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NEWSLETTER – May 2011

Dear SASMA Members

The British Journal of Sports Medicine

A June edition of the British Journal of Sports Medicine, SASMA's international journal partner, is a South African-guided edition with the cover, editorial and several articles having a South African and African theme. In addition, a pod cast covering aspects of South African sports medicine is downloadable at:

<http://podcasts.bmj.com/themes/bjism/mp3/bjism-podcast-june-2011.mp3>

Olympic Medical Team Selections

I have had several enquiries as to how to apply for positions with SASCOC's medical teams. The chief medical officer of SASCOC asks that all applications in the form of a CV and covering letter be sent to shuaib.manjra@za.bp.com. At the recent IOC team physician and injury prevention conferences in Europe which were attended by delegates of most international Olympic teams, it was fascinating to see the level of expertise and experience available to those country's Olympic athletes. It is definitely in South Africa's interest to have our best

doctors and physiotherapists attending to our athletes in the build-up to and at these events so all SASMA-accredited clinicians are encouraged to apply.

News from the Branches

Johannesburg has hosted one of its most successful meetings to date with Dr Liz Meyer of the Medical Protection Society addressing 100 attendees on "Ethics in Sports Medicine" on 17 May. No doubt the recent audits of CPD points by HPCSA fuelled the desire for ethics points but the topic did not disappoint and everyone left with some thought-provoking messages as to how we can improve our clinical practice.

Meticulous attention to detail, accurate, legible note taking from which a consultation can be reconstructed, recognizing limitations in professional competence, actioning results of investigations timeously and not criticising colleagues were important take-home messages.



**Dr Liz Meyer Addresses SASMA
Gauteng Central members**



TransAct[®]
SASMA Congress 2011

**Sandton Convention Centre,
Johannesburg, 18-20 October**

Registrations for our biennial congress are filling up. It appears that demand for some of the workshops and seminars will be high so those who register will shortly be receiving separate registration forms for these. Registration and abstract submission forms are attached.

This week's featured international speaker is Dr Louise Burke. Louise is a sports dietician with

30 years experience in the education and counselling of elite athletes. She has been head of the Department of Sports Nutrition at the Australian Institute of Sport since 1990. Her role as the dietician for the Australian Swimming Team from 1991-2007 provided extensive overseas experience with the organisation of team travel and dietary concerns of the travelling athlete. She was the team dietician for the Australian Olympic Teams for the 1996, 2000, 2004 and 2008 Olympic Games. Louise's publications include more than 120 peer-reviewed papers and book chapters, and the authorship or editorship of several textbooks on sports nutrition. She is an editor of the International Journal of Sport Nutrition and Exercise Metabolism. Her research interests include sports supplements and ergogenic aids, carbohydrate intake before, during and after exercise, dietary periodisation strategies for athletes, protein and the response to training, and hydration practices for training and competition. Louise was a founding member of the Executive of Sports Dieticians Australia and is a Director of the IOC Diploma in Sports Nutrition. She is a member of the Working Group on Nutrition for the International Olympic Committee, and the Medical and Anti-Doping Committee of the IAAF. She holds an Honorary Chair in Sports Nutrition, at Deakin University in Melbourne for contribution to research and post-graduate and undergraduate units in Sports Nutrition. She

was awarded a Medal of the Order of Australia in 2009 for her contribution to sports nutrition.



Dr Louise Burke

Renew your SASMA membership

Now there are now more reasons than ever to be a SASMA member! Remember all the benefits and the **huge Congress discount** that is worth more than your annual membership fee, not to mention your chance to win a trip to the USA.



SASMA in association with the American College of Sports Medicine (ACSM), San Francisco Travel and TransAct are offering a fantastic prize **exclusive to SASMA members** attending this year's biennial congress. Simply by being a paid-up SASMA member for 2011,

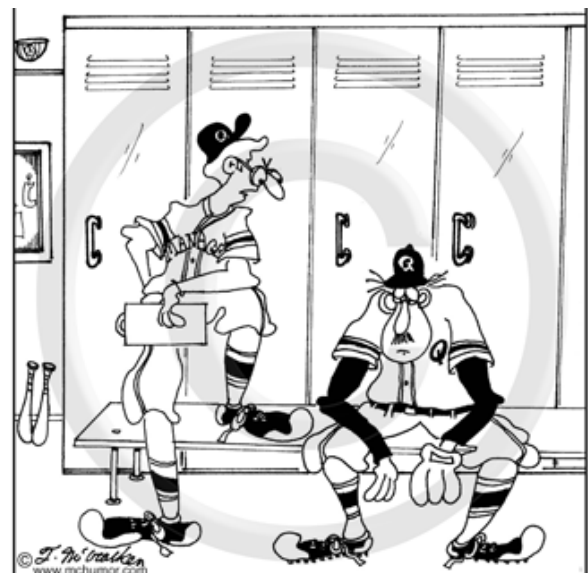
registering for the congress and being present at the draw you are in line to win the Grand Prize consisting of:

- A return economy class air ticket from Johannesburg to San Francisco, USA
- 4 night's accommodation at a 4 star San Francisco hotel
- Registration for the ACSM Annual Meeting in San Francisco 2012
- A 3-day "Go San Francisco" Card allowing access to over 50 city sites



No catches – pay your annual registration fee, register for the congress and your name goes into the hat! A SASMA membership form is attached to this mail.

