

SGSM/SSMS NEWSLETTER 2017/1

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1. Editorial

Dear SGSM/SSMS members,

As I am sure some of you enjoy white gold on the Swiss Alps and marveled at Roger's 18th Grand Slam title, your SGSM/SSMS committee continues its work to develop the educational, representative and networking activities for you, our members. The coming months offer a lot of conferences and courses, and we look forward to connecting here and there.

This newsletter points as usual to a few links of interest in our field, and reports about the SGSM/SSMS's main activities, with a special communication on SGSM credit points.

We hope you enjoy this first newsletter of 2017.

Boris Gojanovic, [@DrSportSante](#)

2. SGSM/SSMS events and courses

Thursday, May 14th 2017 – **Sportmed Tagung, at 13.00**

Haus des Sportes (Swiss Olympic), Ittigen bei Bern.

This year we bring you a special presentation on athlete monitoring from the Netherlands by Maarten Moen [@MaeertenMh](#), discussions on the McLaren report with a lawyer specialized in sports, hyperandrogenism, athlete biological development, and a special workshop for on-field rescue management to conclude the afternoon. **Program and registration.**

Thursday, June 8th 2017 – **SSNS sports nutrition for medical practitioners at 10.00**

Schweizer Paraplegiker Zentrum (SPZ), Nottwil.

The Swiss Sports Nutrition Society (www.ssns.ch) in partnership with SGSM/SSMS organizes a special course on sports nutrition for you, as a pre-day to their annual conference on June 9th. You can also attend the workshops in the evening.

[Program & information/registration.](#)

SGSM/SSMS annual meeting SAVE THE DATE! Interlaken, October 26-27th 2017. 20 SGSM credits.

3. Conferences and education in Switzerland, abroad & online

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

- [Spiroergo Akademie](#). Inselspital, Bern February 23rd, 9-17.00. For doctors and sports scientists. A full day of cases and discussions, with an added focus on children. 5 SGSM credits.
- [Sport et Entorse](#). Réseau Romand de Médecine de l'Exercice et du Sport (RRMES). Jongny (VD), March 9th. 13.00 to 19.00. 4 SGSM credits.
- [Swiss Concussion Center "stellt sich vor"](#). Zürich (Schulthess Klinik), March 2nd, 16.30-18.00. The Center welcome you to a presentation of its activities. Info@swissconcussion.com.



Abroad

- [IOC Prevention of injury and illness in sport](#). March 16th to 18th, Monaco.
- [American Medical Society for Sports Medicine \(AMSSM\)](#). 26th annual meeting, May 8 to 13th. San Diego (USA).
- [Isokinetic - future of football medicine](#). May 13th to 15th, Camp Nou, Barcelona (Spain).
- [ACSM 64th annual meeting](#), May 30th to June 3rd, Denver (USA).
- [GOTS tri-national congress](#). Munich June 22nd & 24th, Berlin (Germany).

Online

- [ESC Sports Cardiology quizz training course](#). Multi-module [learning platform](#) by European Society of Cardiology. You need to register to access, but quizz is free.

4. Links for the sports medicine practitioner

A few links that may be useful for your practice. If you find something interesting and would like to share it with our members, please forward directly to boris.gojanovic@latour.ch, with subject "newsletter".

- [WADA 2017 prohibited list](#).
- [Radsource](#). Great resource on MRI imaging and MSK pathologies. Example: sesamoid bones.
- Concussion in sport - [Leichtes Schädel-Hirn-Trauma im Sport](#): a brochure from Bundesinstitut für Sportwissenschaft (DE) in German
- [MyJump App](#) to measure jumping ability with your smartphone. Easy to use and validated by research. See [comment](#).
- [Spanish sports medicine journal](#) now in English. The Spanish have decided to publish all of their articles in English and they are open access.

5. The Swiss BJSM issue

Our partnership with BJSM gives us the privilege of contributing to edition by putting an issue together, selecting papers from the one already accepted after peer-review. Issue 50(18) in September collected interesting papers and we could select 2 to be freely accessible online to all.

- Read our editorial. [Together we reach new heights](#).
- [Trusting systematic reviews](#): a critical look at the evidence of evidence by [Adam Weir](#), [@AdamWeirSports](#), who will be a keynote speaker at our SGSM conference this year.
- [Physical activity prescription position statement](#) from Canadian Academy of SEM by Jane Thornton, [@JaneSThornton](#).

Also, there is a competition for best cover of the year, and we are currently leading. Please put [your vote here!](#)



6. Information on the Society

SGSM/SSMS Examination

The annual exam for the SGSM/SSMS diploma took place on January 14th 2017 in Lucerne (hosted by Dr Kerstin Warnke, organized by Dr André Leumann). One quarter of candidates were from Romandie. In the morning, 26 candidates (1 was a repetitor) passed successfully the oral examination. In the

afternoon, 29 took the written exam (2 repeaters), of which 26 passed successfully. The 3 that failed on their first attempt will be able to take the exam again next year.

Students Day at SGSM/SSMS Annual conference

Last year in Interlaken (October 26th), 60 students from Swiss German universities participated in a full day of presentations and workshops to get to know sports medicine better and meet the experts. It sparked a great interest, so much so that students and junior doctors are developing a national network of interested undergraduates to develop sports and exercise medicine knowledge at that level. The Society supports this activity with enthusiasm and confidence.

How to get SGSM/SSMS credits and how to use them

The certificate "Sportmedizin SGSM" is valid for five years. Every five years the SGSM asks you to send proof of the trainings you attended and the credits you got for that period. To confirm your certification you will need a minimum of **80 credits**.

You can find many accredited events on www.sgsm.ch. Make sure you collect the confirmation of every course/event you attended.

At present there is no possibility to fill in the SGSM credits on www.myFMH.ch. Collecting all the written confirmations is the only way for now (you can keep electronic scans as well).

Information by Doris Braun, SGSM/SSMS board member

SGSM/SSMS Scientific Research Award

The SGSM/SSMS grants one or more scientific research projects every year with a maximal financial support of 30'000 Swiss Francs. The topic of the research project must be linked to sports medicine.

Deadline is May 31st 2017. Applicants must be a member of the SGSM/SSMS society. Applications are evaluated in a peer-review process, details and application forms ([DE](#))([FR](#)). Application for the Scientific Research Award 2017 is now open. The prize is supported by Hirslanden Group.

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