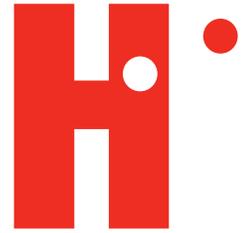


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# You + H News



HAEMOPHILIA FOUNDATION AUSTRALIA

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## WFH WORLD CONGRESS - ISTANBUL, TURKEY 2008 ~ ROBERT MCCABE

I was given an opportunity to attend the World Federation of Hemophilia (WFH) National Member Organisation (NMO) training and the World Congress which was held in Istanbul, Turkey.

It was one of the most amazing experiences I have ever had in my life. It was an intense ten days for me, and meeting people from around the world made me appreciate my own circumstances that little bit more.

Whilst I will never be able to capture the magic that I experienced in Istanbul in mere words, I will summarise my experience in the hope it will encourage more Australians connected to the bleeding disorders community to make the pilgrimage to attend a WFH Congress.



## FIRST IMPRESSIONS AND NMO TRAINING

Being my first time in a foreign country, I didn't know what to expect.

Following Istanbul International Airport's scrutinising border patrol, I waited to board a transfer which would take me to the three day NMO training. In that time I met a mother of two boys with haemophilia from Serbia, two young blokes from Indonesia and two guys from Sri Lanka. There were approximately 20 other people from all walks of life from around the world who had a connection to a bleeding disorder.

The NMO training was kicked off with a plenary session, which covered introductions and the role of the World Federation of Hemophilia (WFH). The topics discussed ranged from those which related to issues relating to being involved with an NMO to improving personal skills to benefit our respective NMO.

Arguably the most valuable benefit the training offered was the opportunity to meet other people. Networking at the NMO training promoted a free flow of ideas between nations, increased knowledge of participants and improved the network of support for everyone.

No longer is someone somewhere in the world without support.

I met a lot of people and gained contacts and friendships which will last a lifetime. Haemophilia became the universal language and broke down the communication barriers between the participants of the NMO training.



## ISTANBUL ('THE BIG SMOKE') AND WORLD CONGRESS

Following NMO training we all boarded our respective transfers to Istanbul, a city of approximately 15 million people. It was quite a culture shock for me, being from the most isolated capital city in the world to a melting pot of Asian and European culture.

The first event of the Congress was the opening ceremony. It was a great show of Turkish culture. I was very impressed by the Whirling Dervishes who amazed the crowd.

The Congress started like a marathon with 4,200 people crammed into an auditorium, ready to soak up any knowledge offered to them. It was inspiring to see 4,000 plus people in one room dedicated to the same cause.

The Congress also held a "cultural event" with a walk through Topkapi Palace. Beyond finally finding out where my local kebab shop got its name, it gave me a good chance to take some photographs.

I was able to meet many other young people who had a connection to the bleeding disorders community. Eventually, we were able to gather a few people together and look at the night life of Istanbul.

It was humbling to see that there was not much difference between the goals each person was trying to achieve in respect to haemophilia care in their country.

On the last day I attended the General Assembly. It is a large forum where representatives from each member country of the WFH vote and elect the WFH board and where the 2012 Congress is going to be held. Australia was well represented by Gavin Finkelstein and Peter Fogarty.

My experience of the WFH Congress 2008 was a whirlwind. I learned a lot and I am all the better for the experience. If I can give one piece of advice that I took from attending the Congress it is to strap yourself in for the 2010 Congress in Buenos Aires, Argentina! You won't be disappointed and it will give you a good warm up to the Paris Congress in 2012!



## HIGHLIGHTED SPORT - CYCLING

~ Sourced by Matthew Blogg

The information below is an extract from "Boys will be Boys" by Brendan Egan, Senior Physiotherapist at the Henry Ekert Haemophilia Treatment Centre at the Royal Children's Hospital, Melbourne (2005).

### Participation:

Cycling is a highly recommended sport for people with bleeding disorders. Participants are able to increase lower limb muscle strength without putting weight-bearing stresses through their joints. Cycling can be inexpensive and can easily involve the whole family. However injuries are common.

### Common Injuries:

- Most common injuries from cycling are caused by a fall.
- Fractures and abrasions/lacerations are common during a fall. It is also important to be aware of head injuries as these may lead to serious complications for a person with a bleeding disorder.
- Other common injuries are back, neck and lower limb injuries resulting from overuse, as well as "saddle-sores".

### Injury Prevention:

Warm up:

- Ride at a low intensity on a flat course, or jog on the spot.

### Protective Equipment:

#### Mandatory:

- It is mandatory that all cyclists wear a helmet.

