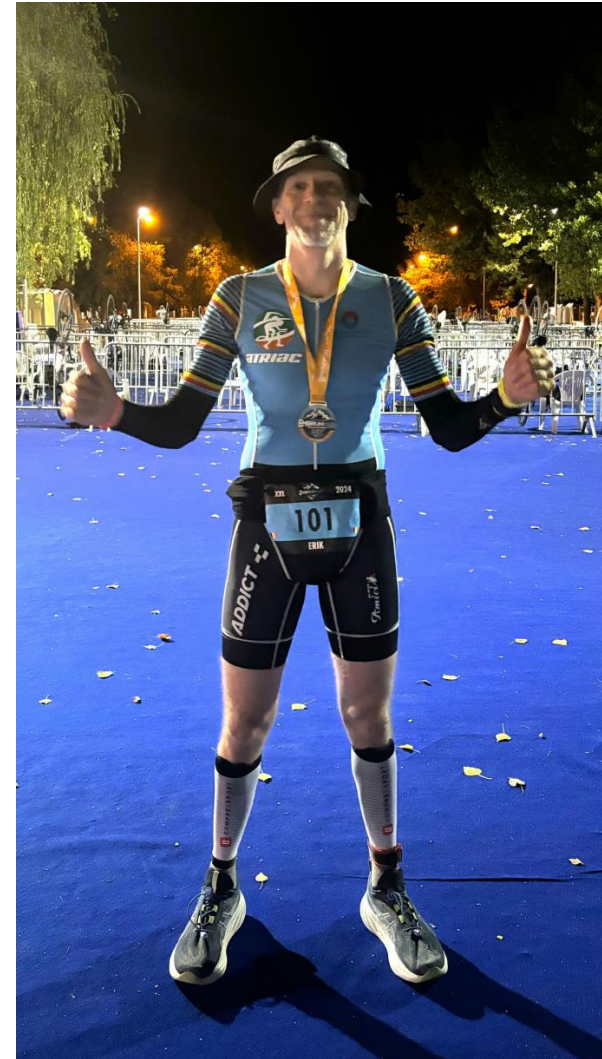


Physical activity before and after my liver transplant.



ROYAL BELGIAN PODIATRY ASSOCIATION



Physical activity before and after my liver transplant.





Physical activity before my liver transplant.





©alamy



©Silkepichler

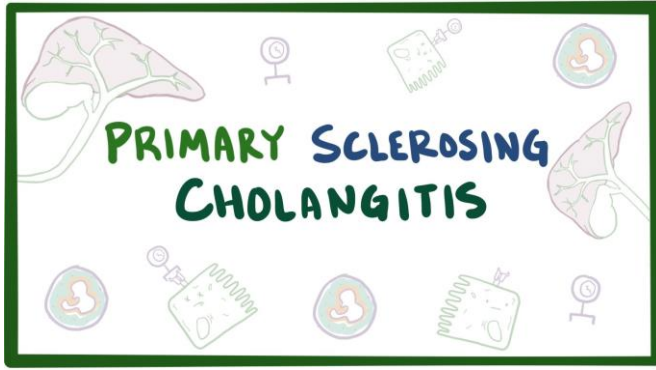
Physical activity before my liver transplant.





Physical activity before my liver transplant.





Physical activity before my liver transplant.



Physical activity before my liver transplant.





Physical activity before my liver transplant.





Physical activity before my liver transplant.



Physical activity before my liver transplant.