SASMA Satire



"It may be time for you to retire to light beer commercials."

Coming Up – Supplements & Drugs in Sport - Consensus Meeting, Vodaworld, Johannesburg, 25 June 2011

Words of Wisdom (from the ACSM Sports Medicine Bulletin, May 2011)

Given the health consequences for individuals and the economic burden of health care for society, the lack of physical activity and increased prevalence of obesity are major areas of interest for researchers, health practitioners and the public. There is substantial evidence that both the lack of physical activity and the rise in obesity contribute to poor health, independently of and synergistically with each other.

Physiologically, it makes sense that the lack of physical activity contributes to adiposity accumulation. Many epidemiologic studies have also shown the effect of inactivity on obesity phenotype. However, the role of adiposity on physical activity participation (reverse causation hypothesis) has been investigated less often. Understanding the potential effects of adiposity levels on physical activity has significant implications for designing physical activity intervention programs, even those not specifically aimed at preventing or reducing obesity. The reverse causation hypothesis implies a positive feedback loop, where becoming obese leads to physical inactivity which leads to becoming more obese – a pattern that may continue throughout life. The consequences of this loop could be particularly devastating for children due to the strong tracking of adiposity and the critical formation of attitudes, values and motor skills that takes place during childhood.

How can adiposity level negatively influence physical activity behaviours in children – especially given that the general population, including most children, is aware of the detrimental health consequences of obesity as well as the weight loss potential afforded by physical activity? (One might assume that being

obese would be an excellent motivator for high levels of physical activity.) The reality is that obesity and physical activity behaviours exist in a complex bio-behavioural context. There is accumulating support for obesity-induced biomechanical and physiological changes and psycho-societal influences of obesity, which in turn, could act to suppress physical activity behaviours. For example, there is some evidence that obesity leads to musculoskeletal changes, decreased mobility, modification of gait patterns, changes in energy expenditure and, perhaps most importantly, decreased affect during moderate-intensity movement. That is, exercise doesn't feel the same if you are obese. Obesity has also been shown to decrease physical activity self-efficacy. In addition, obese children are more likely to be bullied and perceived as less athletic. These pieces of evidence support a positive feedback model. However, future studies are needed to directly address this issue, which to date, has rarely been tested.

In the past, feasibility issues, such as cost and participant burden, have forced epidemiologists to use self-reported physical activity surveys and body mass index (BMI) data to examine physical activity and adiposity relationships. This approach is prone to measurement error. With the reduced cost of activity monitoring systems and increased accessibility of DXA-scanning, significantly greater objectivity is currently available. However, even with better methods for quantifying associations, it will be difficult to separate the influence of adiposity on physical activity from the influence of physical activity on adiposity.

Yet in the end, understanding barriers to physical activity participation among various populations will be critical to developing physical activity treatment programs targeting the nearly 20 percent of U.S.

children and majority of U.S. adults who are already overweight or obese. If the reciprocal relationship between physical activity and adiposity exists, physical activity promotion from early childhood, prior to excess fat accumulation, will also be critical to truly prevent childhood obesity.

By Kathleen F. Janz, Ed.D., FACSM, Professor in the Department of Health and Human Physiology at the University of Iowa in Iowa City

SASMA Members' Achieve!

Congratulations to Dr Richard De Villiers on winning his age group in the Iron Man Triathlon! This is an outstanding achievement that secures Richard the privilege of competing in the Iron Man World Championships in Kona, Hawaii. (Whilst quietly going about the business of organising a successful Iron Man Medical Congress around the event, Richard managed to keep this achievement very quiet!) Dr Philda De Jager, on a whim, also decided to enter and finished very well.



Soccer World Cup Momentum – PSL Clinicians March On

What a soccer season! The last day of the PSL just over a week ago provided a fitting climax to one of the best seasons ever. The momentum from the World Cup definitely seems to have carried on into our domestic football. As much

as it burns a Chiefs supporter to say this - congratulations to Orlando Pirates on a magnificent treble! In a previous newsletter I reported how a group of doctors, physiotherapists and trainers representing Professional Soccer League teams had formally constituted a group, the PSL Medical Group to improve the standards of medical care in the league and improve communication with other sectors of the PSL. The latest news is that, following a meeting with the PSL CEO and executive, the PSL Medical Group is to receive formal League recognition.

In conclusion

I will be away this week in Denver, Colorado with a large contingent of South Africans attending the annual ACSM meeting. As the largest sports medicine meeting on the planet spanning all disciplines from orthopaedics, to paediatrics, nutrition to physiology, this is a great opportunity to measure oneself against the world's best. All South Africans should give themselves the chance of attending at least once. By being at SASMA 2011 you may be doing just this!

A handwritten signature in cursive script that reads "Patricios".

JON PATRICIOS, SASMA PRESIDENT



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