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**S A S M A**  
SOUTH AFRICAN SPORTS  
MEDICINE ASSOCIATION

Issue  
**THREE**  
**2022**

## A Quarterly Insight

# on the move...



## current topics >>>

### *Words of Wisdom*

As the year draws to a close, I hope you will enjoy our final newsletter for 2022. It was an exciting year for SASMA, the highlight being the International Festival of Sports, Exercise and Medicine Conference (IFSEMC) in Pretoria. We hosted the conference with the Biokinetics Association of South Africa (BASA), the South African Society of Biomechanics (SASB), and Physical Activity, Sport and Health for Development in Africa (PASHDA), which added another level of excitement, collegiately and energy. You can witness these moments throughout this newsletter. We would also like to take this opportunity to thank the organizing committee, the conference exhibitors and sponsors, our members, invited speakers, presenters and delegates for making the conference a huge success. Congratulations to all our award winners (page 6). Then, a special thank you to Professor Christa Janse van Rensburg, our out-going President, for all her hard work and efforts at the helm, and navigating SASMA through the storms of COVID and lockdown. Please keep following our social media to stay up to date with all our new developments.

*Sharief Hendricks*

**SASMA - 2022- 2024**  
**Wishing you all the best over the next 2 years!**

**PRESIDENT – Dr Sharief Hendricks**



**PRESIDENT – ELECT – Dr Adrian Rotunno**





We had hoped that the program and topics we had put together would be well received. I am thrilled to report that based on the feedback we have thus far received, the attending delegates found the entire program to be informative, educational and of the highest standard.

SASMA wants to thank each and every one for their involvement, support and participation in the successful IFSEMC Congress 2022.

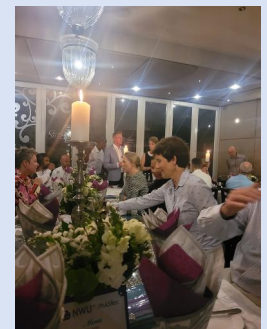
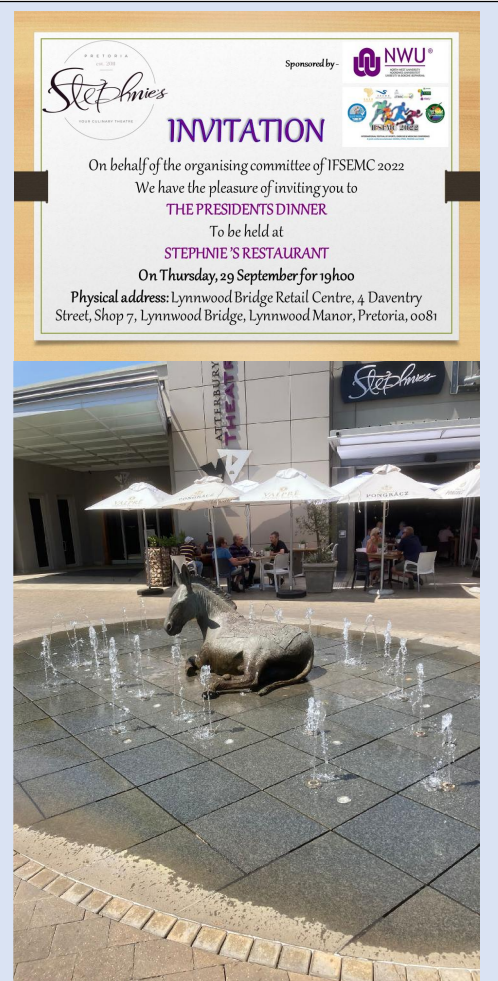
We trust that you enjoyed the Congress as much as we did and attained fruitful networking opportunities!





