

23 February 2015

## MEDIA RELEASE

**Bryan Williams has many reasons to smile, and completing the solo Rottneest Channel Swim for this Heart Transplant Recipient is surely one of them!**

For Bryan, life before his heart transplant was a constant struggle. At the age of just one he was diagnosed with childhood cancer requiring two years of intensive chemotherapy and radiotherapy to save his life. After overcoming cancer, he was diagnosed with a bone disease, leading to twelve operations on his left hip and finally a total hip replacement. All this before his 10<sup>th</sup> birthday.

Bryan's childhood already plagued by illness, took a further turn for the worse when twelve years later he was diagnosed with heart failure, a problem he fought for more than a decade. A young man with the world at his feet eventually needed to remain in hospital until he could undergo a heart transplant.

In 2005 Bryan was given a second chance – the chance to live a healthy life again. Five weeks after his transplant he began the healthy life he had dreamt of.

Now at age 37 Bryan Williams, can call himself a heart transplant recipient, cancer survivor, husband, father of three and now a regular marathon swimmer. He has always embraced his renewed health and wellness, having never let go of his fighting spirit. Bryan attributes much of the functionality he has to a vigorous exercise regime, goal setting and inexhaustible positive thinking.

Bryan achieved his lifelong goal to complete the 19.7 kilometre solo Rottneest Channel Swim in less than seven hours. Following his hip replacement and heart transplant, Bryan took up swimming as part of his rehabilitation process, and has competed in the Australian Transplant Games and World Transplant Games and open water swimming events.

“I always use goals as my motivation, while I was swimming I was thinking of my family and friends waiting for me on the other side of the channel, showing their support and cheering me on. I am very proud of the goals I have set for myself but I am more proud of how far I have come in terms of my health.” Bryan said.

Chris Thomas, CEO of Transplant Australia said “Bryan is an inspirational example of how transplantation can change someone's life. Bryan has achieved more than he has ever dreamt possible since his transplant and he is living proof that transplantation changes lives.





“Challenges are an opportunity in disguise,” said Bryan who is certainly not one to give up when the odds are stacked against him

Bryan is very thankful for his second chance at life and is living proof of the importance of organ donation.

**For more information please contact**

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