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NEWSLETTER – January 2011

Dear SASMA Members

We start 2011 by announcing the result of the recently held Western Cape SASMA election. 4 candidates were nominated and voting took place, for the first time, via the SASMA website.



Sunita Potgieter RD (SA)

Sunita Potgieter, a dietician based at the University of Stellenbosch received the highest number of votes. Congratulations Sunita! I am sure that the other 3 candidates and all other members in the Western Cape will assist you in revitalising the interest in sports medicine the region. Below are Sunita's contact details – she is waiting for your ideas!

Sunita Potgieter

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Our webmaster Steve Parsons of edot is to be congratulated on facilitating a very efficient ballot. This is clearly the way of the future.

SASMA Congress 2011

The countdown to our biennial meeting has begun. Our efficient conference organiser, Sonya Du Plessis of Londocor, will ensure that this is an event of international calibre.

Apart from at least 8 high profile international speakers, the programme is jam-packed with topics to interest everyone from exercise physiology through sports nutrition and orthopaedic surgery. There will be up to 6 parallel sessions so you will be spoilt for choice. The provisional programme will be released shortly. In addition we hope you will make an effort to socialise with your colleagues from around the country and the world. To this end we have organised top class entertainers through each of the 3 days and a relaxed, fun-filled conference dinner. Finally, SASMA members will have the opportunity of winning an outstanding grand prize – watch out for information and convince your colleagues that now is the time to join!

Ample space has also been allocated for free communications. Presentations (oral and poster) from both undergraduate and post-graduate students and registrars are welcome.

In each of the newsletters in the coming months we will feature one of the keynote speakers and other conference draw cards. This week we introduce you to Dr Karim Kahn who will deliver the inaugural Noble lecture.



Dr Karim Kahn

Karim Khan will make his 6th visit to South African for the 2011 SASMA conference. He is an Australian-trained sports medicine physician (MBBS 1984) and he earned a PhD for research that contributed to changing clinicians' approach to treating tendinopathy (1998). He has also published extensively in bone health – both in stress fractures and in exercise prescription across the lifespan to prevent osteoporotic fracture in later life.

Karim is probably best known as one half of the 'Brukner and Khan' textbook authorship team; *Clinical Sports Medicine* is a gold standard in South Africa and a global best-seller. Karim has been editor of the BJSM, British Journal of Sports Medicine, since 2008 and he has worked with the senior editorial team to make this journal

particularly relevant for clinicians who are actively engaged in sport and exercise medicine.

Top Comedian for SASMA Congress!



Dr Riaad Moosa

Riaad Moosa, who began his comic career performing at children’s parties, is one of South Africa’s most popular, award-winning and successful comedians; and he happens to be a qualified medical doctor as well!

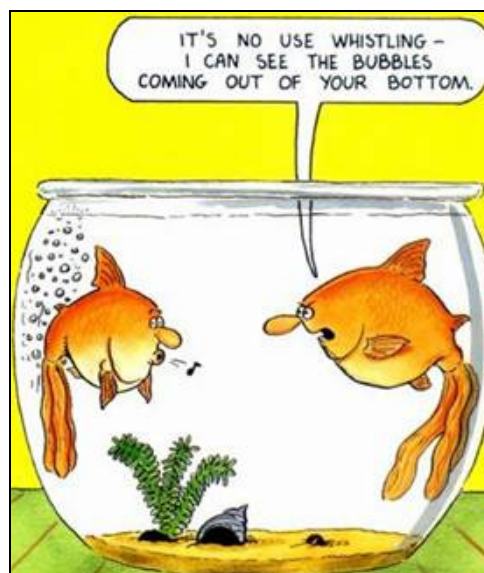
On stage, he conquers new fans on an almost daily basis with sold-out one-man shows such as “**Strictly Halaal**” and most recently “**Riaad Moosa for the Baracka**”; both shows prompted extended runs, as well as special shows being created to accommodate the huge public demand. Both shows were also released on DVD. Most recently, Riaad has returned from his South African national comedy tour known

as the “**Just Funny Festival**”, where he hosted other internationally acclaimed Muslim comedians Azhar Usman, Mo Amer and Preacher Moss.

Moosa, one of the country’s most popular and acclaimed funny men with a style all his own, is known as “the Comedy Doctor”, and he certainly seems to have the remedy for the nation’s ills at the moment: a healthy dose of laughter, straight up – hold the aspirin.

We welcome him to SASMA 2011 having just won the inaugural “Comic’s Choice Award”

SASMA Satire



Renew your membership

Even though you have received this newsletter, you may not yet be a paid-up

2011 SASMA member. Remember all the benefits and the huge Congress discount that is worth more than your annual membership fee.

SASMA Classifieds

Postdoctoral position: School of Physiology Exercise Laboratory (University of the Witwatersrand, Johannesburg, South Africa)

Applications are being sought for a postdoctoral position in the School of Physiology's Exercise Laboratory, University of the Witwatersrand, Johannesburg, South Africa. The successful candidate will be involved in a project investigating the effects of physical activity (or inactivity) on obesity, arterial stiffness and metabolic syndrome in South African children. Research experience in one or more of the following areas will be an advantage: exercise physiology, cardiovascular physiology, metabolic syndrome, diabetes and obesity. Please note that the position is dependent on the School of Physiology securing funding for the position, which will be for one year in the first instance, with the possibility of renewal. Deadline for applications: 1 April 2010.

Initial enquiries, with a short CV should be directed either to Dr Ingrid Avidon (Ingrid.Avidon@wits.ac.za) or to Dr Joanne McVeigh (Jo-anne.Mcveigh@wits.ac.za).

In conclusion....

Overseeing the Western Cape nomination and voting process was very encouraging. Not only did we see SASMA move onto an electronic voting system, but there was a genuine contest between 4 enthusiastic, young campaigners. The names of Sunita Potgieter, Alan Kourie, Mike Posthumus and Sharif Hendricks may not be familiar to you, but they represent the new generation of sports clinicians and researchers. I hope that their approach rubs off on other regions and that we see more new faces. Let's start in the regions with a series of interesting CPD meetings in 2011 and culminate in a great congress!



JON PATRICIOS, SASMA PRESIDENT



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