# How do we become an organ donor (Belgium)

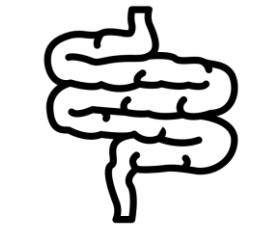
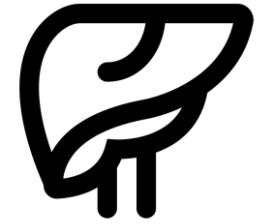
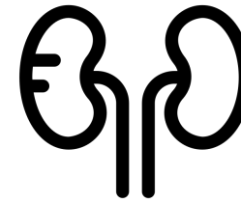
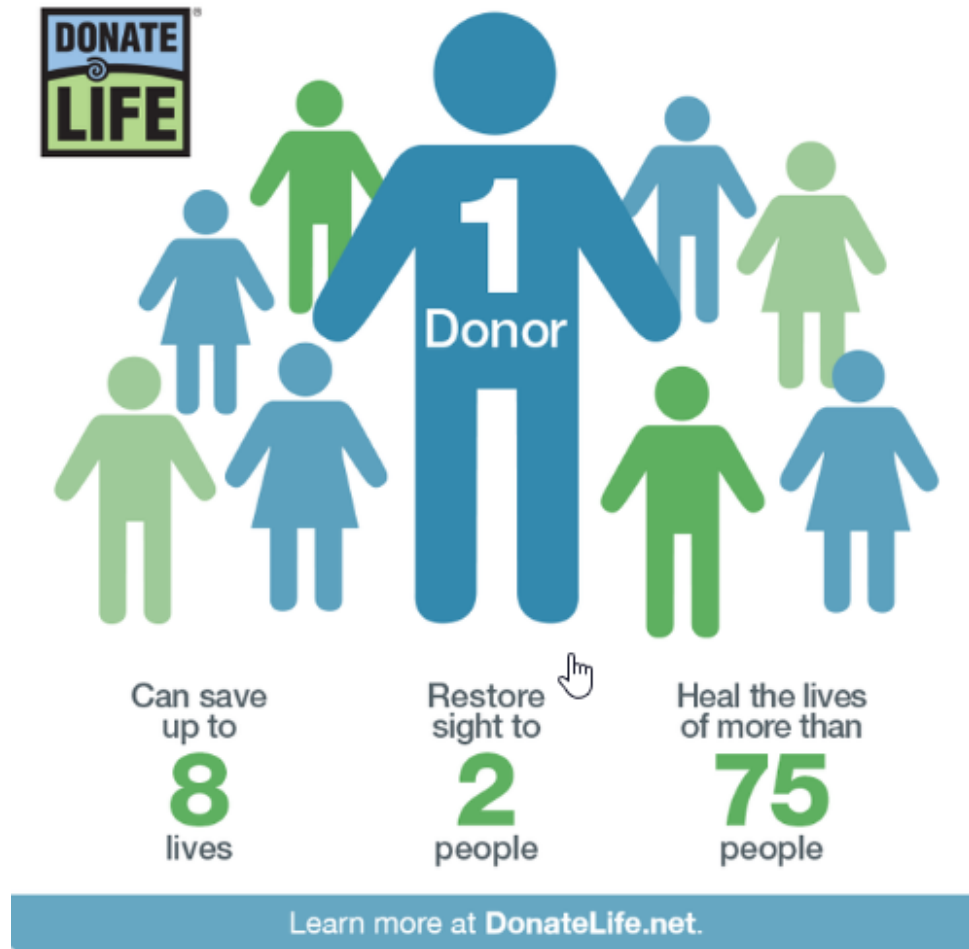
Basic principle: everyone is a donor (opting in)

Exception: expressing opposition = OPTING OUT

How to register as an organ donor?

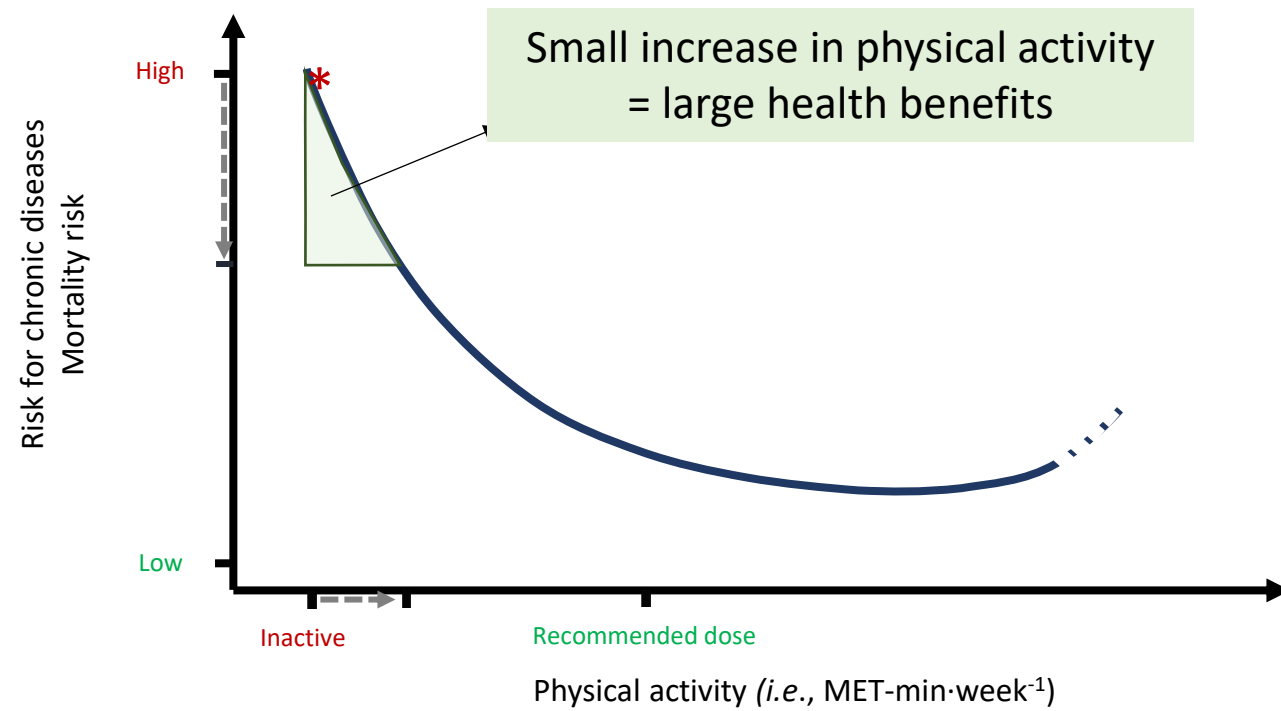
- Online: [mijngezondheid.be](https://mijngezondheid.be)
- At the townhall
- Your doctor

