

Sports Medicine Australia media review August 2009

For full media articles, please contact Amanda Wilson, phone 03 9674 8703 or email amanda@vic.sma.org.au

Preparation reduces sports injury

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesman, Dr David Bolzonello says wintry conditions should not be a barrier to exercising. All that is needed is good preparation.

Northern Miner, QLD, p.18, 31/7/2009

Circulation – 2,871

Football and netball tips

With the football and netball season in full swing, participants can reduce their risk of injury by preparing their bodies for play. “Due to the nature of both football and netball, injuries occur more frequently as compared to other sports,” Sports Physician and Sports Medicine Australia spokesperson Dr David Bolzonello said.

Daily Advertiser, NSW, p. 62, 1/8/2009

Sick of it

Can you exercise when you're sick? We contacted Sports Medicine Australia (sma.org.au) to find out when it's okay and when you should rest.

Dolly

August 2009

Working to make sport safe

Caroline Finch has been an integral part of an innovative national program designed to reduce the incidence and severity of sport and recreational injuries. Titled Smartplay, the program aims to highlight the importance of sports injury prevention to reduce injury, increase participation and overall, to improve Australia's health. For more information visit www.smartplay.com.au

Ballarat Courier, VIC, p.10, 3/8/2009

Circulation – 18,750

Fuel up for physical activity

Research has shown that good nutrition and healthy eating can play a key role in enhancing sporting performance. To download Smartplay resources visit

www.smartplay.com.au

Leisure Networks, Melton Enews August 2009

Local anesthetic for footballers

SBS, 7/8/2009, Interviewed Dr David Bolzonello

Mouthguards

ABC Southern Queensland (Toowoomba), 10/8/2009

Adrenalin makes tooth loss a painless procedure: dentist

Hawthorn's Lance Franklin would have been feeling no pain when his tooth became airborne after a bump from St Kilda opponent Zac Dawson during Saturday's game at Aurora Stadium, Launceston dentist Chee Yong said yesterday. Meanwhile Sports Medicine Australia reminded people that mouthguards were designed to be worn, not tucked into socks, as in Franklin's case.

Launceston Examiner, TAS, p.5, 11/8/2009

Circulation – 33,488

Mouthguard warning

Sports people are being reminded that mouthguards are designed to be worn, not to be tucked into socks by the Chief Executive Officer of Sports Medicine Australia, Mr Gary Moorhead. The comments came after Hawthorn footballer Lance Franklin had a tooth knocked out last Saturday.

Stanthorpe Border Post, QLD, p.4, 11/8/2009

Circulation – 2,531

How to keep fit and healthy

Body + Soul, Interviewed Dr Bruce Mitchell

Teaching children to play smart

Medibank Private Feelbetter magazine

Mouthguards work best in the mouth

Sports people are reminded that mouthguards are designed to be worn, not to be tucked into socks, the Chief Executive Officer of Sports Medicine Australia, Mr Gary Moorhead, said today. He was commenting on Hawthorn footballer Lance Franklin having a tooth knocked out in a marking contest against St Kilda's Zac Dawson last Saturday.

Bingara Advocate, NSW, p.8, 11/8/2009

Circulation – 950

Put it in your mouth – not your sock

Sports people are reminded that mouthguards are designed to be worn, not to be tucked into socks, the Chief Executive Officer of Sports Medicine Australia, Mr Gary Moorhead, said today. He was commenting on Hawthorn footballer Lance Franklin having a tooth knocked out in a marking contest against St Kilda's Zac Dawson last Saturday.

North Eastern Advertiser, TAS, p.5, 12/8/2009

Circulation – 2,875

Reminder that mouthguards work best in the mouth

Local footballers are reminded that mouthguards are designed to be worn, not tucked into socks, according to Sports Medicine Australia Chief Executive Officer, Gary Moorhead. Mr Moorhead was commenting on the incident where Hawthorn footballer Lance Franklin had a tooth knocked out in a marking contest against St Kilda's Zac Dawson recently.

Murray Valley Standard, SA, p.44, 13/8/2009

Circulation – 3,986

New Smartplay website

Smartplay is Sports Medicine Australia's sports injury prevention program. You may have noticed that Smartplay's website has undergone a makeover providing users with a more contemporary, easy to navigate site. To view the new look Smartplay website visit www.smartplay.com.au

Gippsport newsletter

Tigers' hypo-oxygenation 'not harmful'

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with NRL players taking to the training track in breathing apparatus. Sports Medicine Australia (SMA) spokesman Dr Peter Nathan says the technique allowed athletes - in this case Wests Tigers players - to gain the benefits of a high-altitude training session without going to the mountains.

Sydney Morning Herald, NSW, 19/8/2009

Gold Coast Titans to test out altitude training for 2010 NRL season

Gold Coast will boast a cutting-edge altitude chamber next year to use the controversial practice of "hypo-oxygenation". It is understood the NRL is considering banning the practice at season's end but the peak national body for sports doctors, Sports Medicine Australia, has said that it sees no harm in the practice.

