

# Physical activity before and after my liver transplant.





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Physical activity before my liver transplant.



©alamy

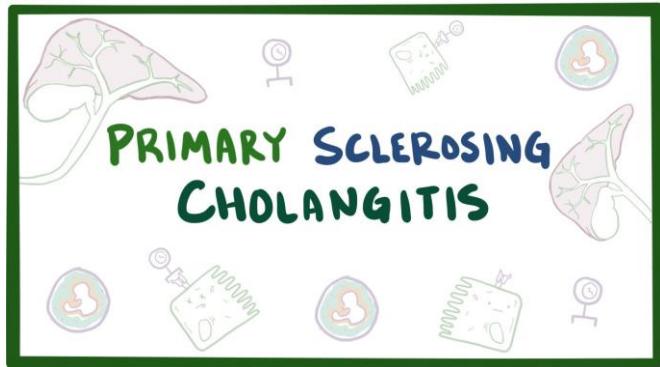


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# How do we become an organ donor (Belgium)

Basic principle: everyone is a donor (opting in)

Exception: expressing opposition = OPTING OUT

How to register as an organ donor?

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

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



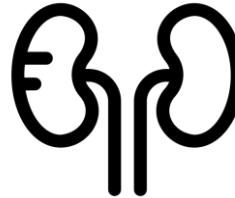
Can save up to  
**8** lives

Restore sight to  
**2** people

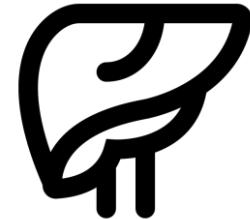
Heal the lives of more than  
**75** people

Learn more at [DonateLife.net](http://DonateLife.net).

Transplant.



