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## *NEWSLETTER – June 2012 Edition*

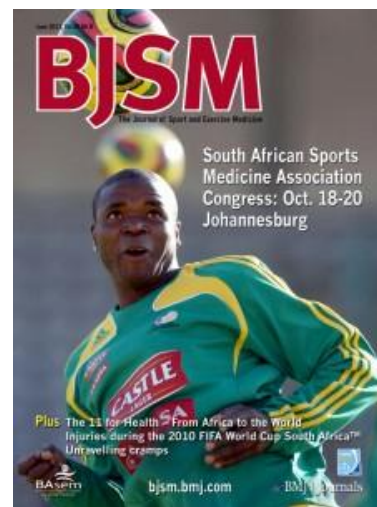
Dear SASMA Member,

The Annual ACSM Conference has come and gone and those of you who were lucky enough to attend would have been impressed by the sheer size of the event; 6,700 delegates and way too many tracks running simultaneously to even contemplate attending everything. The quantity and quality of presentations were superb but the event was somewhat let down by the limited catering and lack of an organised social programme..... a conference of this size simply does not lend itself to such informalities. Everyone enjoyed themselves, however, and this conference is certainly not one to be missed if possible. Next year's conference is to be held in Indianapolis, Indiana.

Despite the packed programme and my limited stay I did manage to visit Alcatraz with Shorty Moolla, enjoy a memorable dinner at Fisherman's Wharf with 4 ex-presidents (Wayne Derman, Martin Schwellnus, Louis Holtzhausen, Jon Patricios) and Mike Lambert, and together with Louis "Lance" Holtzhausen ride over the Golden Gate Bridge on rented bikes, before returning by ferry to Wharf 39 (a truly memorable experience).



### *BJSM Cover Competition*



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

Well done to **Louise Kent** from Port Elizabeth who won the overall BJSM cover prize (against all nations) – an Amazon voucher.

**The 2 SASMA winners of Karim Khan's iconic Clinical Sports Medicine (4<sup>th</sup> Edition) textbook will be announced in the next SASMA newsletter. Watch this space!**

*A quick Q&A with our winner – Louise Kent*

**Occupation:** Dance Scientist

**Resident City:** Port Elizabeth, Eastern Cape, South Africa

**What cover did you vote for in the final round?**

I voted for the South African Sports Medicine Association's Congress Issue (June 2011)

**Why?** I really wanted the South African cover to win for its colourful design (and I wanted to win the voucher!)

**How long have you been reading the BJSMBlog?** I began following the BJSMBlog at the end of last year (2011)

**How often do you read it?** I try and catch up on my reading on a weekly basis

**What do you like the most about the blog?** I really enjoy the feature: The UK trainee perspective

**Do you also read the BJSMBlog journal? If so, do you have a favourite article?** Yes, I have been reading the BJSMBlog journal since 2002. It is not easy to choose a favourite article though.

**What (if any) are your future aspirations in the world of Sports and Exercise Medicine?** My goal is to continue educating and providing a service to the dancers of South Africa, who are so often overlooked as athletes in this country.

I aim to continue to prevent and reduce injuries through the use of knowledge gained through Sports/Dance Medicine and Science communities and aspire to add to the knowledge base through research.

**SASMA Advertising**

Please see letter below from our journal editor, Prof Mike Lambert:

Dear Glen,

The next edition of the SASMA journal goes to printing next week. As you know the costs of the journal are subsidized by the advertising which appears in the journal. The publishers are finding it increasing difficult to get companies to advertise. It would help if they had fresh

leads of potential advertisers they could follow-up.

Can you give it a bit of thought and send Diane Smith the names and contact details of anyone who you think may be interested in placing an advert in the journal. Her department will then follow-up:

Diane Smith

Sales and Marketing Director SAMA / HMPG

Tel no: 012 481 2069

Cell no: 083 556 4013

Email: [dianes@samedical.org](mailto:dianes@samedical.org)

Regards

Mike

Please can I request that each of you gives Mike's request serious consideration and please email either Diane or myself with any suggestions. The South African Journal of Sports Medicine is an integral element of SASMA and Mike is the main reason it exists and is the one who ensures that a quality production hits our mail boxes – we owe it to him to assist, even if in a small way.

**NB. The Open Journal System for SAJSM ([www.sasma.org.za](http://www.sasma.org.za)) has functionality that allows all users registered as 'Readers' to be notified by email when issues are published online. Members are encouraged to visit the website and register if they would like to receive this notice.**

**SASMA FaceBook page** 

Please remember to 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.

