the participants and scientific program  
*Christian Hugo  
Christian Thomas*
- 9:05 – 9:15**      Welcome remarks from representatives of the World Transplant Games and the German Transplantation Society  
*Liz Schick*  
(President of the World Transplant Games Federation)  
*Mario Schiffer*  
(General Secretary Deutsche Transplantations-Gesellschaft e.V.)
- 9:15 – 10:00**      Physical Activity in Transplant Medicine: Italian Experience and the Power of Movement in Healing  
*Valentina Totti*
- 10:00 – 11:30**      Session 1  
**Solid Organ Transplantation in Germany Compared to Other Countries: Status Quo and Perspectives**  
Session Chairs: *Axel Rahmel, Omer Aziz, Mauricio Galvao*
- 10:00 - 10:25**      Solid Organ Transplantation in Germany – Trends, Barriers, and Public Engagement  
*Axel Rahmel*
- 10:25 – 10:50**      Solid Organ Transplantation in the United Kingdom – Trends, Barriers, and Public Engagement  
*Omer Aziz*

- 10:50 – 11:15** Solid Organ Transplantation in Spain – Trends, Barriers, and Public Engagement  
*Mauricio Galvao*
- 11:15 – 11:30** Panel discussion
- 11:30 – 12:00** **Coffee Break & Networking**
- 12:00 - 13:20** Session 2  
**Optimizing Transplant Outcomes: Exercise, Prehabilitation, and Innovative Monitoring Approaches**  
Session Chair: *Mario Schiffer*
- An overview of current developments in transplantation medicine and its impact on the quality of life of transplant recipients/candidates.
  - Discussion on the importance of sports for transplant recipients.
- 12:00 – 12:20** Exercise during Hemodialysis in Patients with Chronic Kidney Failure  
*Kirsten Anding-Rost*
- 12:20 – 12:40** European Society of Organ Transplantation (ESOT) Consensus Statement on Prehabilitation for Solid Organ Transplantation Candidates  
*Diethard Monbaliu*
- 12:40 – 13:00** “Fit for Kidney Transplantation” a randomized study on the prehabilitation program  
*Helge Krusemark*
- 13:00 – 13:20** Personal story and experiences  
*Regina Richtmann*
- 13:20 – 14:30** **Lunch Break & Networking**

**14:30 – 16:00**

Session 3

**Post-Transplant Care and Recovery: Exercise, Aftercare Interventions, and Personal Journeys**

Session Chair: *Ebru Yildiz*

- New scientific insights on the role of physical activity in preventing organ rejection post-transplant.
- Presentation of case studies and long-term data.

**14:30 – 15:00**

Quantitative MRI and AI for the Evaluation of Sarcopenia in Dialysis and Transplant Patients

*Martín Belzunce*

**15:00 – 15:30**

A multimodal aftercare intervention improves the outcome after kidney transplantation - results of the KTx360° aftercare program using claims data

*Mario Schiffer*

**15:30 – 16:00**

Digital Home-Monitoring of Patients after Kidney Transplantation: The MACCS Platform

*Klemens Budde*

**16:00 – 16:20**

**Coffee Break & Networking**

**17:00 – 18:00**

Session 4

**Networking IPSOT with WTG at the [Heinz-Steyer-Stadion](#)**

**17:00 – 17:30**

Transplant Sport as Medicine: What Transplant Sport Teaches the Medical World

*Paul Harden*

- Paul Harden will elegantly guide us through science, the relevance of the World Transplant Games, and aspects of transplant medicine and society, accompanied by food and drinks.
- Following this, there will be an opportunity to watch the evening sessions of the athletics competition

## Saturday, August 23, 2025

- 9:30 – 10:30**      Session 5  
**Mental Resilience and Well-being: The Psychological and Social Benefits of Sports Post-Transplant**  
Session Chair: *Martina de Zwaan*
- 9:30 – 10:00**      Organ integration and mental aspects in transplant patients  
*Martina de Zwaan*
- 10:00 – 10:30**      From vulnerability to resilience: positive psychology in the context of solid organ transplantation  
*Angela Buchholz*
- 10:30 – 11:00**      **Coffee Break & Networking**
- 11:00 – 12:30**      Session 6  
**Rehabilitation and Recovery: Key to Success After Transplantation**  
Session Chairs: *Juliane Putz, Julian Stumpf*
- Focus on the long-term care of transplant recipients and the role of exercise in maintaining long-term health.
  - Discussion of challenges and solutions for transplant recipients in the years following surgery.
- 11:00 – 11:30**      Rehabilitation After Kidney Transplantation – A Cornerstone of Long-Term Recovery  
*Doris Gerbig*
- 11:30 – 12:00**      Personal story and experiences  
*Elmar Sprink*
- 12:00 – 12:30**      Liver Transplantation: Why Rehabilitation Matters in the Long Run  
*Viviane Schücke*

**12:30 – 13:30**

Session 7

**Panel Discussion: Transplant Athletes: Overcoming Challenges, Seizing Opportunities, and Celebrating the Power of Organ Donation**

Session Chair: *Axel Rahmel*

- A panel with transplant athletes, medical professionals, and sports scientists discussing the integration of transplant recipients into competitive sports.
- Challenges and opportunities for transplant athletes in sports

**13:30 – 14:30**

**Lunch Break & Networking**

**Additional Notes:**

- Throughout the event, there will be ample breaks for informal networking and reflection.
- The scientific sessions should be interactive to foster dialogue between experts and transplant athletes.

This program effectively blends scientific exchange with the practical experience of the World Transplant Games, offering participants both academic insights and opportunities to engage with the sporting side of the event.

## Exhibitors & Sponsors

We thank all the Exhibitors and Sponsors for their support.

### Chiesi GmbH

Sponsorship amount: 1.300,00 €



### Deutsche Stiftung Organtransplantation



DEUTSCHE STIFTUNG  
ORGANTRANSPLANTATION  
Gemeinnützige Stiftung

Koordinierungsstelle Organspende

### Hansa Biopharma AB

Sponsorship amount: 750,00 €



### Neovii Biotech GmbH

Sponsorship amount: 1.500,00 €

