

# Record number of liver transplants at Carlos Haya hospital

Last year, surgeons at this Malaga hospital carried out 194 organ transplants in total: 127 kidney, 56 liver and 11 pancreas

## ÁNGEL ESCALERA

**MALAGA.** 2015 was a very good year in terms of liver transplants carried out by the Carlos Haya regional hospital, with a record number of 56, the highest since the first operation of this type was performed in 1997. In total, surgeons carried out 194 organ transplants last year, of which 127 were kidney and 11 pancreas. Of the 127 kidney transplants, 19 were from living donors. Carlos Haya is the leading hospital in Andalucía for kidney transplants.

The figures were presented this week by the regional government's Health delegate in Malaga, José Luis Ruiz Espejo, and his provincial counterpart, Begoña Tundidor. Also present were the recently appointed transplant coordinator for Malaga, Domingo Daga; his prede-

cessor, Miguel Ángel de Frutos, and the manager of the Carlos Haya and Clínico hospitals, José Luis Doña.

José Luis Ruiz Espejo stressed that the positive figures were the result of "the solidarity which families of deceased donors have shown, because they have enabled us to reach these historic transplant levels." He also praised the magnificent work of health professionals in Malaga in the field of transplants. "These figures show the quality of the Andalusian Health Service, but they would not be possible without the families who agreed to the organ donation," he said. He also thanked Miguel Ángel de Frutos for his 25 years' work in coordinating transplant operations.

## Living donors

The regional government's delegate in Malaga pointed out that Carlos Haya is the hospital which has carried out the highest number of kidney transplants from living donors in Andalucía in the past five years. There has been a total of 73 operations of this type



The figures were officially presented this week. :: SUR

since 2011, and they represent 24 per cent of all those in Andalucía. In 2015, the Malaga hospital carried out 19 kidney transplants from living donors, compared with 10 in 2014.

Last year, Carlos Haya carried out three crossmatched kidney transplants, bringing the total to 15 since the first operation of this type in 2012. This puts Malaga at the head of the five hospitals in Andalucía which perform cross-

matched transplants (there were 38 in total).

In addition to organ transplants, the hospital also carries out tissue implants, in particular hematopoietic stem cell (bone marrow). Last year there were 118 operations of this type, of which 57 were allogeneic (the receiver is given hematopoietic cells from another person) and 61 were autologous (the cells were from the patient). There were also 72 corneal implants in

2015, which was ten more than the previous year. At present there are 180 patients on the waiting list in Malaga, of whom 143 need a kidney, 30 a liver and 11 a pancreas.

The transplants would not be possible without the solidarity of the families who, at a very distressing time, take decisions which can save or improve the life of others, and the fantastic work by surgeons, said the provincial Health delegate.

**ADVERTORIAL** To be powerful and active 'on the ropes' can improve complaints of the musculoskeletal system on a long-term basis

## Sling Trainer - the holistic therapy concept for trunk stability

### WHAT IS THE SLING TRAINER?

The Sling Trainer is a simple and flexible but enormously effective training device, which has become well known in Norway. It is used successfully physical therapy for prevention and rehabilitation of foot-, knee-, hip- spine- and shoulder problems. With this systematic total body workout muscles and joints get strengthened and stabilized, motion will be optimized and coordination, quick reactions and balance will be improved.

### BENEFITS OF THE SLING TRAINING

- \* Effective total body workout
- \* Targeted training therapy for trunk- and joint stability
- \* Activation of the deep core-muscles
- \* Neuromuscular activation
- \* Decrease of pain and dysfunction
- \* Improvement of joint function and movement and posture
- \* Restoration of functional mus-

cle coordination

- \* Functional and painless training
- \* Suited to train beginners as well as professional athletes
- \* Progressive increase of variety of exercises and intensity levels
- \* High motivation effect

### TO WHOM IS THE SLING TRAINER SUITED?

This unique training with the slings is excellently and rehabilitatively suited to everybody with chronic diseases of the musculoskeletal system. But also it is useful for a significant increase in performance of amateur- and elite athletes or as a preventive measure for healthy persons. It is suitable for everyone, whether young or old, man or woman, training novice or professional athlete.

### HOW DOES THE SLING TRAINER WORK?

In the sling system only your own body weight against resistance of



gravity is used. To determine the individual fitness level, simply change the angle of inclination. The resulting torques act on corresponding joints, that the muscles stabilize and balance. Depending on the exercise arms or legs are inserted into the slings and you can start with the intensive training.

### THE SECRET OF THE SENSORIMOTOR CORE STABILIZATION

The special feature is that you can train best with the Sling Trainer the small joint-stabilizing muscles. You have to practice the activation of local stabilization of the deep muscles of the abdomen and back, pelvic floor and diaphragm first.



By the controllable, freely oscillating, unstable sling system a full-body stabilization is required, which enables the interaction of the central nervous system and the local muscle groups (Sensorimotor).

In order to increase the training effect you can also use further unstable training devices such as the spinning top, balance mat or pezzis ball. For more information please contact us:



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