**Please, have the conversation and share your wishes with your family.**



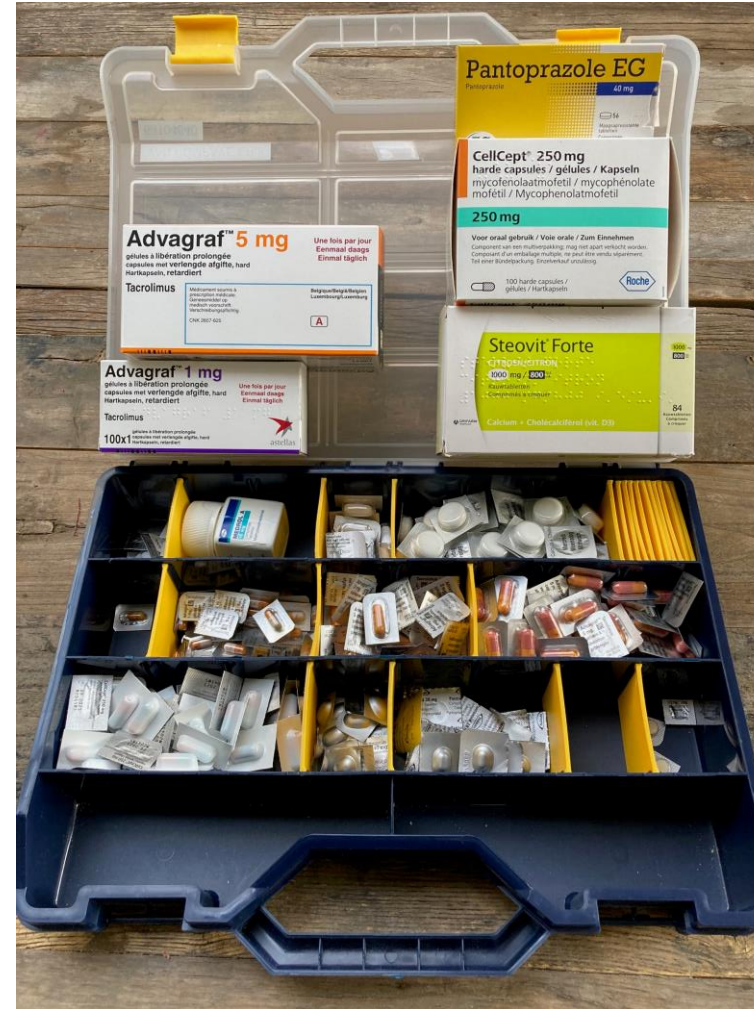
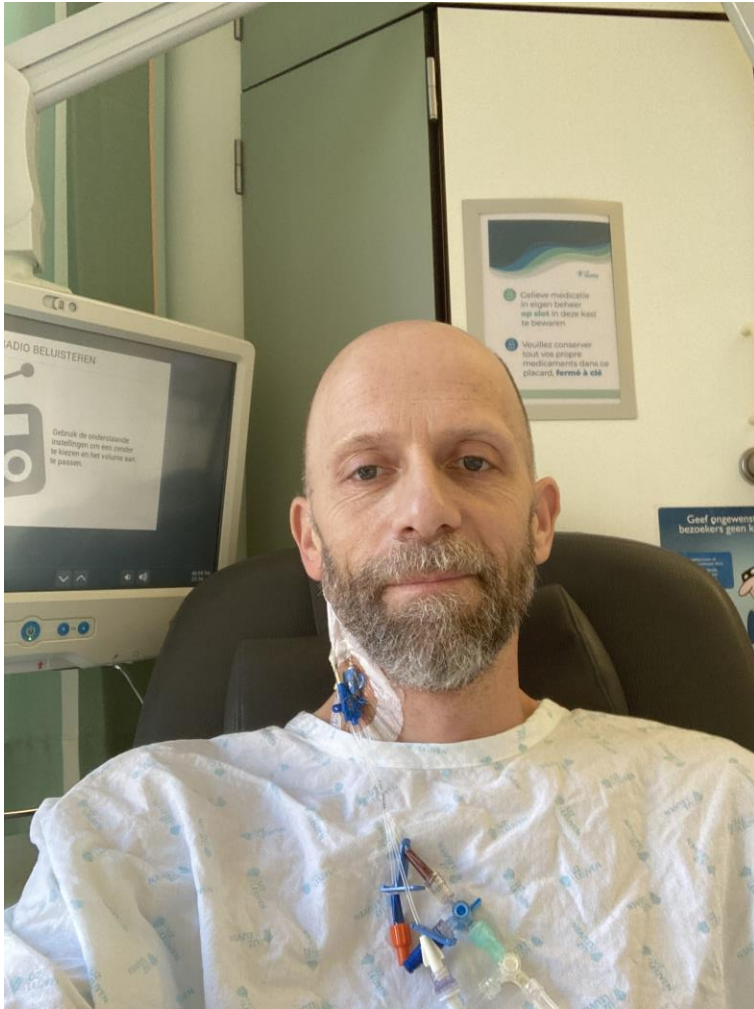
Transplant.