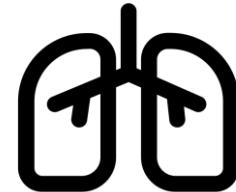
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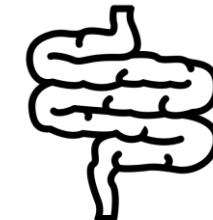
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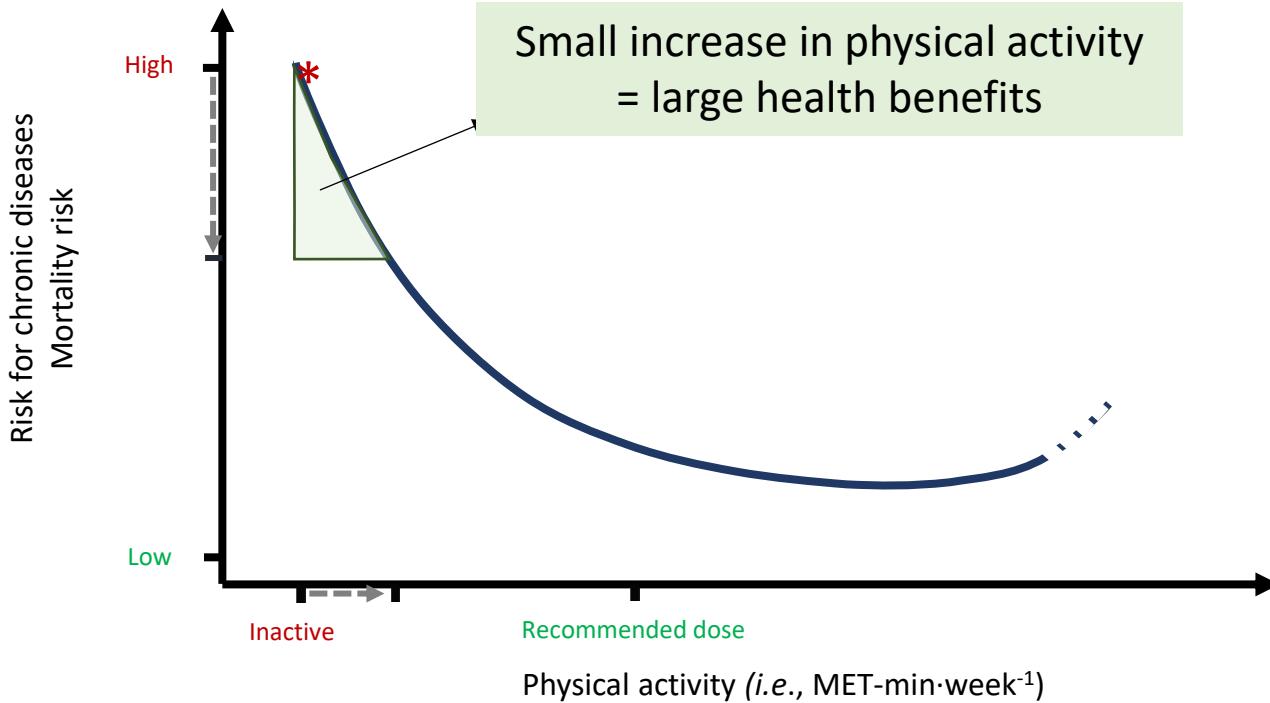
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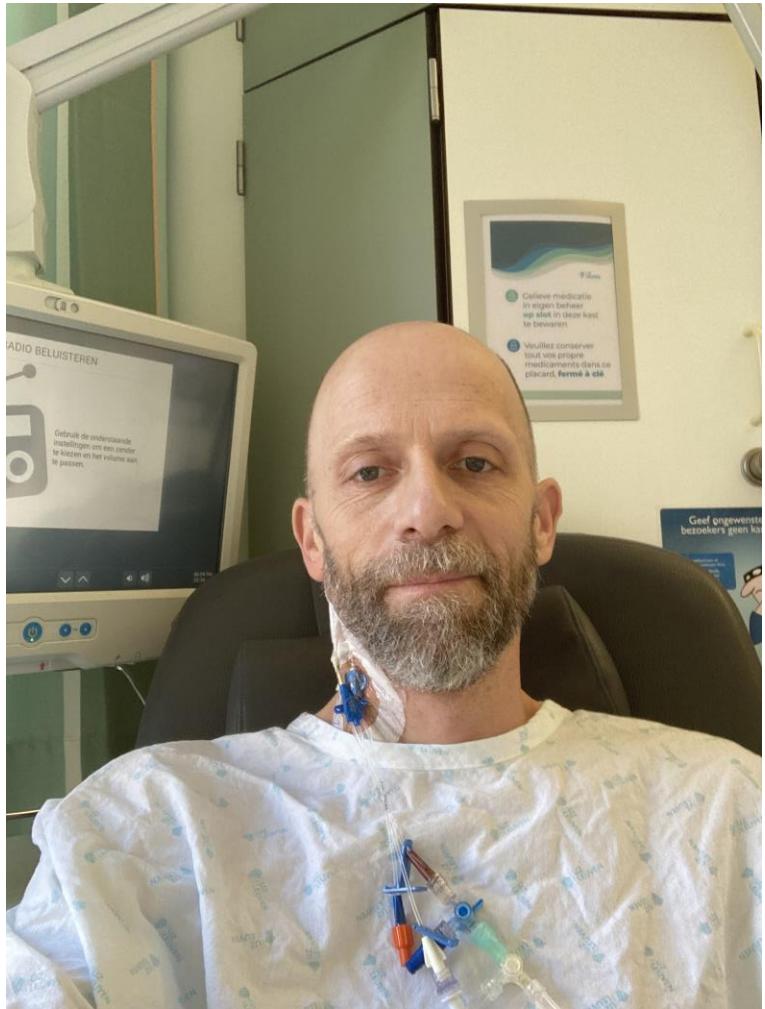


