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NEWSLETTER – September 2011 – SASMA Congress Edition

Dear SASMA Members

With only 2 weeks to go to the 2011 Congress this edition of the newsletter will focus the congress highlights. For those who have not yet registered, please do so ASAP. The Programme and registration forms accompany this email.

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SASMA Congress 2011

**“From Basics to Brilliant
– World Class in Africa”**

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

Overseas Speakers

The list includes:

Prof Karim Khan (Sports Physician, Canada)

Dr Ben Kibler (Orthopaedic Surgeon, USA)

Dr Werner Siekmann (Orthopaedic Surgeon,
Germany)

Dr Craig Ranson (Physiotherapist, UK)

Prof Jill Cook (Physiotherapist, Aus)

Prof John Hawley (Exercise Physiologist, NZ)

Dr Mark Tarnopolsky (Exercise Physiologist,
Canada)

Prof Louis Burke (Dietitian, Aus)

Dr George Davies (Biokineticist, USA)

Prof Vincent Onywera (Kenya)

Dr Ian Beasley (Sports Physician, England FA)

Mr Gary Lewin (Physiotherapist, England FA)

Dr Tomasz Zagorski (Hydrotherapist, Poland)

Catch the Gautrain to SASMA 2011!



Every 15 minutes from OR Tambo International, Hatfield, Pretoria, Centurion and Rosebank to within 1 block of Sandton Convention Centre.

Renowned South African Speakers

We are honoured to be joined by the cream of South African sports medicine, exercise science and nutrition. Speakers include:

Sports Medicine - Prof Wayne Derman, Prof Martin Schwellnus, Prof Malcolm Collins, Prof Demetri Constantinou, Dr Louis Holtzhausen, Dr Christa Janse Van Rensburg

Orthopaedics - Dr Mack Rogan, Dr Mark Ferguson, Dr Thys De Beer, Dr Jo De Beer, Dr Hannes Jonker, Dr Michael Carides, Dr Andrew Barrow

Radiology – Dr Thami Mweli, Dr Mark Velleman, Dr Richard De Villiers, Dr Ralph Posner, Dr Jean-Claude Koenig, Dr Peter Mercouris, Ms Bev Roos

Sports Nutrition - Dr Amanda Claasen, Ms Shelley Meltzer, Ms Pippa Mullins, Dr Lize Havemann-Nel, Prof Andrew Bosch, Ms Sunita Potgieter

Exercise Science & Biokinetics– Prof Andrew McKune, Prof Yoga Coopoo, Mr Riaan Van der Merwe

Podiatry – Mr Michael Els, Mr Dennis Rehbock, Mr Aboobaker Sayed, Mr Howard Alexander

The Grand Prize Draw

This is for SASMA members only, will take place after the BGM on Thursday 20 October (about 13h15) and you must be present to win.



- 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

In addition prizes will be awarded for the best young researcher's oral and poster presentations

Guest of Honour

Dr Clive Noble, renowned orthopaedic surgeon and the first president of SASMA, will be honoured by having the inaugural lecture named after him and will also share his expertise in lectures and workshops.

Special Featured Sessions

The African Athlete
Football, Cricket
& Rugby Medicine
Heart Rate Variability
Shoulder Workshop
Live Surgery, Isokinetic
Testing & Hydrotherapy
Tendon Workshops
Arthroscopy Demonstrations
How to get published
(with the BJSM editor)
Barefoot Running
Neurophysiology
in Sports Medicine
The Endurance Athlete
Corticosteroid Injection
Techniques
MSK Radiology

Breakfast Seminars

Beat the traffic by attending the early morning seminars featuring:

- **Ultrasound** of the Achilles tendon (Wed 19 Oct, sponsored by Phillips)
- **Sports Medicine** as a Specialty (Wed 19 Oct, sponsored by MSD)
- **Thermography** as a diagnostic tool (Thurs 20 Oct, sponsored by MediTherm)
- **Nutritional recovery** strategies (Thurs 20 Oct, sponsored by PeptoPro)
- How to manage a **degenerate joint** in an active person (Thurs 20 Oct, sponsored by Nycomed)

Feature on Ethics

Apart from the 23 general CPD points you will collect for attending the congress, 6 ethics points have also been allocated. The Ethics session, late on Thursday morning 20 October consists of two presentations which promise to be fascinating. First, former President Nelson Mandela's bodyguard **Rory Steyn** will share with us "Lessons learnt from Madiba's Legacy"; this will be followed by former BA Captain **Trevor Dale** discussing the analogies between flying and medical responsibilities.

Social Programme & Entertainment

Apart from being a learning experience, the SASMA Congress is meant to be fun! At registration, classical guitarist **Tessa Ziegler** will play and the opening session will feature the renowned **Gugulethu Tenors**, whilst the opening day will close with a specially devised stage show by the talented **Ian Von Memerty**, followed by the cocktail party with background music by saxophonist **Cathy Del Mei**.

Wednesday's Congress Dinner at Pappas on the Square will include guest speaker, former Bafana goalkeeper **Andre Arendse**, award-winning comedian **Riaad Moosa**, Greek Dancers and entertainer **George Longane**.

...but some business too!

Please remember to attend the **SASMA Biennial General Meeting** at lunchtime on Thursday 20 October. It is important that SASMA members use this opportunity to come up to speed with the workings, finances and aspirations of the association and raise any points of interest or concern.

In conclusion

This is my final newsletter during my term as SASMA president. I have thoroughly enjoyed the experience and greatly appreciate the comments received from members regarding this newsletter and other aspects of the association. I am particularly pleased to see SASMA's membership and influence amongst South African sports medicine community grow, but continue to be concerned that too few really make a contribution to the advancement of our field. Hopefully the congress, with over 500 delegates attending, will galvanise us towards a more unified effort.

Best wishes



JON PATRICIOS, SASMA PRESIDENT 2009-2011



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

