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## *NEWSLETTER – July 2012 Edition*

Dear SASMA Member,

The Games have begun, and with the Olympics now in full swing SASMA wishes our South African athletes all the best, and trusts in Kevin Subban and his medical team to take good care of them.

We hope that the ethos of the Olympics is upheld by all those that participate, and that not too many athletes resort to doping and other illegal means to ensure a medal. I believe that this will be the most tested event in the world and it will be interesting to see the number of positive tests that emerge in the weeks to come.

SASMA also acknowledges all those involved in the care of our athletes at the Paralympics and we are confident that the South African athletes will again make our country proud.

### *BJSM Cover Competition*



Thank you to everyone that voted in this competition. **As you know, the June 2011 (SASMA) issue won hands down, beating the other semi-finalist, the July 2011 (UKSEM Conference) edition!**

Congratulations to **Lindi Makombe** and **Mérchen Naudé** who each won the lucky draw prize of Karim Khan's iconic Clinical Sports Medicine (4<sup>th</sup> Edition). Well done!

I would also like to thank Karim for sponsoring these prizes – THANK YOU!



### *8<sup>th</sup> Vitality Wellness and Fitness Convention*

As you probably already know, SASMA is coordinating the Sports Medicine Track at the 8<sup>th</sup> Vitality Fitness and Wellness Convention to be held on 23-25 August at the Sandton Convention Centre. It is SASMA's intention to use this convention as a launching pad for the "Exercise is Medicine" initiative in South Africa.

We have been lucky enough to secure Dr. Hutber as a speaker in this track. Dr Hutber is Vice President of Exercise is Medicine<sup>R</sup> (EIM), the global initiative to integrate the

scientifically proven benefits of physical activity into the world's health care systems, at the American College of Sports Medicine (ACSM).

He has given EIM presentations in sixteen countries and has helped to establish six EIM Regional Centers and 25 plus EIM National Task Forces. Dr. Hutber has published in many scientific and medical journals and continues to serve as a reviewer for scientific journals, including the *British Journal of Sports Medicine*.

Dr Hutber's presentation is entitled "Exercise is Medicine: A Global Perspective".

Physical inactivity might well be the greatest public health burden of the 21<sup>st</sup> Century. This presentation will focus on how the global EIM initiative is beginning to integrate the scientifically proven benefits of physical activity to prevent and treat chronic disease into the world's health care systems and how it is beginning to link the worlds of health care and health and fitness.

Other speakers at the convention include:

- Louis Holtzhausen ("Exercise is medicine in South Africa")
- Vicki Lambert ("Exercise is medicine: talking the walk")
- Demetri Constantinou ("The future of sports medicine")
- Christa Janse van Rensburg ("Exercise prescription in special populations")
- Ian Cook ("Methods of measuring physical activity")
- Gino Cosme ("The role of social media in growing your brand")
- Glen Hagemann ("The effect of physical activity on risk factors for heart disease")

I believe that this will be a worthwhile convention, and urge you all to attend.

### *Accreditation*

Arina and I continue to receive 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.

***We have experienced the occasional problem where applications do not get through to us, for whatever reason. To avoid this happening, please may I request that you scan and email your completed application forms directly to me on [ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za) - in this way I can then respond by return email and confirm receipt of your application. This is better than faxing them through.***

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 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.

*SASMA Face Book page* 

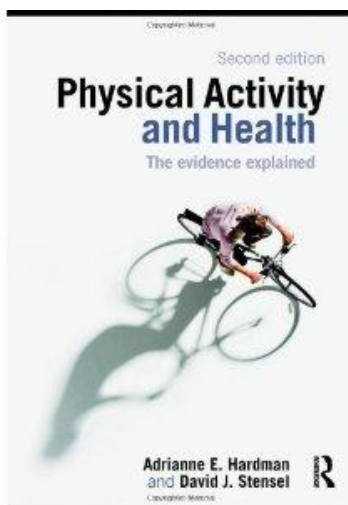
To date 41 people have "liked" the SASMA FB page. The page is regularly updated with SASMA activities and other newsworthy items. Please also feel free to use the medium to express your views or share pearls of wisdom.

