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NEWSLETTER – February 2013 Edition

Dear SASMA Member,

By now you should be back into the swing of things and the end of year holidays are but a distant memory. 2013 should be an exciting year for SASMA, with a number of initiatives on the go, as highlighted in this newsletter.

Congratulations – Election of President-elect

First up, I would like to congratulate Jon Patricios on being elected SASMA's next president. Thank you to Ria Sandenbergh and Sunita Potgieter who also stood and thanks also to everyone who voted. By now you should know who Jon is, and share my confidence that SASMA can only go from strength to strength under his guidance. Well done, Jon!

SASMA Congress 2013

The 15th Biennial SASMA Conference is to be held on 24-27 October at the Wild Coast Sun in KwaZulu Natal. It is an excellent venue, having recently been revamped. A strong scientific and social programme is being organised and as an appetiser I am pleased to say that Bob Sallis, who heads up Exercise is Medicine™ globally for the ACSM has confirmed his attendance as a key note speaker. Other high profile international speakers will be attending and we can look forward to an outstanding event. The next announcement will go out shortly together with a call for abstracts. **Please diarise these dates now!**

Exercise is Medicine™

Thanks to the efforts of a group of dedicated individuals headed up by Louis Holtzhausen,

Exercise is Medicine (SA) is gaining momentum rapidly. Thanks to financial and other assistance from Coca Cola SA, Pentasystems (distributors of Technogym products) and Discovery, things are happening. The EIM (SA) Exco consists of Louis Holtzhausen, Georgia Torres and I. A Strategic Council has been established and consists of approximately 12 people from the original EIM "Task Force" who represent the different industries, medical associations and disciplines, Government, etc. We are fortunate to have the services of Georgia Torres who will operate as manager out of the Technogym offices. The legal formalities associated with implementing such an initiative are currently being finalised and a number of working groups addressing various operational issues have been established. You will soon be able to view an EIM (SA) website which will provide you with more detailed information. Thank you for those who have offered their time to make this a success.



Africa Health Conference

SASMA has been invited to participate in a one day conference - The Pan African Sports Medicine Conference 2013 - which is aimed to promote best practice in sports medicine by offering diverse interactive talks with a focus on sports and exercise as well as common sports

related injuries and illness. The conference will be run alongside the Africa Health Congress on 9 May, 2013 at the Gallagher Convention Centre, Midrand, Johannesburg. You can find more background information at the website: <http://www.africahealthexhibition.com/>.

This conference will attract people from the industry sector of:

- Sports Medicine
- Sports Science
- Physical Therapy
- Physiotherapy
- Occupational Therapy
- Occupational Health
- Rehabilitation
- Respiratory Therapy
- Pain Management

The conference organisers and I are looking for SASMA members to present at this Conference on a topic of your choice. Please contact me if you are interested

Ortho Evidence

OrthoEvidence (www.myorthoEvidence.com) is a knowledge dissemination website that was developed for orthopaedic and sports medicine professionals.

The website provides subscribers and members with access to routinely updated summary reports for high quality randomized trials published within the fields of orthopaedics and physical therapy worldwide. These summary reports contain select information from the original journal publication from which they were made. The information is relayed to the core audience through sections related to the synopsis, important findings, and impact of the overall paper at large. Summary reports also contain a standard critical appraisal which highlights the methodological strengths and weaknesses of the original journal publication.

SASMA has been offered the opportunity to partner with OrthoEvidence. One of the benefits of this partnership is receipt every month of the OrthoEvidence Newsletter.

In order to access the first newsletter click on <http://myorthoEvidence.com/2012/newsletter/J5537248255120.html> and sign up for free using the promo code: **sasma2013**.

The newsletter (including previous editions) can also be accessed through the SASMA website (www.sasma.org.za). The first newsletter really is worth reading and the next newsletter will be out shortly.

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.

SAIDS

On behalf of SASMA, Jon Patricios and I have been working closely with the South African Institute for Drug Free Sport on a number of issues. The most exciting is the development of an anabolic steroids testing programme at schools. This initiative has taken a while to implement mainly due to conflicts between the WADA Code and the South African Schools Act. However, these have now been resolved and WADA has provided SAIDS with certain dispensations to its Code to allow testing to proceed in this country's schools. As I write this, workshops are being held around the country with various headmasters as a final step to implementation.

On a similar note, we believe that pupils should not be encouraged to take sports supplements, but should rather focus on improving their diet. SAIDS will be loading a list of SASMA accredited dieticians onto their website to encourage parents to make use of these medical professionals, rather than turning to the perceived quick fix of supplements.

Likewise, SAIDS would like to promote the services of SASMA accredited sports physicians for the issuing of TUE's to elite sports men and women. I will be forwarding a list of SASMA accredited doctors to SAIDS as well. Should you be accredited and object for some reason to your name and contact details being displayed on the website, please let me know.

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.

Please "like" the page and invite your sports medicine colleagues to likewise do so

SASMA Website Enquires

I regularly get requests through the SASMA website for assistance on a variety of topics. Sometimes I can help, but often I cannot. Please see below some requests that you may be able to assist with:

Lavinia van der Linde (physio)

"I am a member of the International Association for Dance Medicine and Science (IADMS) and I had just wondered if anyone in the immediate sports medicine realm knew of any similar statutory body that I was unaware of, despite an extensive search. I will contact the SASP and also double check with them again.

