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Man gets new heart for Valentine's Day

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Holly Fishlock

It's taken two years, more than 100 days spent lying in a hospital bed and eventually a brand new heart, but Rhys Hoole is finally ready to get back to his first love this Valentine's Day: sport.

In March 2022, the 25-year-old bachelor's life was turned upside down after going into cardiac arrest while playing touch footy. He needed CPR for more than an hour and was eventually diagnosed with heart failure, starting an arduous path to recovery. Learning to walk again was the first part in his plan to be back playing golf and tennis.

In 2024, he spent 80 days in ICU and 119 in Prince Charles Hospital from February 9 until June 6, going on and off the heart transplant list until he got the news he would be the 500th recipient at PCH. Mr Hoole has made incredible progress, and has recently started playing sport again and has begun raising for the World Transplant Games.

"I still do a bit of gym rehabilitation at the hospital, I'm using that as a starting point," he said.



Rhys Hoole, 25, got a new heart in time for Valentine's Day. Picture: Nigel Hallett