Created by Lars Meieroberens from Noun Project



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

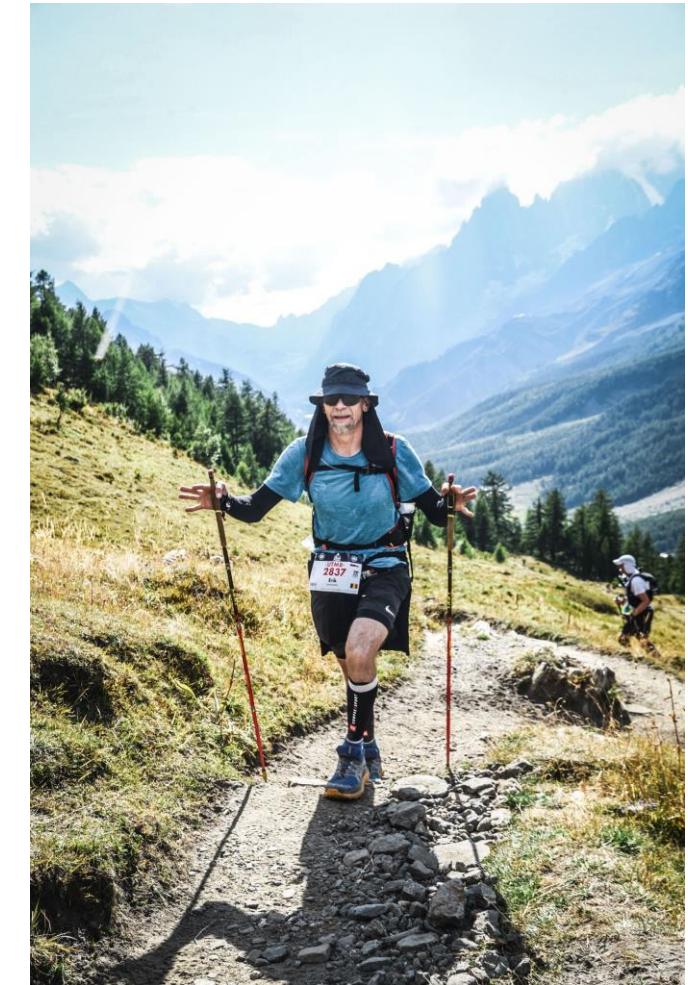
Transplant.



Transplant.



Physical activity after my liver transplant.