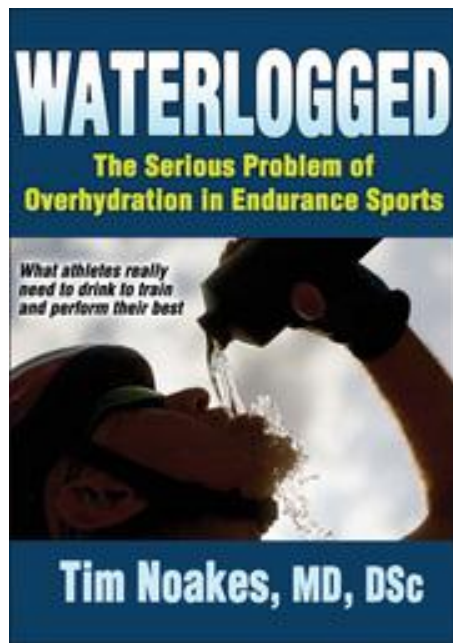
*Website of the week*

**BJSM Blog page**

To access the page:

- Log on to [www.sasma.org.za](http://www.sasma.org.za)
- Click on MEMBER LOGIN
- Enter your Username and Password
- You will now be in the SASMA Member Network
- Click on the top line which is British Journal of Sports Medicine and reads "Click here to access BJSM Online"
- You are now at [bjsm.bmj.com/](http://bjsm.bmj.com/)
- Under BJSM Blog (about half way down the page), click on "Join the discussion now..."

*Highlighted Book*



"Drink as much as you can, even before you feel thirsty." That's been the mantra to athletes and coaches for the past three decades, and bottled water and sports drinks have flourished into billion-dollar industries in the same short time. The problem is that an overhydrated athlete is at a performance disadvantage and at risk of exercise-associated hyponatremia (EAH)—a potentially fatal condition.

Prof Tim Noakes takes you inside the science of athlete hydration for a fascinating look at the human body's need for water and how it uses the liquids it ingests. He also chronicles the shaky research that reported findings contrary to results in nearly all of Noakes' extensive and since-confirmed studies.

In "Waterlogged", Noakes sets the record straight, exposing the myths surrounding dehydration and presenting up-to-date hydration guidelines for endurance sport and prolonged training activities. Enough with oversold sports drinks and obsessing over water consumption before, during, and after every workout, he says. It's time for the facts—and the prevention of any more needless fatalities.

*News from the Gauteng Central Branch*

Submitted by Rob Collins: SASMA Gauteng Central held 2 ethics meetings at the end of May and beginning of June. The first was at The Centre for Sports Medicine and Orthopaedics in Rosebank, where Dr Erni Welch (anaesthetist) gave an excellent presentation on the ethical pitfalls of combination analgesics. The meeting was attended by about 45 people. The second meeting was held at The Boma in Alberton, where Dr Liz Meyer (medical advisor of MPS) gave an excellent talk on medico-legal issues relevant to sports medicine focusing on the Consumer Protection Act and its implications for sports medical practitioners. The meeting was attended by 75 people.

*XIX World Transplant Games*

Please see letter below from Prof Efraim Kramer:

*"I am not sure if you are aware that the XIX World Transplant Games will be taking place in Durban from the 28th July to 4th August 2013. It is expected to attract 1500 organ transplanted adult and paediatric athletes, from over 50 countries, who have received life supporting allograft and haemopoietic cell transplants from other individuals or species and which require or have required the use of immunosuppressive drug therapies, plus 1000*

accompanying families and officials. They will partake of a selection of sporting events including field and track, swimming, badminton, golf and mini marathons. The event is held under the auspices of the South African Transplant Sports Association, with complete backing of the Department of Sport and Recreation and associated provincial and municipal structures. Naturally we would welcome the voluntary involvement of as many relevant and experienced medical personnel for this week long event and hence this email to you. I have been fortunate to have the privilege of being appointed as CMO for the tournament and would very much like to have the involvement of as many Durban based medical sporting colleagues as possible, working with the various transplant specialists locally at St Augustine and Ethekewini hospital transplant departments . This liaison becomes vital due to the various unique medical problems and chronic medications that these athletes face, whilst attempting to maintain as normal and healthy a life style as possible. Please will your consider this request regarding involvement of members of SASMA so that we can make this tournament as success and as medically incident free as possible. Happy to answer any queries that you may have if I can or will pass it onto other international colleagues at the World Transplant Games Federation."

Regards

Efraim

Should anyone be interested in offering their services at this event, please could you email Prof Kramer at: [Efraim.Kramer@wits.ac.za](mailto:Efraim.Kramer@wits.ac.za)

### **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](mailto: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](mailto:gesal@ufs.ac.za)) or myself, or can be downloaded from the SASMA website ([www.sasma.org.za](http://www.sasma.org.za)).

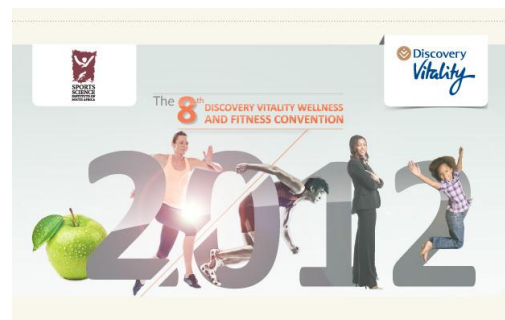
In a similar vein, please can I encourage you all to renew your SASMA membership for 2012. Application forms are also available on the SASMA website. The free access to the online version of the British Journal of Sports Medicine alone makes it worthwhile; not to mention the numerous other benefits of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

### **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](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://bjism.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  
[ghagemann@sharksmedical.co.za](mailto:ghagemann@sharksmedical.co.za)

with any comments or suggestions.

**SASMA Secretary**

**Arina Otto**  
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