



NEWSLETTER – April 2012 Edition

Dear SASMA Member,

The death this week of a 13 year old Greytown rugby player once again fuels the debate on the need to conduct periodic health examinations on athletes, young and old, in an attempt to uncover undiagnosed cardiac conditions that may result in sudden death on the sports field. It also reinforces the need for schools and sports stadiums to have AED's and trained personnel readily available to deal with such tragic events.

The PSL Medical Group Exco has reported that they are engaging with the PSL in an effort to improve the medical support at PSL venues to bring them in line with acceptable standards required to deal with on field emergencies. SASMA wishes them well in their endeavours to do so, and encourages other sporting federations to review their facilities in this regard.

Social Media

In order to keep up with the times, SASMA is moving from professional to social! Social networking plays an integral role in many

organisations today, and with this in mind, SASMA has launched a FaceBook page. Please visit the page for more regular news and updates, and feel free to use the medium to express your views or share pearls of wisdom.

Please also view the page and "LIKE" it.

Website of the week

<http://www.webicina.com/sports-medicine/>

This website provides access to relevant, selected and quality social media resources from blogs and podcasts to community sites and Twitter users focusing on sports medicine.

Resources available include:

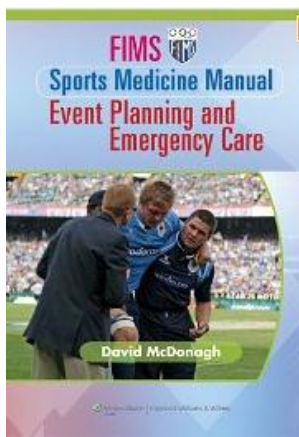
- News and Information on Sports Medicine
- Sports Medicine blogs
- Sports Medicine Podcasts and Interviews
- Sports Medicine Community Sites, FaceBook Groups and Forums
- Microblogging: Twitter and Friendfeed in Sports Medicine
- Sports Medicine Wikis

- Sports Medicine videos, animations and videocasts
- Sports Medicine on Mobile
- Social Bookmarking in Sports Medicine
- Clinical Cases and Images in Sports Medicine
- Medical Search Engines in Sports Medicine
- Slideshows about Sports Medicine

Here is Scieniceroll.com's top 10 social media selection for Sports Medicine (Ctrl+Click to follow link):

1. Dr. Howard J. Luks's Blog (blog)
2. About.com Sports Medicine (blog)
3. Huffines Institute for Sports Medicine and Human Performance (podcast)
4. British Journal of Sports Medicine (blog)
5. National Academy of Sports Medicine (Twitter)
6. American College of Sports Medicine (Facebook)
7. Karim Khan (Twitter)
8. Evidence Based Medicine Guidelines – Physical and Sports Medicine and Orthopaedics (Mobile app)
9. National Academy of Sports Medicine (Youtube)
10. ScienceDaily Images (image collection)

Highlighted Book



Published in association with the International Federation of Sports Medicine, FIMS Sports Medicine Event Manual covers all aspects of setting

up sports medicine care for sporting events along with what to do to care for the athletes. This emergency sports medicine manual addresses an array of essential issues including: planning the medical aspects of sporting events, evaluating the “return to play” conundrum, and on-field treatment of an injured or ill athlete. These topics and skills are crucial for all event physicians to master.

Separated into five sections, the book covers everything from planning the medical aspects of a sports event to providing a sport specific list of conditions an event physician must be able to treat. Ideal for sports medicine physicians and athletic trainers who coordinate care for events, this manual covers practical how-to-do-it coverage of injuries to athletes.

SASMA Banned Substances List

Please note that the full list of banned drugs in sport list has been loaded onto the SASMA website. Please access and download this document for future reference.

CPD Points for Doctors



In the interest of helping healthcare professionals such as yourself save time and money with earning your CPD points, Reckitt Benckiser are spearheading an initiative which is an industry first: a website

where all of your CPD points can be earned and recorded – free of charge.

This exciting initiative not only means that you can earn CPD points when it is most convenient for you, it also means that you will have access to new content in specialised healthcare.

Accreditation

I have received a number of applications for re-accreditation. Thank you to all those who have re-applied, and I appeal to anyone else whose accreditation has expired, to please do so.

May I ask that when you fax your completed application forms through to me, please also email me on ghagemann@sharksmedical.co.za to confirm that I have received your application.

The application fee is R100 and a plaque displaying your status costs R300. Application forms are available from Arina Otto (gesal@ufs.ac.za) or myself, or can be downloaded from the SASMA website (www.sasma.org.za).

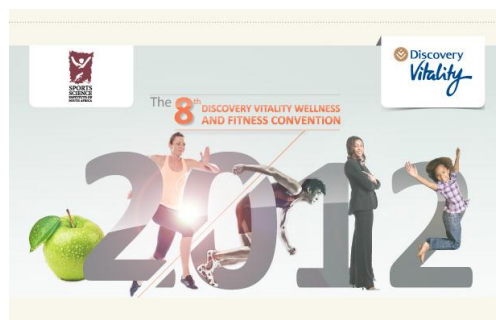
In a similar vein, please can I encourage you all to renew your SASMA membership for 2012. Application forms are also available on the SASMA website. The free access to the online version of the British Journal of Sports Medicine alone makes it worthwhile; not to mention the numerous other benefits of being a member.

