
SGSM/SSMS NEWSLETTER 2020/1

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1. Editorial

Dear SEMS members,

The newsletter you were to receive a couple of weeks ago would now seem irrelevant, as the world coronavirus pandemic has brought new priorities. During this time, we have to put a halt to many activities and take some time to reflect on what matters now and what lies ahead.

As a sport and exercise medicine society, we must cancel educational events and gatherings, and we must think of alternatives. Our annual conference is maintained for now, as we are working to bring you a great program in Magglingen (October 29-30th).

Our duty currently lies with **public health first**, our patients second. Which means that we all must be exemplary role models as far as strict limitation of unnecessary contacts, and counselling of what a good and safe physical activity is. This is where we should see **new opportunities** emerge: we, as SEM physicians, are the experts in exercise and physical activity to improve or maintain physical fitness, and we should use this knowledge to encourage patients and their families to stay active within their homes, or in outdoor activities that are reasonably safe (avoiding contacts and accidents). We know that exercise and fitness have a beneficial effect on viral immunity, and this may be beneficial for COVID-19 as well. We must also be clear with the athletes of all levels that now is not the time to train hard and focus on future competitions. The priority is on prevention, health and safety.

Telehealth is the new game. Many service providers have moved their activity online, and the medical world is gradually embracing telemedicine, which was only seriously used by insurance companies until now. The ones that have made the transition report good experiences and high patient satisfaction. Of course, in sports medicine, we have been treating athletes travelling or training in other countries for years, using communication technology. Now is the time to use those skills and be

leaders in the “normal” medical world. That is how we can continue to serve our patients, reduce unnecessary emergency visits, and contribute to the management of the epidemic. The question of course will be to know whether the insurance companies will change the cap on teleconsultations.

Stay healthy, stay fit, and make good use of these extraordinary times.

Boris Gojanovic

2. SEMS news and events

- **Forget the date. CANCELLATION** - SEMS **Sportmed day** in Ittigen, May 14th 2020. There is no replacement date planned for now.
- **SEMS Examination** - The annual exam for the SGSM/SSMS diploma took place on January 25th 2017 in Lucerne. In the morning, 16 out of 21 candidates passed successfully the oral examination. In the afternoon, 22 took the written exam, of which 19 passed successfully. Congratulations to the ones who completed this step toward their recognition as a sports medicine physician.

3. Conferences and education in Switzerland & abroad

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

- **Swiss Olympic Fachtagung**: bringing multidisciplinary experts in the female athlete field and athletes together to talk about **«Frau und Spitzensport»**. Highly relevant topics for performance and training, such as menses, oral contraception and pregnancy will be discussed. [Listen to Nicola Spirig](#) tell us more about the day. Ittigen bei Bern, June 18th, 13 – 17.

Abroad

- **67th ACSM Annual meeting** – If you have never been to the American College of Sports Medicine conference, this is a great location. San Francisco (California, USA), May 26 to 30th 2020. It hasn't been cancelled yet, but it might.
- **ECSS 25th Annual meeting** - Sports science at its best at the European College, this year a new format will take you to beautiful Sevilla (Spain), July 1st to 3rd 2020.

4. Online resources

Spending a lot of time at home means that you may finally have some time to explore some online resources. I encourage you to go through previous newsletters and click on some links. Here a few new ones:

- **Quarantain** – an international platform to support good physical health during the pandemic. [Blog about the platform](#).
- **Sit less, get active**. On online course (MOOC) from the University of Edinburgh and [Dr Andrew Murray](#) (not the tennis player!). Learn about how to

introduce more movement in your life, good for healthcare professionals and patients alike.

- **SFMKS** (French sports physio association) is giving free access to their [magazine KSI](#). Some interesting papers for our French speaking members.
- [Fit to play \(Skadefri\)](#) – prevention programs designed for each sport specifically, from our Norwegian colleagues. Share with your athletes, as now is the time to train skills that will help reduce injuries later.
- **Paper Highlight:** Konservative Behandlungs-Strategien patellofemoraler Beschwerden in der Physiotherapie, by Rogan S et al. SEMS-journal 2020. Read a series of articles from our latest issue on anterior knee pain, edited by [Dr Philippe Tscholl](#).
- **Paper Highlight:** The compelling link between physical activity and the body's defense system, by David Nieman. J Sport Health Sci 2019. Everything you need to know about immunity and exercise.

Videos

- [TEDx talk by Stacy Sims](#): «Women are not small men. Stop eating and training like one» - Dr. Stacy T. Sims
- [The Game changers](#) – a documentary film on plant-based diet and athletic performance. You have to watch it and make your own mind. Many athletes watched it and have questions. To be found on Netflix. Read [comment by Asker Jeukendrup](#).
- [Icarus](#) - the documentary (Netflix) on doping and Russia, starring former antidoping lab director [Grigory Rodchenkov](#).

Books

- [The Sports Gene](#), by David Epstein. Great book on current knowledge about genetics and sports performance.
- [The Big Fat Surprise](#), by Nina Teicholz. Very thoroughly documented look at nutritional guidelines and their dark side.
- [Factfulness](#), by Hans Rosling (RIP). “One of the most educational books I have ever read” – Bill Gates. Fascinating dive into the world of data and ignorance. Check out [gapminder website](#), and [Dr Rosling's TED talk](#).

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