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S A S M A
SOUTH AFRICAN SPORTS
MEDICINE ASSOCIATION

Issue
ONE
2022

A Quarterly Insight

on the move...



current topics >>>

Words of Wisdom

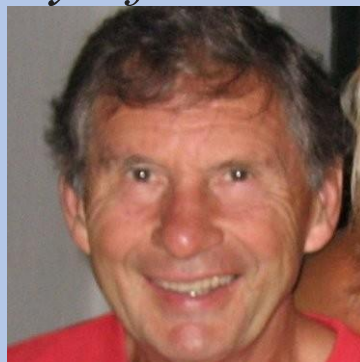
Happy 2022!

We are looking forward to a year full of exciting events, including our own IFSEMC conference in October! Please register and submit your session proposals and abstracts.

Another of our SEM stalwarts have passed away. Dr Noble was, as his surname suggests, a noble man making way for SEM in South Africa. Our condolences to his loved ones. Desmond Tutu also passed away. He was a wise man, always fighting for peace and fairness and leaves a huge gap.

Enjoy our Newsletter and take care and stay safe!

In Memory of Dr Clive Noble



Dr Clive Noble was an orthopaedic surgeon with an excellent reputation who graduated from the University of the Witwatersrand.

Much of his work has centred upon developing treatments to remedy sporting injuries.

As a young man, he was passionate about sport and excelled in boxing, judo, weightlifting, rugby, tennis and running. Upon qualifying as a surgeon in 1966, he combined his love of sport with medical training.

Dr Noble served as a consultant on sports injuries to the provincial cricket and rugby teams, the football teams of Kaizer Chiefs and Mamelodi Sundowns, the SA Boxing Board of Control and the Medical committee of SA Rugby.

In 1992, he was team doctor to the SA squad participating in the 25th Olympiad in Barcelona and was match doctor during the Rugby World Cup hosted by SA in 1995.

In 1988 he published the authoritative Manual of Sports Injuries that ran to five volumes.

While the doctor's professional life was based in Johannesburg, he and his wife Colleen moved to The Craggs, Plettenberg Bay.

Our sympathy and deepest condolences to his loved ones and friends.
Rest in peace!

Also read the Obituary in the SAJSM from Prof Jon Patricios

<https://journals.assaf.org.za/index.php/sajsm/article/view/13095>

Hi peeps – did you hear the good news? We have a **CONFERENCE** this year!!!

WHAT?!! I am so excited!

I'm definitely going! Yeeha...networking, good food and face-to-face presentations!

SAVE THE DATE AND DON'T MISS OUT!!



INTERNATIONAL FESTIVAL OF SPORTS, EXERCISE & MEDICINE CONFERENCE
A joint conference between SASMA, LTMIC, PASHDA and SASB

29 September To 02 October 2022 | CSIR International Convention Centre, Pretoria

**PARTICIPATE!
SUBMIT!**



29 September To 02 October 2022 | CSIR International Convention Centre, Pretoria



INTERNATIONAL FESTIVAL OF SPORTS, EXERCISE & MEDICINE CONFERENCE
A joint conference between SASMA, LTMIC, PASHDA and SASB

SUBMISSIONS NOW OPEN

The deadline for submissions are as follows:

Student Mini Conference	Abstracts	Clinical Case	Symposia	Workshops
30 April 2022	30 April 2022	30 April 2022	28 February 2022	28 February 2022

The Scientific Committee will consider each submission and their decision will be final. All submissions received will be acknowledged and authors will receive an acceptance or a rejection letter via email by 1 June 2022

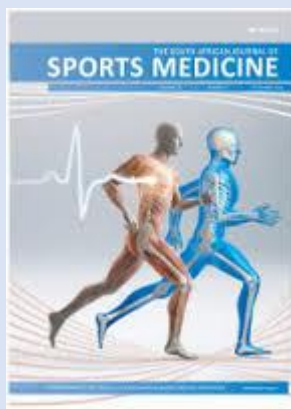
Abstracts will be published in the South African Journal of Sports Medicine

Only unpublished and under review work will be considered.

Detailed submission criteria can be found on each submission form, as per below quick buttons

URL for submissions: <https://medmail.med-bay.com/public/messages/view-online/fZpLKX4TRUfug3Bc/SxA9kx5NOwf8dDoV>

CONGRATULATIONS TO SAJSM TEAM!!



We are delighted to inform you that the *South African Journal of Sports Medicine* has passed the Scientific Quality Review by NLM for Pubmed Central (PMC). The content for PMC will be backdated to 2019.

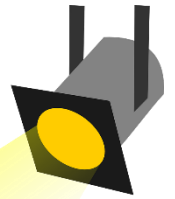
The journal has worked on a shoestring budget and much of the credit must go to the team who has worked tirelessly to ensure a high standard; Prof Mike Lambert (Editor-in-Chief); Pip Forshaw (Journal Manager); Yvonne Blomkamp (Copyeditor), and Kathryn Van Boom (Typesetter).

The ASSAf staff, particularly Ina Smith (Khulisa Journals Manager), Susan Veldsman, Louise van Heerden and Nason Bimbe, should also be acknowledged for their supportive role in raising the standard of the journal.



Editor-in-Chief
Emeritus Professor Mike Lambert

SPOTLIGHT ON.....