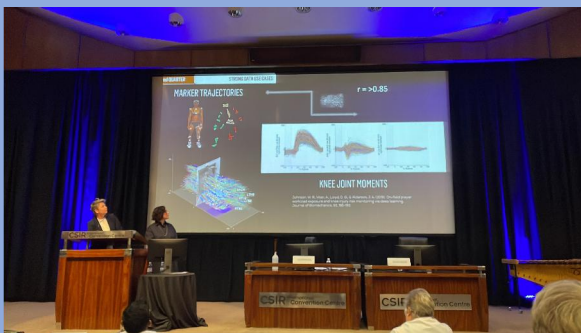


## President's Dinner





# Programme Highlights







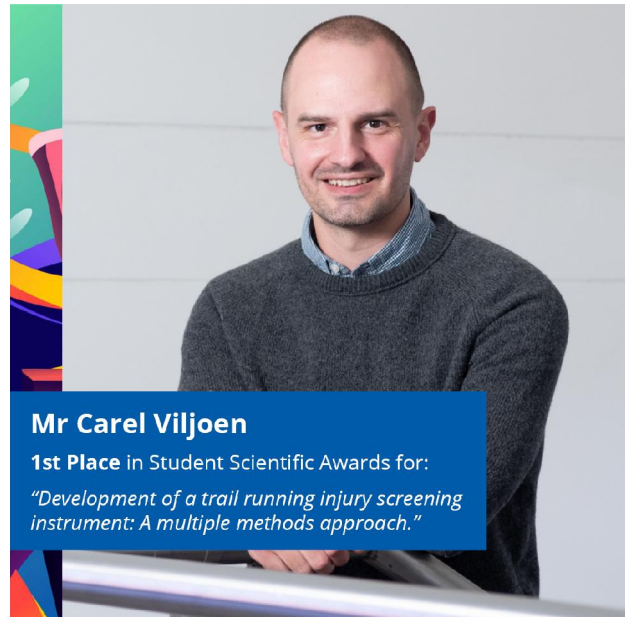
# AWARDS

## Poster presentation Winners

**1<sup>st</sup> Robyn Klaasen**

**2<sup>nd</sup> Taylor Ross**

**3<sup>rd</sup> David Kopping**



**Mr Carel Viljoen**

**1<sup>st</sup> Place** in Student Scientific Awards for:

*"Development of a trail running injury screening instrument: A multiple methods approach."*



**Dr Jordan Leppan**

**3<sup>rd</sup> Place** in Student Scientific Awards for:

*"An abbreviated vs a comprehensive pre-race medical screening tool under-estimates runners at higher risk of medical encounters - A SAFER study in 5771 race entrants."*

## Oral Presentation Winners

**1<sup>st</sup> Carel Viljoen**

**2<sup>nd</sup> Sarah Arnold**

**3<sup>rd</sup> Jordan Leppan**



# AWARDS...continue



**Dr Lervasen Pillay**

**3rd Place** for his Clinical Case on:

*"Pericarditis - Viral enteritis or COVID19 to blame?"*

## Clinical Case Winners

**1<sup>st</sup> Karen Schwabe**

**2<sup>nd</sup> Jo-Anne Kirby**

**3<sup>rd</sup> Lervasen Pillay**

## Student Presentation Winners

**1<sup>st</sup> Hanlie Pienaar**

**2<sup>nd</sup> Kathryn Dane**

**3<sup>rd</sup> Siphamandla Nyawose**



**Dr Hanlie Pienaar**

**1st Place** in Student Mini Conference for:

*"Virtual training with real-life benefits: A survey investigating online fitness communities during lockdown level 5 in SA."*

# SASMA AWARDS

## Merit Awards



Ass. Professor Jeroen Swart



Dr Dimakatso Ramagole

## Life Member Award



Professor Christa Janse van Rensburg

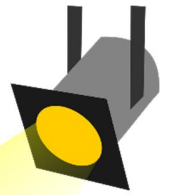
## Posthumous Honorary Award



Dr Richard de Villiers



# SPOTLIGHT ON.....



## Dr Louis Holtzhausen



Dr Louis Holtzhausen is the Chief of Sports Medicine at Aspetar Orthopaedic and Sports Medicine Hospital in Doha, Qatar, where he leads an international team of sports physicians, physical medicine and rehabilitation specialists and sports cardiologists to offer cutting-edge medical and rehabilitation services to local and international athletes. He is an Assistant Professor of Clinical Medicine at Weill-Cornell Medical College in Qatar, extraordinary lecturer in the Section Sports Medicine, University of Pretoria, South Africa, and affiliated senior lecturer in the Department of Exercise and Sports Science, University of the Free State, South Africa. He holds an M Phil (Sports Medicine) from the University of Cape Town, a Fellowship of the Academy of Family Physicians of South Africa, a PhD in Health Professions Education, and a Fellowship of the American College of Sports Medicine. His current interests include sport related concussion, sleep disturbances in the athlete, implementation science in sport and exercise medicine, and intercultural evidence-based sports medicine.

Dr Holtzhausen is a former head of the Division Sport and Exercise Medicine at the University of the Free State in South Africa, with more than 25 years' experience in teaching sport and exercise medicine and biokinetics. He has been a team physician for many professional sports teams including athletics, rugby, cricket, hockey and the South African Olympic team. He is a Councillor of the College of Sport and Exercise Medicine of South Africa; former chairperson of the Doping Control Review Board of the South African Institute for Drug Free Sport and the founding chairperson of Exercise is Medicine™ in South Africa and served on the International Advisory Board of the Global Exercise is Medicine movement. He is a past president, honorary and life member of the South African Sports Medicine Association (SASMA).

*final thoughts...*

***Climb the mountain so you can  
See the world,  
Not so the world can see you!***

**Success!**

***Forthcoming attractions >>>***

**Next issue: February 2023**

**Contact us**

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