Arem et al., JAMA Intern Med 2015  
Warburton et al. Current Opinion in Cardiology 2017

Transplant.



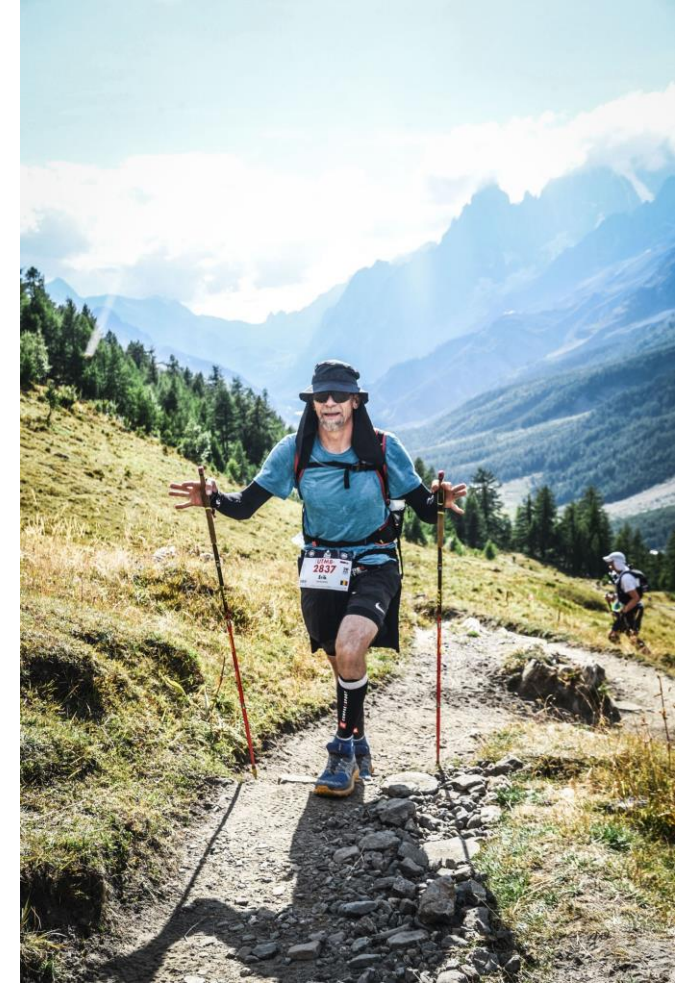
Transplant.