Courier Mail, QLD, p.83, 19/8/2009

Circulation – 214,468

Safer school sports and recreation

To create a safe environment it is crucial that coaches are qualified and teachers are trained. To help in the prevention of sports injuries, Smartplay, Sports Medicine Australia's sports injury prevention program, has developed 'Safety Guidelines for Children and Young People in Sport and Recreation' to provide schools, teachers, coaches, parents, administrators and officials with the knowledge about how to ensure sport and recreation is safe.

Active Education, VIC Issue 7, 2009

Artificial altitude training "not harmful": sports doctor

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with NRL players taking to the

training track in breathing apparatus. Sports Medicine Australia (SMA) spokesman Dr Peter Nathan says the technique allowed athletes - in this case Wests Tigers players - to gain the benefits of a high-altitude training session without going to the mountains.

AAP Newswire, 19/8/2009

Medicos give OK for training on thin air

Australia's peak body for sports doctors says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

West Australian, WA, p.71, 20/8/2009

Circulation – 199,707

Hypo-oxygenation safe

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Townsville Bulletin, QLD, p.45, 20/8/2009

Circulation – 27,263

Breathing boosts

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Sunshine Coast Daily, QLD, p.45, 20/8/2009

Circulation – 27,263

Doctors give 'hypo-oxygenation' use green light

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Queensland Times, QLD, p.36, 20/8/2009

Circulation – 10,961

Oxygen given the all-clear

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Gold Coast Bulletin, QLD, p.45, 20/8/2009

Circulation – 41,121

Artificial altitude training OK

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Daily Advertiser, NSW, p.64, 20/8/2009

Circulation – 12,851

Altitude training OK

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Toowoomba Chronicle, QLD, p.53, 20/8/2009

Circulation – 23,225

Medicos breathe easy over Tigers' techniques

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Canberra Times, ACT, p.23, 20/8/2009

Circulation – 34,354

'No harm' in using oxygen diluter

Australia's peak body for sports doctors and related professionals says it sees no harm in the practice of "hypo-oxygenation", with National Rugby League players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Peter Nathan said the technique enabled athletes – in this case West

Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Adelaide Advertiser, SA, p.69, 20/8/2009

Circulation – 187,908

Adductor injury

SBS Radio, Interviewed Dr David Bolzonello

Mouthguard warning

Sports people are reminded that mouthguards are designed to be worn, not tucked into socks. The Chief Executive Officer of Sports Medicine Australia, Gary Moorhead said a well-fitting mouthguard should be an essential part of a player's protective equipment and should be worn at all times.

South Eastern Times, SA, p.18, 20/8/2009

Circulation – 2,296

Sports course

Coaches, club officials and parents can attend a Level 1 sports trainer course in Sydney on September 5-6. Held by the Sports Medicine Australia NSW branch, the course costs \$285. Details: Paul O'Dwyer, smansw.com.au

Penrith Press, NSW, p.75, 21/8/2009

Circulation – 61,864

Altitude training gives NRL boost

Australia's peak body for sports doctors and related professionals said it saw no harm in the practice of "hypo oxygenation", with NRL players taking to the training track in breathing apparatus. Sports Medicine Australia spokesman Dr Peter Nathan said the technique allowed athletes – in this case Wests Tigers players – to gain the benefits of a high-altitude training session without going to the mountains.

Gladstone Observer, QLD, p.26, 24/8/2009

Circulation – 7,169

Do pain killers enhance athletic performance?

Pain numbing or performance enhancing? Australia's Steve Hooker needed a mere two jumps to win the Pole Vault Gold Medal at the Berlin World Athletics Championships. But he admits he couldn't have done it without an anaesthetic injection. Shane Brun is Associate Professor of musculoskeletal and sports medicine at James Cook University and a member of Sports Medicine Australia.

ABC Online, 24/8/2009

Bump it up

You might feel like propping your swollen ankles up on the lounge, but exercising when pregnant offers too many benefits to ignore. According to Sports Medicine Australia, you can still play "collision" sports like soccer and contact sports like netball.

***Australian Women's Health*, p.47, September 2009**
Circulation – 86,500

Wear your mouthguard

Sportspeople are reminded that mouthguards are designed to be worn – not to be tucked into socks, the Chief Executive Officer of Sports Medicine Australia, Mr Gary Moorhead said. He was commenting on Hawthorn footballer Lance Franklin having a tooth knocked out in a marking contest against St Kilda's Zac Dawson.

***Lithgow Mercury*, NSW, p.20, 25/8/2009**

Circulation – 3,800

The hot topic in sport

Local football and hockey players risk life-threatening injuries if they are not properly hydrated in the unexpected winter heat experienced over the past few days, according to a Southern Cross University academic. Sports Medicine Australia rates heat stroke as a life-threatening condition. According to Sports Medicine Australia, which has produced a set of guidelines for sport in hot weather, competitors may produce 15 to 20 times the heat they produce at rest, which can raise the core body temperature by one degree for every five minutes of exercise if no temperature-regulating mechanisms are activated.

***Lismore Northern Star*, NSW, p.40, 26/8/2009**

Circulation – 14,903

Video fitness games

ABC TV, Interviewed Professor Adrian Bauman

Anabolic steroids

SBS Radio, Dr Bruce Mitchell