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NEWSLETTER – September /October 2012 Edition

Dear SASMA Member,

From a SASMA perspective, September and October have been relatively quiet months. Those members involved in a successful Olympic and Para-Olympic Games are now back in the country and hopefully settled back into their working routines. By all accounts they did SASMA and their country proud at the Games.

Conferences

The 32nd FIMS Conference was recently held in Rome. Familiar faces seen at the conference included Demitri Constantinou, Wayne Derman and Martin Schwellnus. At the FIMS Council of Delegates meeting, a motion was passed accepting Jon Patricios as a fellow of FIMS. Congratulations, Jon! The next FIMS conference will be held in 2014 in Quebec.

The next local conference to look forward to is the 5th Clinical Sport and Exercise Medicine Conference to be held at the Vineyard Hotel in Cape Town from 24 October. Based on previous years, this is an excellent conference to attend and this year's conference includes an "International Advanced Team Medical Care Course and a Lifestyle Intervention for Chronic Disease Introductory Course".

Exercise is Medicine™

Louis Holtzhausen reports that "we have obtained good sponsorships from Coca Cola South Africa and Pentasystems (Technogym distributors in SA). A South African regional office has been established at Pentasystems in Johannesburg. Georgia Torres (PhD Sport Science) has been seconded by Pentasystems

to act as office manager and professional consultant to EIM SA. We are in the process of establishing our own website and started South Africanising the EIM resource material on the international website. We are also drafting some initial projects. As soon as a solid platform has been created, a strategic planning exercise will be called for the task force."

After a lot of effort the initiative is starting to gain momentum.

Website of the Month

If you haven't visited the education section of BJSM you are definitely missing out! Enter the BJSM website via the SASMA home page by clicking on the BJSM journal link. Once on the BJSM page, click on the BJSM Education tab at the top right.

There really is a wealth of information to be found here.

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 - 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), or can be downloaded from the SASMA website (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

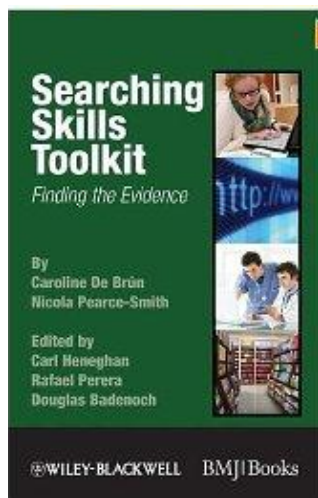


The SASMA FB page is growing in stature and members continue to “like” it daily. The page is regularly updated with SASMA activities and other newsworthy items and provides a channel for regular communication with the membership. Please feel free to use the medium to express your views or share your pearls of wisdom.

Highlighted Book

Searching Skills Toolkit (EBMT-EBM Toolkit Series)

Caroline De Brún (Author), Nicola Pearce-Smith (Author), Carl Heneghan (Editor), Rafael Perera (Editor), Douglas Badenoch (Editor)



Searching Skills Toolkit is a pocket-sized book written with the purpose of making searching for evidence easy. This book features real-life clinical scenarios and flow charts to help the user learn time-saving ways to find the evidence to support his/her clinical practice. Not only will the

reader have the best evidence to support practice, he/she will also have the tips and guidance to make searching for evidence easy.

News from the Branches:

Sunita Potgieter reports: “The South African Sports Medicine Association (SASMA) Western Cape branch held a continuous professional development meeting on Tuesday 15 May 2012. The event was fully sponsored by DSM/Atlife.

SASMA Western Cape hosts various functions and conferences for its members during the course of the year to ensure all healthcare professionals specializing in sport science, sport medicine and sport nutrition stay up to date with the latest scientific evidence in order to practice evidence based medicine. Nutrition was the focus of the event held at the Faculty of Health Sciences, Stellenbosch University. Following the release of Prof Tim Noakes’ scientific biography, *Challenging Beliefs* and the inclusion of the controversial chapter(s) on nutrition, SASMA Western Cape felt it very important to ask Prof Noakes to convey his message to the members. As his nutrition messages sparked controversy in the media and amongst healthcare professionals, especially dietitians prior to this event, SASMA Western Cape asked Prof Marjanne Senekal, who is the Head of the Division of Human Nutrition at the Faculty of Health Sciences of the University of Cape Town to provide evidence on the good, the bad and the best of high protein and fat, low carbohydrate diets. Close to 100 people attended the event that was opened up to other professional boards (not just SASMA).”