#### Strongly recommended:

- Padded shorts with mountain biking.

#### Optional:

- Protective eyewear, padded bicycle shorts and cycling footwear.

### Protective Considerations:

- Learn to ride in a safe environment, and flat if possible.
- Be very aware of road rules.
- Begin riding under strict supervision until very competent.
- Avoid falls by anticipating errors.
- Ride at a controlled speed.
- Maintain bicycle in top mechanical condition.
- Consider not riding around busy streets and keep the sport to areas where there is little traffic or potential obstacles.
- Use bike tracks wherever possible.
- Stay hydrated.
- Try to ride with friend or family member in case of accident.

## THE OLYMPIC GAMES - FROM ANCIENT TO MODERN TIMES

~ Anna Sznyter

### The Ancient Olympics

Imagine a time when Gods ruled the world! Well, not literally, but people believed this to be so. Zeus was at the head of the Gods, ruling over the lesser Gods and the common people. In this time, a city was considered a country. Cities were constantly at war with each other. Men were head of the family and women did the bidding of their husbands and male relatives. Well, this time did exist. In fact, I am talking about a time about 3000 years ago and the setting is Ancient Greece.

It was in this setting that in the year 776 BC that an event we are familiar with began - the 'Olympic Games'. Once every four years, a torch lit at Olympia began a journey around the cities of Greece, heralding a cessation to hostilities between cities and for each city to send its elite athletes to Olympia during September to compete in the Games. Both men and boys gathered from around Greece and participated in an opening ceremony, competitions and a closing ceremony that spanned five days. They won a wreath, but more importantly, they were honouring their God, Zeus.

The Ancient Olympic Games faced many changes in society, and still they continued. Greece was taken over by the Roman Empire, and the Games continued. However, in the year 388 AD the games stopped. What could bring about the end of a tradition already 1000 years old? Well, when the Roman Emperor Theodosius I converts to Christianity and bans all other religions, it is understandable that an event designed to honour other gods is no longer acceptable!

### The Modern Games

For over 1000 years after the end of the Ancient Olympic Games, people thought documents describing the Games were fictional. However, in 1766, the archaeologist Richard Chandler re-discovered the site in Olympia, home of the Ancient Games. Suddenly, what was fiction became fact! People became curious and it sparked a movement to start the tradition again led by the Baron Pierre de Coubertin.

In 1896 countries sent athletes to compete in the first modern Olympic Games in Athens, Greece. Some things stayed the same - a torch relay, an opening and closing ceremony, athletes competing in a friendly competition. However, much had changed! We no longer worshipped the God Zeus, but were trying to promote peace throughout the world. Women were allowed to watch and compete, more events are held each Games, a medal is now awarded to first, second and third place getters, and the location of the Games changes every time. Since the re-inception of the Olympics, only two events have stopped the Olympics - WWI for the 1916 Games and WWII for the 1940 and 1944 Games.

### Beijing, China - 2008

China is a country with a culture and traditions dating back to the same time as the Ancient Olympic Games. The city has done a fantastic job as a host city, showcasing the past, present and future of their

nation. The next Olympics are set for London in 2012. Presently, the debate is whether or not the world-wide torch relay should continue and whether London can put on an opening ceremony as spectacular as Beijing? Well, as we have seen, in almost 3000 years of Olympic history already behind us, I think it is safe to say 'The only thing constant in life... is change!'

## OLYMPICS WORDFIND

~ Dale Spencer

ARCHERY  
RUNNING

LONG JUMP  
HURDLES

BASKETBALL  
SHOT PUT

OLYMPICS  
JAVELIN

BEIJING  
SILVER

POLO  
JUDO

GOLD  
SWIMMING

Z	W	E	N	O	J	H	I	E	A	T	J
R	G	A	S	L	G	V	O	G	V	G	A
U	N	J	D	Y	O	L	H	V	B	R	V
N	I	U	U	M	O	N	L	U	C	S	E
N	M	D	R	P	Y	C	G	H	J	U	L
I	M	O	R	I	R	G	E	J	H	T	I
N	I	X	D	C	S	R	B	T	U	H	N
G	W	R	C	S	Y	C	G	T	R	M	Y
T	S	R	E	V	L	I	S	O	D	U	P
S	H	O	T	P	U	T	R	J	L	F	G
B	E	I	J	I	N	G	F	K	E	D	K
C	A	L	L	A	B	T	E	K	S	A	B

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Simon McMenamin (ACT), Craig Bardsley (QLD), Sam Duffield (NSW)

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