
SGSM/SSMS NEWSLETTER 2019/1

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1. Editorial

Dear SGSM/SSMS members,

2019 has been a very busy year for SGSM with multiple new projects and discussions, most of which have been highlighted at the annual meeting last week.

- An important collaborative effort with representatives of Swiss Olympic (and Swiss Sports Physiotherapy Association) has led to the creation of a new [Sports Medicine Concept](#) (only in German), with numerous measures that will help improve and structure the care of athletes in Switzerland. Thanks Geri Clénin and Kerstin Warnke for the long hours and engagement.
- Beginning of the [new SGSM/SSMS sports medicine courses](#). Thank you André Leumann and Kerstin for the leadership, and thank you to all course leaders.
- Development of the brand new [Swiss Sports & Exercise Medicine journal online webportal](#). Thank you Peter & Pascal Rub and team from our publisher Rubmedia, and thank you to our editors (André, Patrick Vavken, Matthias Wilhelm and yours truly).
- Development of the **SGSM/SSMS Ethics Charter**, with the support of Dr med Roman Gähwiler (thanks!) and your Committee.
- A new **sponsoring brochure** has been developed under the leadership of Martin Narozny (thank you!), so that we can approach potential sponsor professionally.
- The name change of SGSM/SSMS led to long discussions and finally to the proposal accepted by the General Assembly, long live **Sport & Exercise Medicine Switzerland/Schweiz/Suisse/Svizerra/Svizra SEMS**. The new logo of the society will be developed rapidly.

The newsletter has suffered long delays (my apologies), and I hope that you will still find interest in this long overdue edition.

Boris Gojanovic

2. SGSM/SSMS news

- In November 2019, SGSM/SSMS participated in the **1st Sports & Psychology Day**, “**Thinking and feeling in elite sports**” was the title of this event organized by the Swiss Association for Sports Psychology (**SASP**) and the **Sports Psychiatry** unit at Zurich University. Since then, a new society has emerged, the [Swiss Sports Psychiatry and Psychotherapy Society](#). A joint event is currently being planned. Welcome to the new colleagues, we look forward to the collaboration, as the mental health of our athletes is important.
- **Save The date:** SGSM/SSMS **Sportmed day** in Ittigen on Thursday, May 14th 2020.

3. Conferences and education in Switzerland, abroad & online

In Switzerland (Check out events on www.sgsm.ch/agenda).

- **RRMES** fall symposium on [Sports, exercise and the metabolic syndrome](#). Lausanne CHUV, November 21st 13 – 18. Keynote by Ann Gates from [Exercise Works!](#) (UK)
- **Sportfisio 17th annual congress** – [Shoulder & Sport](#). Bern, November 21st. Great international program on the shoulder.
- **CAS in Sports Nutrition:** The certificate course in Sports Nutrition is opening again in November 2019. Also for medical practitioners interested in sports nutrition. SGSM has partnered with the program (21 Credits), courses in Magglingen and Bern.

Abroad

- **IOC Prevention conference 2020**. Monaco, March 12 to 14th 2020. Perfect location and even better content for this classic gathering. It only happens every 3 years, don't miss it.
- **Sportskongres 2020** – **Scandinavian sports medicine congress**. Copenhagen, January 30th to February 1st 2020. Pioneered by the Danish sports medicine and sports physiotherapy joint collaboration.
- **Journées francophones Alvéole**. Exercice et réhabilitation respiratoire. Lyon (France), March 19-20th 2020. An “exercise is medicine” topic for French speakers.

4. Online ressources

A few links that will help the curious mind to explore various topics linked to sports and exercise medicine:

- WHO's [global action plan for physical activity](#). Go back to the documents presented during our annual meeting.

- Swedish clinical guidelines on [The Abuse of Anabolic Androgenic Steroids \(AAS\) and Other Hormonal Drugs](#): a very interesting document to get a good understanding on the topic.
- Various [position statements from the National Athletic Trainers Association](#) (NATA, USA) on sports medicine, good quality documents and free access.
- **Paper highlight**: Doha international competitions, perspectives on heat issues, by our speaker this year, [Franck Brocherie](#) and colleagues.
- **Paper highlight**: [Patellofemoral pain clinical practice guidelines](#). A thorough review to help us with PFP syndrome, by [Rich Willy](#) et al, free in [JOSPT](#).
- **Paper Highlight**: Mental health in elite athletes, ICO consensus statement 2019.

Videos

- **Remembering 2018 #sportsuisse2018** conference:
 - [all videos are online](#) for those who missed the conference.
 - [Hip & groin examination](#), with **Mark Hutchinson**, Chicago (USA), *BJSM* education video.

As always, if you find something interesting and would like to share with our members, please forward directly to boris.gojanovic@latour.ch, with subject "newsletter".

Cheers
Boris