SASMA Satire



Upcoming conferences

1. Discovery Vitality Wellness and Fitness Convention



Thursday 23 August – Saturday 25 August 2012

Venue: Sandton Convention Centre,
Johannesburg, South Africa

For more information or early bird rates call
021 659 5616 or email
fitnessconvention@ssisa.com.

2. DISABILITY SPORT AND EXERCISE MEDICINE CONFERENCE

14 – 16 June 2012

University of the Free State, Bloemfontein

More information on the conference is available at:

051-401 2530; or
semconference2012@gmail.com

**3. 2nd INTERNATIONAL SCIENTIFIC
TENDINOPATHY SYMPOSIUM**

27-29 September 2012

Vancouver, Canada

Look for future updates at:

<http://www.hiphealth.ca/news/ISTS>

**4. 2nd FIMS WORLD CONGRESS OF
SPORTS MEDICINE**

27 - 30 September 2012.

Rome, Italy

Important dates:

Early registration deadline:

31st January 2012;

Abstract submission deadline: 31st March
2012;

Notification to authors: 30th April 2012;

Hotel reservation deadline: 1st September.

For further information, please visit the
official Congress website:
www.fimsroma2012.org

**5. FOOTBALL EMERGENCY MEDICINE
COURSE**

FIFA / F-MARC (FIFA Medical Assessment and
Research Centre) accredited

15-16 November, 2012

Centre for Exercise Science, University of the
Witwatersrand

6. FOOTBALL CONFERENCE LONDON

21-22 April 2012

Online Streaming – NOW OPEN

‘Football Medicine Strategies for Knee Injuries’
will be the first Sports Medicine conference
globally to offer simultaneous online streaming.

As this conference is a truly international event,
there may be barriers to participating in the
traditional manner. With this in mind, people
across the globe can enjoy this conference by
watching a live webcast of the event.

Bringing the conference directly to you, all
sessions will be streamed from the conference
venue via two dedicated high quality packages:

- The ‘Individual’ Package (£95) – for
professionals at home, at work or in the
office
- The ‘Institutional’ Package (£500) – for
student or colleague groups of at
universities, clubs or associations

This service aims to

- Facilitate the sharing of knowledge across borders
- Combat geographical, time and financial barriers to participation
- Embrace technological advances
- Provide an added educational tool for aspiring professionals
- Stimulate discussion and further research in Sports Medicine

To register please visit the online registration page: <http://www.isokinetic.com>

7. 3rd Biannual Sport Physiotherapy Congress: *Plinth to Podium*

“Homegrown with an international flavor”

Presented by the Sport Physiotherapy Group of the SASP

September 2013

Gauteng

Details to follow

8. ACSM 59th Annual Meeting and 3rd World Congress on Exercise is Medicine

29 May – 2 June 2012

San Francisco, California, USA

To register: <http://acsmannualmeeting.org/>

✂ If you have news of any upcoming conferences that you would like advertised in this newsletter, please provide the relevant details to either Arina or myself. Thanks.

Other useful websites

<http://bjsm.bmj.com> – *British Journal of Sports Medicine*

<http://journals.bmj.com/site/marketing/olympics2012/learning.html> - *BMJ Olympics portal*

www.acsm.org - *American College of Sports Medicine*

www.sportsmed.org - *American Orthopaedic Society for Sports Medicine*

www.amssm.org - *American Medical Society for Sports Medicine*

www.bases.org.uk - *British Association of Sport & exercise Science*

www.sma.org.au - *Sports Medicine Australia*

Feedback from SASMA regional branches

Approximately 35,000 cyclists recently took part in the Cape Argus Cycle Tour. For 2012's race, the Sport Physiotherapy Group of South Africa sponsored one of the major medical points along the route, where medics, physiotherapists, bike repair and refreshments were offered to cyclists 65kms into the race.

The aim of this project was to increase the active public's awareness of sport physiotherapy. The visibility of the Sport Physiotherapy Group extended to gazebos, shirts, caps, foam hands, banners and motivational boards for the riders. BSN Medical provided the T-shirts and food for the 70 volunteers manning the point.

There was also extensive local television coverage of the event, showcasing the water point. Many thanks to BSN Medical, suppliers of Leuko Sports Strapping, for all their assistance in making this project the success it was!



The Sport Physiotherapy Group also sponsored cycling shirts for approximately 100 cyclists. These cyclists represented sport physiotherapists, partners and patients. The treasurer of the Sport Physiotherapy Group rode the Argus in a fantastic time of 3h24min, with our Marketing Representative riding it on a mountain bike in 4h30min.

In conclusion....

If you have anything to contribute regarding activities in your region, achievements by SASMA members, new appointments, sports medicine interest stories, etc, please feel free to email me at ghagemann@sharksmedical.co.za.

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at
ghagemann@sharksmedical.co.za

with any comments or suggestions.

SASMA Secretary

Arina Otto
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