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NEWSLETTER – June 2011

Dear SASMA Members

“Is there a Place for Supplements in Sport?”

A seminar to address this contentious issue was co-hosted by SAIDS and SASMA on Saturday 25 June 2011 in Johannesburg. An excellent turnout of 257 delegates representing sports physicians, dieticians, physiotherapists, athletes, coaches and the supplement industry witnessed some excellent presentations. The following topics were covered:

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| Opening comments | Dr Shuaib Manjra |
| Sports Supplement Safety: International Perspective | Dr Amy Eichner,Phd – United States Anti-Doping Agency |
| The risks of sports supplements – “strict liability” in doping cases | Andrew Breetzke – Sports Lawyer |
| Developing a National Position Statement on Sports Supplement | Shelly Meltzer – Sports Nutritionist |
| Research: Risks of banned steroid contamination in sport supplements | Dr Pieter v d Merwe – Director: SA Doping Control Laboratory |
| How to critically appraise sports supplements – Does Creatine work? | Dr Lize Havemann-Nel, Phd – Sports Nutrition |
| The Science of Recovery Drinks/energy drinks | Prof Andrew Bosch – Exercise Physiologist |
| The “natural food” | Nico Pfitzenmaier – |

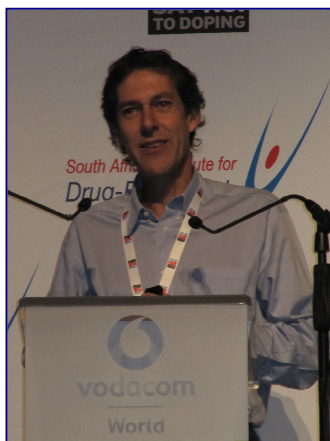
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| athlete-no supplements | International triathlete (X-terra/Ironman) |
| Food vs Sports Supplement – words from the manufacturers and retailers – moderated by Steve Harris (ETA) | PVM Dischem Extreme Endurance Future Life USN GU |
| Medical Considerations for parents of high school athletes using sport supplements | Dr Glen Hagemann – Managing Director: Sharks Medical |
| The High School Athlete | Allan Lion-Cachet:St Johns College (Johannesburg) |
| Concluding remarks and closing statements | Dr Jon Patricios: President – SA Sports Medicine Association |



Dr Amy Eichner,Phd – United States Anti-Doping Agency addresses the meeting

Most discussion centred around the lack of evidence for efficacy for many of these products, uncertainty about side effects, risks of contamination with banned substances and the poor internal and external controls in the industry.

The consensus statement on supplements in sport which was presented in draft form will be refined following the meeting and presented at the SASMA Congress in October, the idea being to give supplement users in particular a clearer understanding of their role in sport based on science as well as the associated risks in using them.



Prof Andrew Bosch discusses the scientific evidence for supplement use

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SASMA Congress 2011

**Sandton Convention Centre,
Johannesburg, 18-20 October**

The conference organisers have informed me that 200 registrations have already been received for our biennial congress. The

programme is packed with clinical and scientific sessions and this month we highlight one of the international scientific speakers, Dr Mark Tarnopolsky from Canada.

Dr Tarnopolsky is Professor in the Department of Paediatrics & Department of Medicine, McMaster University, Ontario, Canada. He is a world expert in therapies that will enhance muscle function in people with acquired and genetic neuromuscular diseases and mitochondrial dysfunction. He has a particular interest in the potential for exercise, pharmacological and nutraceutical interventions to enhance muscle function and improve muscle mass. The underlying theme of much of Dr Tarnopolsky's research is related to mitochondrial dysfunction and genetic diseases affecting the mitochondria, but also towards conditions associated with mitochondrial dysfunction. Current areas of his research include polymerase gamma mutator mouse as a model of aging in mitochondrial disease, mitochondrial involvement in immobilization induced muscle atrophy and evaluation of creatine monohydrate as a therapeutic compound.



Dr Mark Tarnopolsky

Abstract Submissions

Abstracts for SASMA 2011 have been received from as far a field as Canada, Poland and Brazil. As an undergraduate, postgraduate or clinician this meeting really does provide you with the opportunity to present in international company.

**This is the last month to submit
an abstract for the Congress!**

The Deadline is 31 July 2011.