Dr Jo-Anne Kirby **EXCO Member – Cape/Boland**



Sports and Exercise Medicine is my passion and I desire to make it accessible to both recreational and elite athletes. I am committed to providing an integrated approach to medicine and science and highly value the principles of ethics and evidence-based medicine. My curiosity drives me to look at why injuries happen with the aim of preventing recurrence and constantly improving my skills and knowledge. I truly love my work and hope to inspire those around me to greater detail and effort. Although athletics is my first love, I take satisfaction in the challenge presented by working with multiple sports codes and enjoy working in a multidisciplinary team environment. I am the regional representative for the Boland on the South African Sports Medicine association executive. I serve on the Therapeutic Use Exemption (TUE) of the South African Institute for Drug-Free Sport (SAIDS) and am a travel practitioner with a yellow fever license. Clinical work is my driving force and I enjoy teaching clinical skills. I am a World Rugby Trainer in the medical education strand and am an ad hoc staff at the Institute of Sports and Exercise Medicine (ISEM) teaching on the Masters in Sports Medicine Program. My daily work is at Stellenbosch University, Campus Health Service and we also service the Tygerberg Medical School Campus. ISEM has an outreach clinic at Tygerberg hospital in the Department of Orthopaedics where we see state patients fortnightly. We are aligned with Sports Concussion South Africa and are a FIFA centre of excellence.

For up-and-coming Sports Physicians, it is my advice that you align yourselves with mentors. You only start really learning once you have your Master's, that's when you realize how little you know. A big shout out to the team that surrounds me, I could not do my work without my doctor colleagues, clinical nurse practitioners, physios, bios, admin staff and Cecil.

On a personal note, I am a recreational road runner and love any opportunity to get outdoors. Gardening, photography and reading are my hobbies. I am blissfully married to Prof Rodney Duffett for 16 years and live in Cape Town with a tank of tropical fish. 😊



AMERICAN COLLEGE
of SPORTS MEDICINE

Health Care Providers

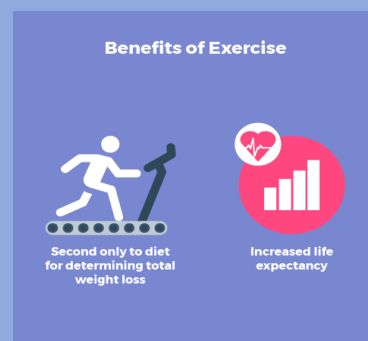
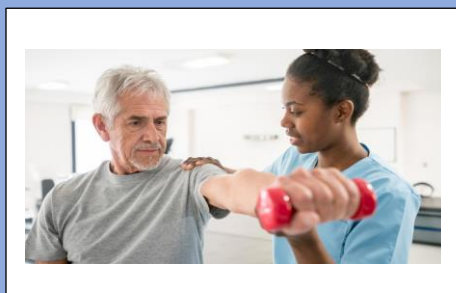
Making a Difference in Your Health Care Setting

One of the most important decisions your patients will make regarding their overall health is to incorporate regular physical activity (PA) into their lives. Your encouragement can be a powerful influence on this decision.

EIM has developed a step-by-step [Health Care Providers' Action Guide](https://www.exerciseismedicine.org/wp-content/uploads/2021/02/EIM-Health-Care-Providers-Action-Guide-clickable-links.pdf) (<https://www.exerciseismedicine.org/wp-content/uploads/2021/02/EIM-Health-Care-Providers-Action-Guide-clickable-links.pdf>) to help you integrate physical activity into your practice. EIM also collaborated with the Academy of Nutrition and Dietetics to create [A Physical Activity Toolkit for Registered Dietitians](https://www.exerciseismedicine.org/wp-content/uploads/2021/08/ExerciseIsMedicine_v8.pdf) (https://www.exerciseismedicine.org/wp-content/uploads/2021/08/ExerciseIsMedicine_v8.pdf).

We understand that your time is limited, and every minute counts. The HCP Action Guide provides an implementation framework to help you utilise all the members of your clinical team to:

1. assess the current PA level of your patient
2. provide brief advice and/or write an exercise prescription
3. refer your patient to physical activity resources (programs, places, professionals, or self-directed resources).



Beyond sport: what the sport and exercise medicine community can learn from the life of Archbishop Desmond Tutu



Read the full editorial in the BJSM - authors Prof Jon Patricios, Dr Phathokuhle Cele Zondi, Prof Jonathan Drezner and Nicole Kaniki

<https://bjsm.bmj.com/content/early/2022/01/23/bjsports-2022-105431>

EVENTS CALENDAR

Event	Link	Dates
WISH Conference	https://wishcongress2022.co.za/	11 –13 March 2022
BASEM Conference	https://www.basemconference2022.co.uk/registration	26 – 27 May 2022
SASMA conference in collaboration with LTMIC, PASHDA and SASB	www.ifsemc2022.co.za	29 Sep – 2 October 2022 CSIR



'Come and meet your Peers' at the Pier'

BASEM
British Association of Sport & Exercise Medicine

BASEM 2022 CONFERENCE

26-27 MAY 2022
THE GRAND HOTEL, BRIGHTON

EARLY BIRD TICKETS NOW ON SALE

USE DISCOUNT CODE: **EARLYBIRD**
www.basemconference2022.co.uk

2022 THEME
& POSITIVE HEALTH & Performance
+ ♥ ✓

final thoughts...

*Keep your face to the SUNSHINE and you
cannot see a shadow!*



Forthcoming attractions >>>

Next issue: JUN 2022
International Festival of SEM Conferences:
29 September 2022, CSIR, Pretoria

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<https://linkedin.com/company/the-south-african-sports-medicine-association-sasma/?viewAsMember=true>

**New Social media
platform**

LinkedIn