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*NEWSLETTER – February 2012 Edition*

Dear SASMA Member,

I am excited to announce that Transact™ (Reckitt Benckiser) have committed to sponsoring the 2013 biennial SASMA conference. One of the main reasons the 2011 conference was so successful was due to this company’s generous financial input. Reckitt Benckiser has been incredibly loyal to, and supportive of, SASMA and I encourage each of you to reciprocate by supporting their products where appropriate.

Watch this space for details of the conference.



*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.

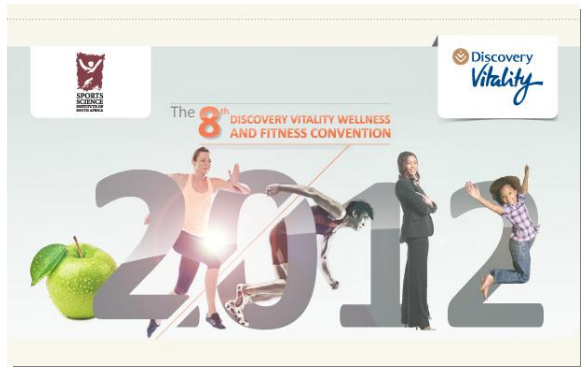
There are 3 categories of accreditation, namely:

Accreditation Status	Required Score
Fully Accredited Professional	≥ 25 points
Associate Sports Medicine Professional	15 – 24 points
Sports Medicine Professional in Training	10 – 14 points

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

*Discovery and Vitality Wellness and Fitness Convention*



Discovery is happy to announce that the 8th Vitality Wellness and Fitness Convention will again take place at the Sandton Convention Centre.

Besides the regular tracks aimed at biokineticists, dietitians, fitness instructors, group trainers, sports coaches and exercise trainers, Discovery Vitality will introduce another two exciting tracks to an already packed programme. Delegates can look forward to a Sports Medicine Track (in association with SASMA) and an International Athlete Services Forum (IASF) focusing on education, careers and life skills for athletes.

The SASMA track organising committee (Mike Lambert, Mike Marshall, Louis Holtzhausen, Craig Nossel and I) have taken this opportunity to springboard the launch of the Exercise is Medicine™ initiative in South Africa. The track will focus on topics relevant to the initiative, delivered by both local and international speakers. The track will appeal to all sports medicine professionals and general

practitioners alike, and gives SASMA members a rare opportunity to grow and strengthen relationships with the local fitness industry. Having attended the last two conventions, I can highly recommend attending.

Save these dates in your calendar.

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](mailto:fitnessconvention@ssisa.com).



*Highlighted Journal*

**Extreme Physiology & Medicine** is an open access peer-reviewed journal focusing on integrative human physiology under conditions of physiological stress, including physiological responses and the health of people involved in extreme sport and exercise. The journal is led by Editors-in-chief Mike Grocott and Hugh Montgomery, and supported by an international expert editorial board.

Topics of interest include the physiological and medical implications of exposure to:

- Intense or endurance exercise
- High altitude and hypoxia

- Hyperbaric conditions and diving
- Aerospace
- Extremes of temperature

Underpinning the journal is the concept that the study of human systems under extreme stress can enhance understanding of disease processes and the treatment of patients.

The editors would like to extend a warm invitation to members of the South African Sports Medicine Association working in this field to submit your research for publication. The journal's full scope can be viewed at <http://www.extremephysiolmed.com>. Papers published in Extreme Physiology & Medicine will benefit from high visibility and permanent free accessibility. The submission system has been intuitively designed to maximize efficiency and ensure rapid, high-quality peer review, thus permitting timely publication.