The following was received from The PSL Medical Group: “By now, you all should have received communication from the PSL regarding the untimely death of 2 young footballers in the junior leagues. Cause is still unknown but the event description sounds likely to be SCA. Hence the group has convinced the PSL by once again highlight the importance

of the medical examination (especially cardiac) to the clubs attention. We should all try and convince the clubs we consult/work for to do these investigations and argue its positive contribution accordingly with the management. It should be implemented on the development as well as professional sides. The group is still in discussion with the PSL on improving the pre-season medical examination and adding these components thus making it mandatory as most clubs will only do these investigations if it states so in the rules and regulations. So please, use every opportunity to do medical examinations in footballers closer to the gold standard of what FIFA suggests.”

The KZN Branch of SASMA hosted an evening on 4 October, kindly sponsored by Pfizer. Glen Hagemann and Julie-Ann Riley spoke on the pharmacological and non-pharmacological management of pain in the acute injury setting.

Upcoming Branch Meetings:

Gauteng Branch

Date: 31 October 2012

Time: 18h30 for 19h00

Venue: Centre for Sports Medicine & Orthopaedics, 9 Sturdee Ave, Rosebank

Topic: Sportsman's Hernia / Athletic Pubalgia

Speakers:

- Dr Mark Ferguson (Orthopaedic Surgeon)
- Barry Getz (Physiotherapist)
- Jannie Klingbiel (Biokineticist)

3 CPD Points Applied for

RSVP by 22 October:

Safiyya Mohamed (Marketing Officer)

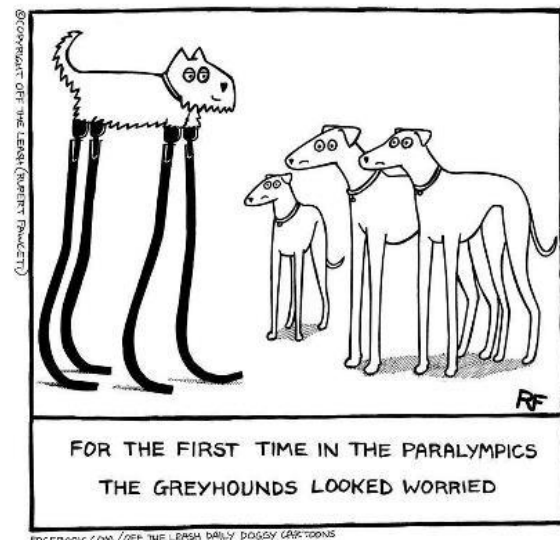
Tel: 011 328 0620 / 073 024 8808

Fax: 011 447 6759

Safiyya.Mohamed@netcare.co.za

Please include your Name, MP number, contact details and dietary requirements in your RSVP.

SASMA Satire



Upcoming conferences

1. 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

2. 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

3. 3rd Biannual Sport Physiotherapy Congress: *Plinth to Podium*

“Home grown with an international flavour”

Presented by the Sport Physiotherapy Group of the SASP

September 2013

Gauteng

Details to follow

4. 22nd Conference on Sports Rehabilitation and Traumatology

“Football medicine strategies for muscle and tendon injuries”

20-22 April 2013

Queen Elizabeth II Conference Centre, London

www.footballmedicinestrategies.com

5. Sports Medicine Winter Summit

Cliff Lodge and Spar, Snowbird, Utah

February 20-24, 2013

www.cmxtravel.com

Other useful websites

<http://bjsm.bmj.com> – *British Journal of Sports Medicine*

www.acsm.org - *American College of Sports Medicine*

www.sportsmed.org - *American Orthopaedic Society for Sports Medicine*

www.amssm.org - *American Medical Society for Sports Medicine*

www.bases.org.uk - *British Association of Sport & exercise Science*

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.

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at

ghagemann@sharksmedical.co.za

with any comments or suggestions.

SASMA Secretary

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