Go to www.sasma.org.za or complete the attached form to submit an oral or poster presentation

Renew your SASMA membership

Now there are now more reasons than ever to be a SASMA member! Remember all the benefits and the **huge Congress discount** that is worth more than your annual membership fee, not to mention your chance to win a trip to the USA.



SASMA in association with the American College of Sports Medicine (ACSM), San Francisco Travel and TransAct are offering a fantastic prize **exclusive to SASMA members**

attending this year's biennial congress. Simply by being a paid-up SASMA member for 2011, registering for the congress and being present at the draw you are in line to win the Grand Prize consisting of:

- A return economy class air ticket from Johannesburg to San Francisco, USA
- 4 night's accommodation at a 4 star San Francisco hotel
- Registration for the ACSM Annual Meeting in San Francisco 2012
- A 3-day "Go San Francisco" Card allowing access to over 50 city sites

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No catches – pay your annual registration fee, register for the congress and your name goes into the hat! A SASMA membership form is attached to this mail.

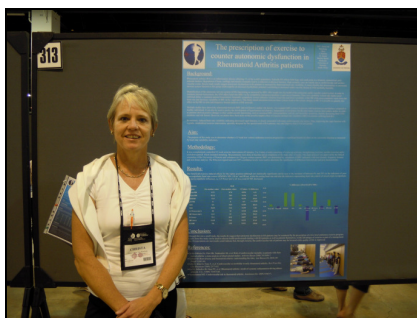
SASMA Satire



Poultry in Motion

SASMA at ACSM 2011

South African sports medicine and SASMA members in particular, were well represented at the American College of Sports Medicine Meeting in Denver, Colorado at the beginning of June.



Dr Christa Janse Van Rensburg, Head of the Section of Sports Medicine, Pretoria University, presents her poster at the ACSM meeting

The ACSM meeting was combined with the Exercise is Medicine international congress at which Dr Louis Holtshauzen, SASMA's EIM ambassador, did us proud by arranging an excellent South African-themed stand and addressing to the audience on the unique challenges that Africa faces in implementing exercise programmes.



Drs Viviers, Janse Van Rensburg & Holtshauzen at the South African EIM stand in Denver

Positive Sport Parent

Have a look at this useful website for your young patients' parents:

www.positivesportparent.com is full of practical advice that answers many of the questions that parents have about sport. We now have a 2-way link on our respective websites.



SASMA Regions

Gauteng North

SASMA Northern Gauteng and the Section of Sports Medicine, University of Pretoria

TOPIC: "Hot Topics in Sports Medicine"

SPEAKER: Prof Andrew Gregory, Vanderbilt University, Nashville, USA Assistant Professor, Orthopaedics and Rehabilitation and Paediatrics

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| Date | 16 August 2011 |
| Time | 18h30 for 19h00 |
| Venue | HPC Auditorium |
| Accredited | 2 CPD points |
| RSVP | 10 August 2011 brenda.weder@up.ac.za |

Free State

**PAEDIATRIC SPORT AND EXERCISE
MEDICINE CONFERENCE 2011**

KEYNOTE SPEAKERS

Dr. Andrew Gregory

Vanderbilt University

Nashville, TN, USA

and other National Authorities in the field of
Sport and Exercise Medicine

Dates: Thu 18 to Sat 20 Aug 2011

Venue: Main Campus, University of the Free
State, Bloemfontein

Fees: R2 500-00 (full registration) or R1 000-00
per day if registering before 27 July

R2 800-00 (full registration) or R1 200-00 per
day if registering after 27 July

Registration: Sanmari Els

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In conclusion

The "Supplement Seminar" held on the 25th
June I believe represents something of a
watershed in South African sport. For the first

time in all the years that supplement
companies have been spinning the sports
community a yarn, the medical and scientific
communities faced up to them and stated
uncategorically "We don't like what you are
doing and have had enough!" The next step is
the fine tuning of the consensus statement and
its publication in full, followed by its wider
distribution in an abbreviated format. Khalid
Galant from SAIDS and Glen Hageman from
SASMA are to be commended on their efforts
in putting this together. Another great example
of individual South Africans making a
difference.



JON PATRICIOS, SASMA PRESIDENT



Please email me at jpat@mweb.co.za with
comments and suggestions.