



Welcome to the fifth edition of the 3C newsletter. Thank you for your continued contribution and involvement which has already helped us to answer some important questions about the safety and effectiveness of immunosuppressive medications given at the time of the kidney transplant operation.

The information we are now collecting will help us with the next stage of the 3C Study in answering other vital questions about your long-term well-being. There will be more results from the 3C Study in the future.

Here's a reminder of what 3C has told us so far

As featured in last year's newsletter, the 3C Study has demonstrated that Campath (also known as alemtuzumab), not only halved the risk of early rejection episodes (in the first six months after transplantation), but it was also safe and not associated with any significantly increased risk of developing serious infections compared with standard therapy (basiliximab). A summary of the article which appeared in *The Lancet* medical journal on 28th July 2014, as well as the results and the press release that accompanied the presentation of the results can be found at www.3cstudy.org/

What next?

You are all now in the longer term follow-up phase of the 3C study. The 3C Study will also help us to answer other vital questions about your long term well-being, and will be helpful to other kidney transplant recipients in the future. The information we are collecting from the questionnaires that you return to us will help us with assessing what happens to transplants and your health over time after transplantation. This will be extremely valuable to transplant doctors and recipients in deciding the best way to manage people with kidney transplants.

3C annual follow-up questionnaires

Your response to the 'new-look' questionnaire in 2014 was great! We hope you found completing the questionnaires even easier. Even though you're no longer attending 3C study visits and seeing the 3C study nurses, the questionnaires that you return now provide that vital information to us. So please keep the information coming!

Do I need to complete the 3C questionnaire?

Yes please! Even if...

- your transplant failed (and you're back on dialysis or have had another transplant)
- you were not switched from tacrolimus to sirolimus at six months
- you were switched from tacrolimus to sirolimus (regardless of whether or not you're still taking either drug)

We are interested in any details about:

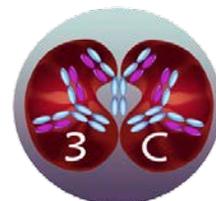
- how your transplanted kidney is functioning
- your general health
- any rejection episodes
- infections and all hospital admissions (including any admissions for operations or other reasons)
- whether you're still taking tacrolimus or sirolimus and the result of any recent drug levels if you have them. (If you are registered with Renal Patient View, you will be able to get this result from there or alternatively your kidney unit would be able to tell you this)
- other aspects of your health and quality of life



Information about your post-transplant experiences is very valuable to us – the more the better!

We need you to continue sending information about how you're doing each year so we can robustly answer important questions on the impact of transplantation. Thank you so much to all of you who have returned questionnaires so far. Even if you didn't manage to return the last one, don't worry, the information that you send us this year will still be really useful! Remember, we need to hear from **ALL OF YOU**.

If you have any questions about completing the questionnaire or about the sort of information we are requesting, please do not hesitate to contact us by phone, email or letter. We are always happy to hear from you.



A 3C participant's achievements after transplantation

One of the 3C participants, Matt Hirst, has a great story to share. Matt has participated in the Transplant Games ever since 2011, taking part in a range of events including high jump, long jump and 5-a-side football. The first Games he attended were the British Transplant Games held in Belfast and he has participated in the annual event held at various locations around the UK ever since.

Two years ago Matt was selected to represent the UK at the World Transplant Games held in Durban, South Africa. He was selected to take part in the high jump event. He won a silver medal which is a fantastic achievement! **Well done Matt!**

He has always had an interest in sport and so the Transplant Games were recommended to Matt by his transplant doctor. Before a transplant recipient can take part they must discuss this with their transplant doctor to ensure they are well enough to participate.

Matt welcomed the opportunity of continuing his participation in sport following transplantation. For him, the Games were not about winning medals but meeting other transplant recipients from a range of backgrounds and encouraging and supporting others who were participating. He found that the atmosphere and spirit in the Transplant Games were fantastic. Friendships were quickly formed and it was a good excuse to socialise with other transplant recipients and share experiences of life following a transplant whilst taking part in sport.

The study coordinating centre can be contacted:

- **by telephone:** 24 hour Freephone service **0800 585323**; or Weekday office hours - Ruth Davis **01865 743528**
- **by post:** Ruth Davis, Administrator, 3C Study, CTSU, Richard Doll Building, Old Road Campus, Roosevelt Drive, Oxford, OX3 7LF; or
- **by e-mail:** ccc@cts.ox.ac.uk
- **www.3cstudy.org**

And remember that you can contact your local team, too.

So what are the Transplant Games?

The Transplant Games help raise awareness of the achievements that are possible following transplantation and are a great way of bringing transplant recipients together to meet other individuals like themselves.



ABOVE Matt in action and **RIGHT** sporting his impressive collection of medals.

The British Transplant Games are organised in collaboration with Transplant Sport. The Games have been running since 1978 when they were first held in Portsmouth.

The Games are now a four day event held annually in a variety of locations around the UK. Transplant recipients of all ages (children and adults alike) can participate. No specific level of skill or ability is required. The most recent Games were held in Gateshead in August.

In addition to the British Transplant Games, Transplant Sport also host a number of other events including the World Transplant Games, Winter Transplant Games and cycling, golfing and a range of other events. The World Transplant Games are held every two years in locations around the world.

For more information, visit www.transplantsport.org.uk/ or www.wtgm.org/. If you're interested in getting involved, you should discuss with your local transplant doctor first.

Keeping healthy and fit is undoubtedly good for your general health whether your transplant is working or not.



Thank you very much for your ongoing participation in the 3C Study. We hope that trials like this one can improve the long-term outcomes for patients with kidney transplants for many years to come so thank you again for agreeing to take part in the 3C Study.