*Check this video out* 

Videos on orthopaedic and sports medicine surgery can be viewed at:

<http://www.nlm.nih.gov/medlineplus/surgeryvideos.html>

### *SASMA Satire*



### *Upcoming conferences*

#### **1. DISABILITY SPORT AND EXERCISE MEDICINE CONFERENCE**

5 to 7 July 2012

University of the Free State, Bloemfontein

More information on the conference is available at:

051-401 2530; or

[semconference2012@gmail.com](mailto:semconference2012@gmail.com)

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

27-29 September 2012

Vancouver, Canada

Look for future updates at:

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

### 3. 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](http://www.fimsroma2012.org)

### 4. ANCESTRAL HEALTH SYMPOSIUM



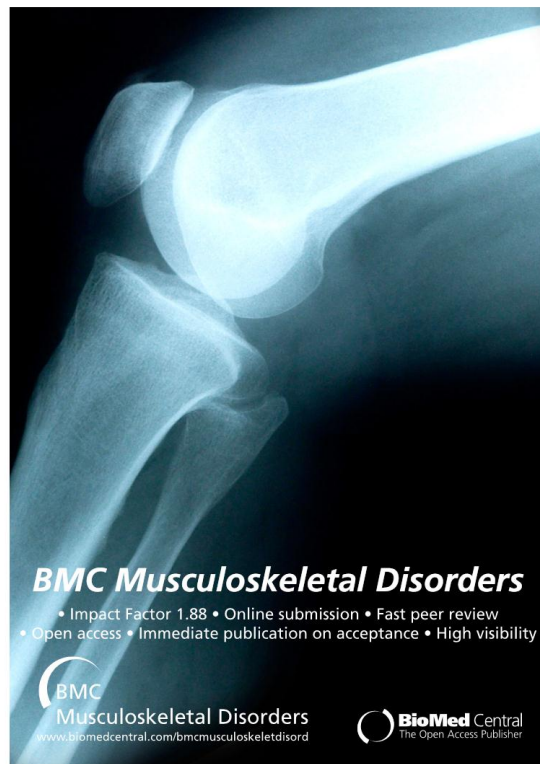
For more information see:

<http://ancestryfoundation.org/AHS.html>

***✂ 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.***

### *Website of the Month*

<http://www.biomedcentral.com/bmcmusculoskeletdisord/>



### *Other useful websites*

[www.acsm.org](http://www.acsm.org) - American College of Sports Medicine

[www.sportsmed.org](http://www.sportsmed.org) - American Orthopedic Society for Sports Medicine

[www.amssm.org](http://www.amssm.org) - American Medical Society for Sports Medicine

[www.bases.org.uk](http://www.bases.org.uk) - British Association of Sport & exercise Science

[www.sma.org.au](http://www.sma.org.au) - Sports Medicine Australia

*SASMA Gauteng*



**SASMA**  
SOUTH AFRICAN SPORTS  
MEDICINE ASSOCIATION

**SASMA**  
**CPD function:**

**Date:** 1 March 2012

**Time:** 18h30 for dinner  
Meeting will start at 19h00

**Venue:** The Boma - Alberton  
Cnr Ring Road West & Fore St  
Alberton

**Agenda: Pre-season Testing of Athletes**

1. **Professional Athletes**  
Jannie Klingbiel (Biokineticist)
2. **School Athletes**  
Kobus Verster (Biokineticist)

**3 CPD points applied for**

Limited seating available

RSVP by 24 February:  
Phone Chantel: 011 680 5684  
or email: [robcollins@wol.co.za](mailto:robcollins@wol.co.za)



SASMA and CSMO in Rosebank have decided to unite for CME activities in the northern suburbs in 2012. CSMO has already arranged 4 CME meetings and 5 live surgery meetings. Arranging another 4 meetings at Morningside (as well as the 4 at the Boma) would be excessive. The first SASMA/CSMO meeting will be on 28 March where Jon Patricios will be speaking on tendinopathies.

*SASMA KZN*

**Date:** 15 March 2012

**Time:** 6.30 pm

**Venue:** Sharks Supporters Club, Mr Price Kings Park

**Topic:** Differentiating the athlete's heart from the pathological heart; pre-participation medical examinations

**Speaker:** Dr Cassim Hansa (cardiologist)



*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](mailto:ghagemann@sharksmedical.co.za).

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at  
[ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za)

with any comments or suggestions.

**SASMA Secretary**

**Arina Otto**  
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