

## Swiss Sport and Exercise Medicine Conference

Sport and Exercise Medicine (SEM) is a broad medical speciality dealing with injury among elite and amateur athletes but also with prevention and treatment of Non-Communicable Diseases (NCDs). NCDs include cardiovascular and metabolic diseases, cancers, mental illnesses, etc.

To present this variety to Swiss medical students, the Schweizerische Gesellschaft für Sportmedizin (SGSM) / Société Suisse de Médecine du Sport (SSMS), organises, through its Students & Junior Doctors section, the fourth edition of the Students Day. Through various lectures and workshops, you will gain a broad understanding of what SEM really is. Last but not least, it will be a great opportunity to meet medical students from other universities through the social program at the end of the day! We look forward to meeting you in Interlaken!

**Organizer** Schweizerische Gesellschaft für Sportmedizin  
(SGSM) / Société Suisse de Médecine du Sport (SSMS)

**Date** 23.10.2019

**Place** Congress Centre Kursaal Interlaken  
Strandbadstrasse 44, 3800 Interlaken

**Fee**

- SGSM/SSMS Student Member\*: free
- Non-SGSM/SSMS Student Member\*: 20.-
- Resident & SGSM/SSMS Member: 40.-
- Resident non-SGSM/SSMS Member: 60.-

Fee includes conference, coffee, lunch and the sport event (dinner and overnight stay are not included).

→ dinner: **20.-** (members and non-members)

\*Become a SGSM/SSMS Student Member now for 30 CHF a year, attend the Students Day for free and benefit from all the members advantages!  
<https://sgsm.ch/die-sgsm/mitgliedschaft/>

Please note that **if payment is not made before 09.10.2019**, your ticket will be given to a student on the waiting list.

**Registration** online at <https://bbscongress.ch/en/2019/registration-studentsday/> Please choose 1 workshop, specify if you take part in the sport event and/or in the dinner and choose one of the two menus (see below).

**Refund** 100% until 09.10.2019, 0% from 10.10.2019.



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## Program

|               |   |
|---------------|---|
| 09:00 – 09:15 | Introduction  |
| 09:15 – 10:00 | Advances in Sports & Exercise Medicine: from clinic to research back & forth<br>(Dr. B. Gojanovic)              |
| 10:00 – 10:30 | <i>Coffee break</i>   |
| 10:30 – 11:15 | Relative Energy Deficiency in Sport (RED-S) (Dr. S. Matter Brügger)   |
| 11:15 – 12:00 | Exercise Medicine and Cancer (Dr. J.- M. Lüthi)   |
| 12:00 – 12:05 | <i>Active break</i>   |
| 12:05 – 12:50 | Anterior Cruciate Ligament Injury (Dr. L. Weisskopf)  |
| 12:50 – 13:30 | <i>Lunch break</i>  |
| 13:30 – 15:30 | Workshop  |
|               | Workshop 1 - ACL rehabilitation (German: F. Zimmermann, French: S. Gard)  |
|               | Workshop 2 - Introduction to musculoskeletal ultrasound (English: Dr. M. Laupheimer, English: Dr. M. Schindler) |
|               | Workshop 3 - Triggerpoint therapy and Dry Needling (German: Dr. E. Aschl, French: Dr. G. Clénin)                |
| 15:30 – 15:45 | Meet your pairs!  |
| 16:00 – 18:00 | Sport event   |
| 19:00 – 21:00 | Dinner, Brasserie 17  |

Menu 1: potatoes sprinkled with chopped parsley, vegetables, Swiss cheese

Menu 2: vegetarian Bami Goreng, Indonesian noodles, yasoya, vegetables

21:00 – 24:00 Let's have a drink together, Brasserie 17

## Speakers

### **Boris Gojanovic, MD, MER**

Hôpital de La Tour, Meyrin (GE)  
@drsportsante  
www.la-tour.ch

### **Sibylle Matter Brügger, MD**

Sports Medical Center, Medbase Bern Zentrum  
www.medbase.ch

### **Jean-Marc Lüthi, MD**

Onkologie und Hämatologie, Spital Thun  
<https://spitalthun.ch/onkologie-haematologie>

### **Lukas Weisskopf, MD**

ALTIUS Swiss Sportmed Center AG,  
Rheinfelden  
www.altius.ag

### **Elisabeth Aschl, MD**

Medbase Sports Medical Center Zürich  
<https://www.elisabeth-aschl.ch>

### **Suzanne Gard, PT**

Cressy Santé (UOTS)  
www.hug-ge.ch

### **Felix Zimmermann, PT**

ALTIUS Swiss Sportmed Center AG  
<https://altius.ag>

### **German Clénin, MD**

Sportmedizinisches Zentrum Bern-Ittigen,  
Ittigen b. Bern  
www.smzbi.ch

### **Markus Laupheimer, MD, MBA, MSc SEM**

Bupa Basinghall, London (UK)  
Rappjmed, Jona (SG)

### **Maximilian Schindler, MD**

Unité de médecine physique et réadaptation  
orthopédique HUG  
www.hug-ge.ch