# Andy Cole Opens Up About Challenges After Kidney Transplant



### Andy Cole Discusses Post-Transplant Health Struggles

Former Manchester United striker Andy Cole has shared insights into his challenges following a kidney transplant he underwent in April 2017. The transplant was necessitated by kidney failure due to an airborne virus he contracted in 2015, and the kidney was donated by his nephew.

Appearing on "The Overlap," a program by Sky Bet, Cole described the difficult journey he has faced since the transplant. He revealed that he has struggled with fatigue, a common issue post-transplant. "I've been an elite sportsman all of my life, and now I have days where I can't get out of bed," he shared.

Cole noted that managing the extensive medication required since the transplant has been particularly challenging. He expressed gratitude to the support system around him and acknowledged the mental toll the illness has taken, saying, "Some days are good, some are bad."

Despite these struggles, Cole was honored last month by being inducted into the Premier League Hall of Fame, alongside former Chelsea players John Terry and Ashley Cole. Additionally, he has established the Andy Cole Fund, which aims to raise £500,000 for research to improve kidney transplants and patient wellbeing.

Andy Cole, who was a key player in Manchester United's Treble-winning team of 1998-99, continues to adapt to his post-transplant life with resilience.