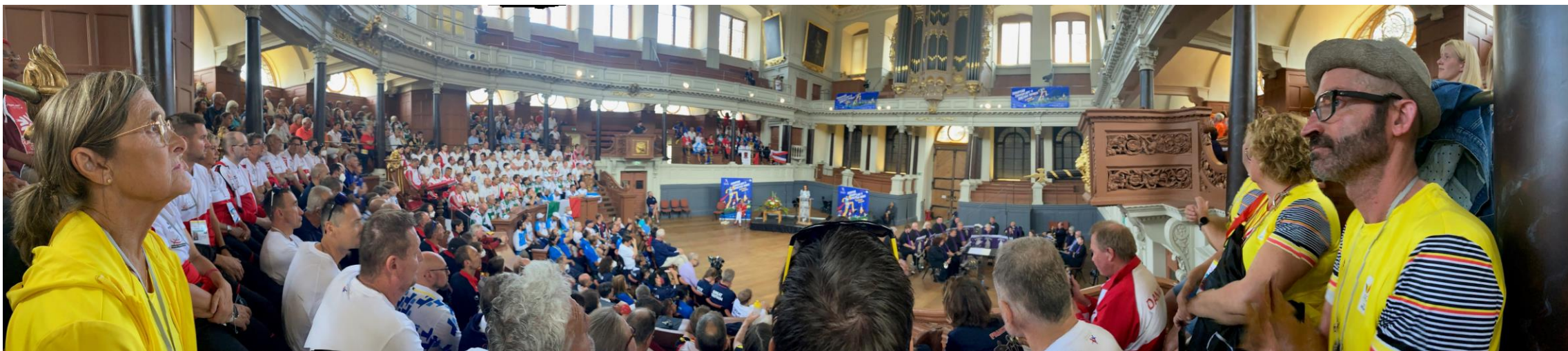
Physical activity after my liver transplant.





Physical activity after my liver transplant.



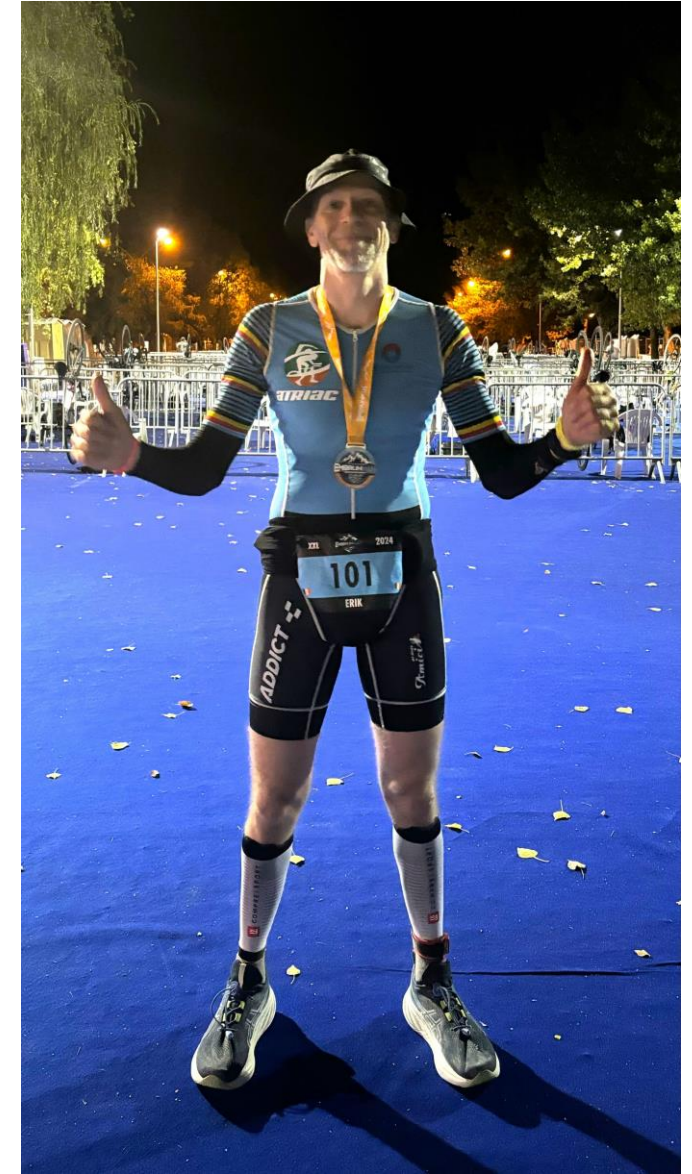


Physical activity after my liver transplant.



Physical activity after my liver transplant.





Physical activity after my liver transplant.



# Future



?

♥ Thanks to my donor ♥  
many more dreams to come...



**Thank you for your attention.**

**Always focus on what you (still) can, not on what you can't anymore.**

**Don't take your organs to heaven, heaven knows we need them here.**

Erik Van Rompaye

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