It is a wonderful and important sub-section of sporting and entertainment arts medicine and it would be wonderful to know of other professionals who are passionate and involved in this very specific sporting category or of an organised medical body with this as their core focus. "

Jay (Mayur) Jadeja

"Re: Student elective Sports medicine

I am writing with reference to the above. I am a final year medical student at the University of Leicester, in the UK. I am tennis enthusiast and also interested in a career in Sports Medicine.

I have spoken to Professor Batt at the University of Nottingham and he has kindly suggested I contact you with regards to a possible placement for 4 weeks in South Africa. I also wanted to take this opportunity to ask what kind of role I would have as an elective student and whether there would be 'hands on experience' providing there is the opportunity to attend for a placement.

The elective period is from 8th April for 4 weeks duration. If you do take international student for an elective placement, I would be most

grateful if you could inform me of the application procedure.

I look forward to hearing from you."

Dr Paul McMullan (2nd Year GP-Trainee, Highlands, Scotland)

"My name is Paul McMullan and I am a second year GP Trainee based in Inverness, Highlands Scotland, UK. I have a keen interest in endurance sports having recently completed my first Ironman in Quebec, Canada. I hope to pursue an interest or career in sports medicine and currently I have a run-through 3-year GP training programme here in Scotland. As part of my training I am able to extend or be granted by the medical faculty what is known as an 'Out of Programme Experience' for up to a year. Unfortunately there are very little opportunities to experience aspects of sports medicine as a specialty and I aim to take more control of my training and tailor it towards my interests.

I email seeking advice and guidance about the possibility of working within sports medicine as a short term post in South Africa and whether something like this would be possible? I hoped your involvement and experience of sports medicine within South Africa would be helpful. I had been reading your blogs on BJSM!

Many thanks for your help in advance, any guidance would be most helpful"

Can anyone assist these latter two gentlemen with their enquiries?

News from the Branches

The KZN branch of SASMA hosted an enjoyable and informative "Christmas Dinner" function at the Havana restaurant (Suncoast Casino) in December. Guest speakers were Olympic Games CMO Dr Kevin Subban, Chad Le Clos and his manager Graham Hill. The evening was kindly sponsored by Aspen Pharmacare.



Sports Concussion Australia

I recently received the following email from Dr Ryan Kohler, a current member of SASMA who now resides in Australia: *"I have just launched a comprehensive community based sports concussion programme in Australia and New Zealand. The world's first fully "mobile", tool based and situation specific concussion programme. I am very proud of this achievement based on the incredible cost and time commitment in getting this initiative off the ground. The initial response has been terrific."*

You can learn more about the programme by visiting: www.sportsconcussionaustralasia.com

Should you wish to make contact with Ryan his email address is: ryankohler@bigpond.com

World Transplant Games – Durban

The World Transplant Games are being held in Durban from 29 July – 2 August this year. Sports medicine professionals from all disciplines are being sought to volunteer their services at this prestigious and worthwhile event.

Please could you contact either myself or Prof Efraim Kramer (Efraim.Kramer@wits.ac.za) should you be keen to get involved.

For more info on the Games, please see:

<http://blogs.bmj.com/bjbm/2013/01/09/celebration-of-life-and-sport-world-transplant-games-durban-2013/>

and <http://www.wtg2013.com/>

Upcoming Branch Meetings:

Gauteng Branch

AN UPDATE ON REHABILITATION POST ACL RECONSTRUCTION

DATE: 27 February 2013

TIME: 18:30 for 19:00

VENUE: Linksfeld Orthopaedic Sport Rehabilitation Centre; Suite 303 Linksfeld Park Medical Centre; 24 12th Avenue, Linksfeld

RSVP: Sr. Geraldine (mrsnordin@gmail.com) / (011) 485 1706

SPEAKERS: (CPD points applied for)

- 19:00 - Dr Ponky Firer – *Fixing the ACL: Where we've been and where we are going.*
- 19:30 - Dr Brad Gelbart – *The biology and healing of the ACL graft post reconstruction and the impact on rehabilitation.*
- 20:00 - Evan Speechly – *Prehab and initial stage rehabilitation of ACL.*
- 20:30 - Gareth Devine – *Final phase ACL rehabilitation and criteria for return to sport.*
- 21:00 - *Discussion and questions*



SASMA Satire



Upcoming conferences

1. 15TH BIENNIAL SASMA SPORTS MEDICINE CONFERENCE

24-27 October, 2013

Wild Coast Sun, KwaZulu Natal.

For further details contact Yvonne at (011) 768-4355 (yvonne@londocor.co.za)

2. 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

3. 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

4. Zimbabwe National Youth Games Conference (ZNYGC) 2013

“Improving Sports through Science”

16 - 17 August 2013

Bulawayo, Zimbabwe

For more information email:
znygconference@gmail.com

5. First International SASHA Meeting

South African Society for Hip Arthroscopy

2-3 May 2013

Pavilion Conference Centre, Clock Tower, V&A Waterfront, Cape Town.

For more information contact:

Kathleen Nortje (Clinical Administrator for Dr J.N Cakic - Specialist Orthopaedic Surgeon)

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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 gagemann@sharksmedical.co.za.

GLEN HAGEMANN, SASMA PRESIDENT

Please email me at
gagemann@sharksmedical.co.za

with any comments or suggestions.

SASMA Secretary

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