

# Liver transplant patient completes Snowdon challenge

Liver transplant patient Chris Williams decided to celebrate the milestone first anniversary of his operation in true style.

Rather than put his feet up and take it easy, Chris chose to mark 12 months with his new organ by cycling 73 miles and then climbing to the top of Mount Snowdon in Wales.

And, if that was not an impressive enough feat, the 42-year-old father of two also succeeded in raising around £5,750 for QEHB Charity.

Chris, who works in the finance department of Shropshire County Primary Care Trust, said he wanted to raise money for the Liver Foundation Trust, which forms part of the Charity.

The Trust supports the hospital's liver unit with research and equipment.

He said: "I wanted to not only raise funds for the Liver Foundation Trust, but to also raise awareness for the Organ Donation Register, for which my family and I owe so much. I might not have been here today with my wife and daughters without the amazing gift my donor gave to me."

Chris's rehabilitation included a programme of exercise, but even his doctors were amazed when he said he planned to cycle from his home in Shrewsbury and then scale



The team reach the top of the summit

Snowdon the following day to commemorate the first anniversary of his transplant.

He was congratulated for his fundraising effort by the QEHB medical team which has been looking after him.

Consultant Hepatologist Dr James Ferguson said it looked as though Chris had "worked hard", while Mr Thamara Perera, Consultant Surgeon – Multi Organ Retrieval and Liver Transplant, added: "As I have mentioned before, you are an inspiration to all our transplant patients."

Chris said training had been tough throughout, but said after completing the cycle and mountain

climb: "I was really pleased with how well it's all gone and my recovery, and I would now like to do something annually both in terms of fundraising and as a means of keeping fit."

It took him 5½ hours to complete the initial cycle ride, accompanied by two of his sisters, brothers-in-law, and father-in-law. He was then joined by his wife Lynne, daughters Lucy, 15, and Hannah, 11, his mother, mother-in-law, plus his third sister and her family and a couple of close family friends for the three hour walk to the top of Snowdon.

Chris has lived with an autoimmune disorder for about 20 years that causes his immune system to mistakenly attack and

destroy healthy body tissue. That led to Primary Sclerosing Cholangitis (PSC), a chronic liver disease in which the bile ducts inside and outside the liver decrease in size due to inflammation and scarring.

He fell ill during a family holiday on the Greek island of Zakynthos, which was cut short for Chris to be admitted to QEHB, where he was told that his liver was failing rapidly and he needed a transplant.

He was discharged from hospital 10 days after the operation and was able to return to work in January this year.

To donate in celebration of Chris' achievement, please visit his JustGiving page: [www.justgiving.com/Chris-WilliamsSnowdon](http://www.justgiving.com/Chris-WilliamsSnowdon)