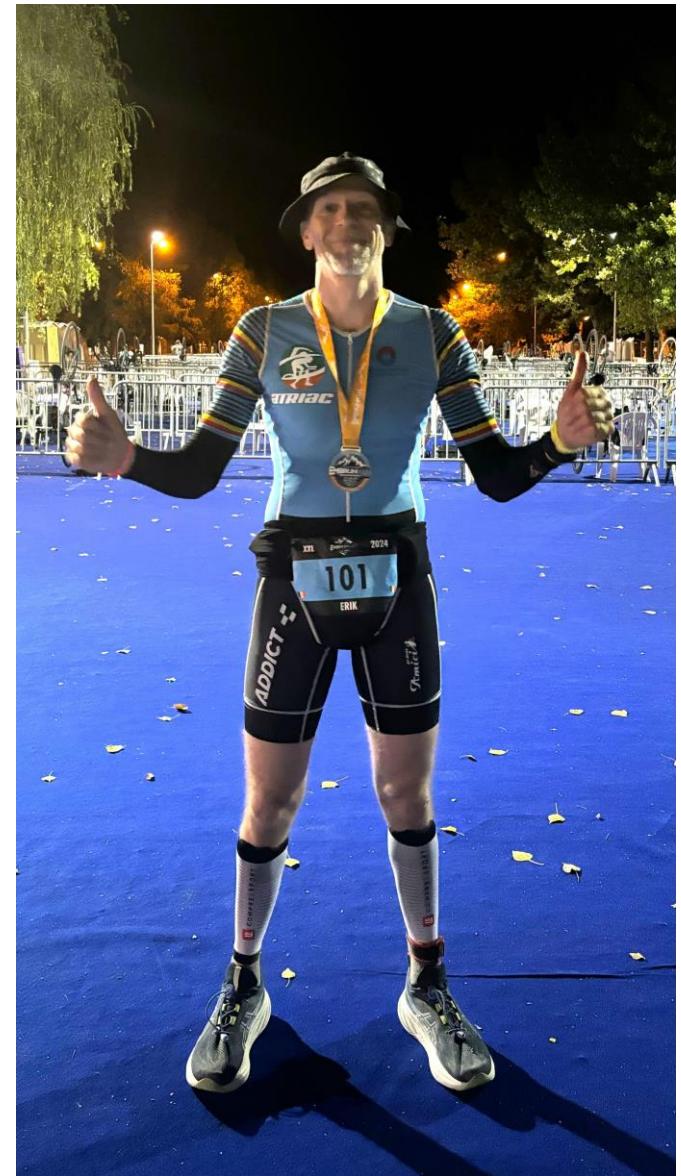
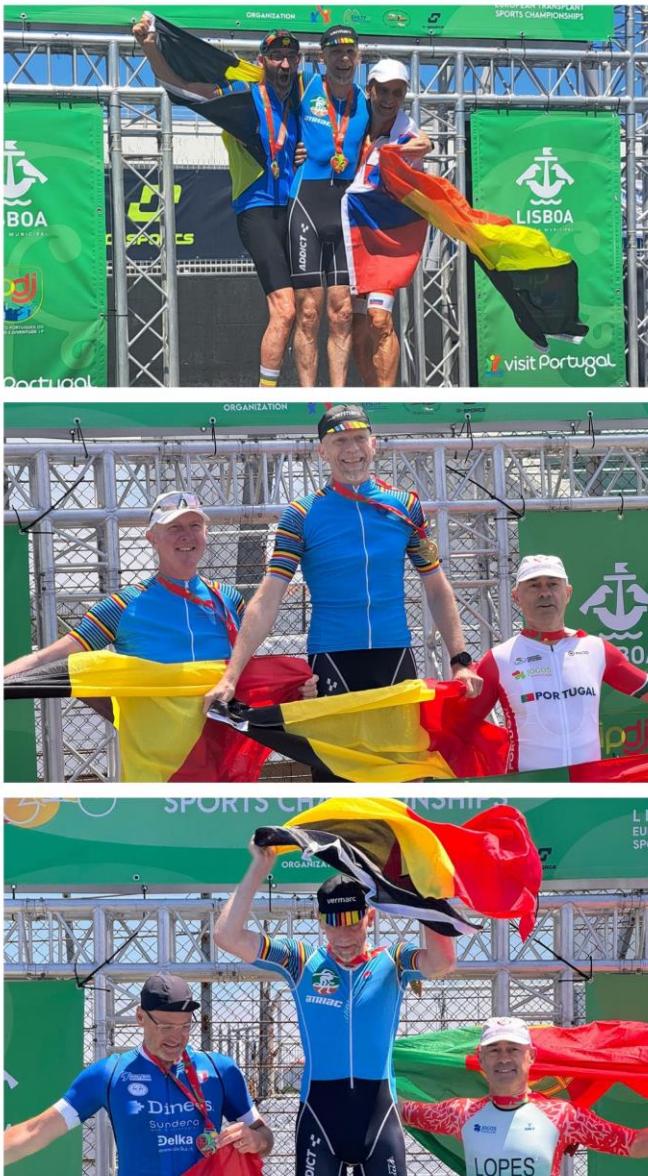
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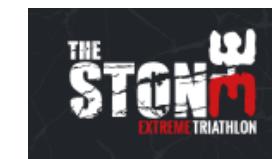


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# Future



?

♥ 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  
[erik@vanrompaye.be](mailto:erik@vanrompaye.be)

[www.instagram.com/erik.vanrompaye](https://www.instagram.com/erik.vanrompaye)

