

Your Shout

HAVE A RANT, ON US, COS WE'RE NICE LIKE THAT!



CONGRATULATIONS

Congratulations, Wayne. You've won a Polisport Folding Bike Stand, valued at \$119, from Link International (linkint.com.au).



SEND IN YOUR LETTERS AND YOU COULD BE OUR NEXT WINNER!



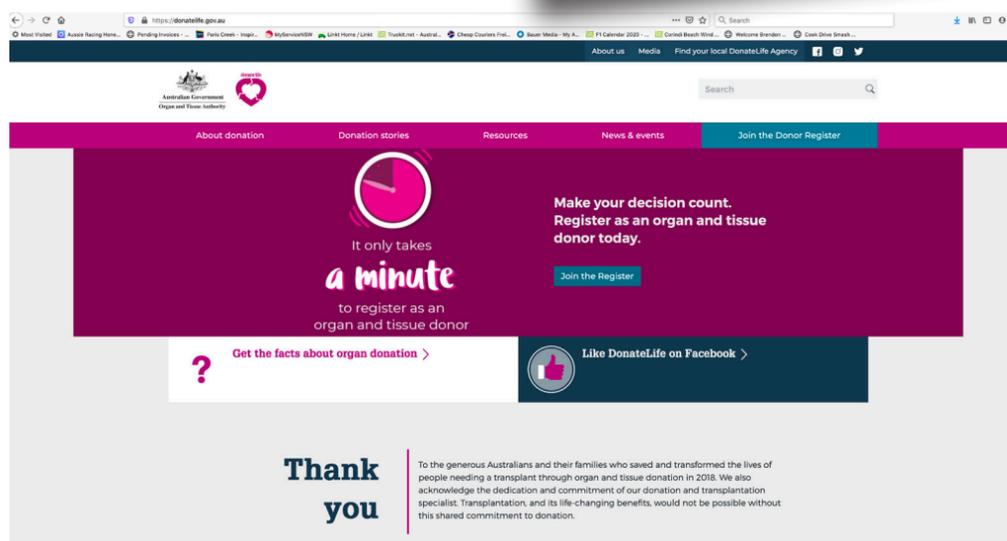
MOUTH OF THE MONTH

GIFT OF LIFE

While exercising at Hornsby Pool in November, 2017, I suffered a myocardial infarction (heart attack). I was lucky to make it to emergency and spent over three months in St Vincent's Hospital Sydney. I was 52, reasonably fit and healthy, and had no warning signs.

I came home with an LVAD (Left Ventricle Assistance device) which basically is an electric pump inserted inside the rib cavity attached to the heart with a connection to an external, rechargeable battery source.

The LVAD made it possible for me to return home to recover and I was placed on the heart transplant waiting list.



I was given a heart transplant in late March, 2018, and was one of 129 heart transplant recipients that year according to donatelife.gov.au.

My thoughts are always with my donor and their family.

Since the transplant I have worked hard to regain strength, stamina and mobility, learning how to eat and swallow again, dealing with ups and

downs and the side effects of immunosuppressant medication.

The statistics are not great for transplant recipients but I have gone back to part-time work as a motor mechanic, doing more hours as last year progressed.

What has this got to do with dirtbikes? Well, since I was a teenager, I have always enjoyed riding, fixing dirtbikes, riding

with mates, with a club and recently with my younger son, Sean. I own a 2012 Yamaha WR450F and am also doing up a YZ250W 1989 model when money allows. Sean, 14, is on a YZ85 BW.

Being able to ride again was one of my ambitions after the transplant, and in November I had the opportunity to have a ride with Sean around the enduro perimeter tracks

and the thumper circuit at Louee, near Mudgee, NSW.

There are many people to thank on my journey: my donor and their family, my wife and sons, family and friends, Hornsby Pool Lifeguards, ambulance staff, St Vincent's Hospital Sydney doctors and support staff and Hornsby Junior Dirt Bike Club.

The HJDBC and other sporting clubs show how people in the community

help each other; being part of the dirtbike community has given me some goals, with more yet to come.

My life has turned around, and I will always face new challenges, but I *will never give up*.

To be able to ride again was a great feeling. Something good has come out of someone's tragedy – I will be forever thankful to have been given a second chance. I am no

Toby Price, but the long-term enjoyment is there.

In the future I would like to start an event to acknowledge those donor families who have lost their loved ones.

I would like everyone to consider visiting the DonateLife website and registering as a donor, a simple process done online at: donatelife.gov.au. Other associations such as Australian Heart

and Lung Transplant Association or Transplant Australia are charities always looking for donations.

Wayne Broady

Wow, what a miracle Wayne! That is a really encouraging story. Stoked to hear you're back riding. We hope your letter encourages more people to register as donors to help save more lives.