### *Highlighted Book*

***Physical Activity and Health*** explains clearly, systematically and in detail the relationships between physical activity, health and disease, and examines the benefits of exercise in the prevention and treatment of a wide range of important conditions.

Now in a fully updated and revised edition, and still the most complete and engaging textbook on this important subject, *Physical Activity and Health* offers a balanced examination of the very latest evidence linking levels of physical activity with disease and mortality. It offers a wide-ranging assessment of the importance of inactivity as a factor in major diseases and health conditions such as cardiovascular disease, diabetes, obesity, cancer and osteoporosis. The book is designed to help the reader evaluate the quality and significance of the scientific evidence, and includes an invaluable discussion of common study designs and the inherent difficulties of measuring physical activity. It also explores the full range of contemporary themes in the study of exercise and health, such as the hazards of exercise; exercise and the elderly; children's health and exercise; physical activity and public health policy; and a critical appraisal of current recommendations for physical activity.

Containing useful features throughout, such as chapter summaries, study tasks, guides to supplementary reading and definitions of key terms, and richly illustrated with supporting tables, figures and plates, *Physical Activity and Health* is an essential course text. Now supported by a companion website featuring self-test questions, PowerPoint slides for lecturers, additional learning activities and web links, this book is vital reading for degree-level students of sport and exercise science, public health, physical therapy, medicine and nursing.



### *SASMA Position Statements on Sports Supplements*

With the assistance of Amanda Claassen, the South African Institute for Drug-free Sport has developed position statements for the use of sports supplements by adults and youth. These can be viewed on the SASMA website, as well as the SASMA Facebook page.

### *News from the KZN Branch*

Submitted by Pippa Rowe: Members of KZN SASMA attended a presentation on the Surgical Management and Rehabilitation of ACL Injuries on 19 July. Thanks to Dr Andrew der Vlieg (orthopaedic surgeon) and Tracey Calverlay (Life Healthcare Sharks Medical Centre biokineticist) for two very relevant and interesting presentations. The event was sponsored by Mueller whose ongoing support is appreciated.

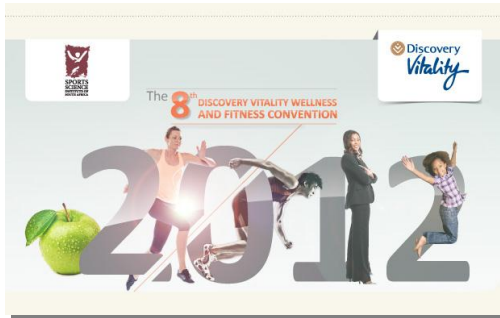


The next meeting will take place in September and will address the pharmacological and non-pharmacological management of pain in sports medicine. The speakers will be Glen Hagemann and Juli-Ann Riley and the event sponsored by Pfizer. Further details to follow.



*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 call 021 659 5616 or  
email [fitnessconvention@ssisa.com](mailto:fitnessconvention@ssisa.com).

**2. 5TH CLINICAL SPORTS MEDICINE CONFERENCE**

24-26 October, 2012

Vineyard Hotel, Cape Town.

The meeting includes an International Team Physician and Physiotherapist Course hosted in conjunction with the American College of Sports Medicine as well as a course on Lifestyle intervention for Chronic Disease.

We are very privileged to host 5 excellent speakers from the American College of Sports Medicine as well as overseas and local Olympic clinicians who will have been involved with London 2012.

Please note the significant discount for SASMA members.

You are advised to register early as there is a high demand for the 200 places available for the courses.

For further details contact Eileen Mijlof on Fax. 021 448 7694 / Email. [eileen@onscreenav.co.za](mailto:eileen@onscreenav.co.za)

**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](http://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. 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**

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

[www.sportsmed.org](http://www.sportsmed.org) - *American Orthopaedic  
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*

*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  
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with any comments or suggestions.

**SASMA Secretary**

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