

## **Sports Medicine Australia media review**

### **April 2010**

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#### **Preventing football and netball injuries**

**ABC Central Victoria, VIC, 9/4/2010, 9.20am, Interviewed Dr David Bolzonello**

#### **Girl power**

Jan Stirling, Australia's most successful basketball coach, and Jenny Williams, a psychologist, have redefined the club's leadership group and become part of the new face of Port Adelaide. Now the Executive Officer of Sports Medicine Australia, Stirling sees the chance to enter the inner sanctum of an AFL club as another one of life's great experiences.

***Sydney Morning Herald, NSW, 9/4/2010***

#### **SMA TAS Conference**

**ABC TAS, TAS, 12/4/2010, Interviewed Lynne Sheehan**

#### **CleanEdge**

**Live it Up 2, 3e (Education textbook)**

#### **Sports med**

The winter sports season is upon us, with the call going out from Sports Medicine Australia for people to get involved in providing a vital service for local sport. Starting off the training courses is the Elastoplast Strap Smart Taping Workshop.

***Centralian Advocate, NT, p.59, 9/4/2010***

**Circulation – 6,992**

#### **Tendon talks**

A Talking About Tendons conference will be held at Hobart's Old Woolstore on May 1. Hosted by Sports Medicine Australia's Tasmanian Branch, the conference will provide health professionals with the latest developments on tendon pathology, treatment and risk.

***Launceston Examiner, TAS, p.29, 13/4/2010***

**Circulation – 32,245**

#### **Passion drives volunteer: Altruism extends to her working hours**

For Earlwood resident Peggy Huang volunteer work is not just a hobby it's a passion. Ms Huang works as a student ambassador at Sydney University, serves as a casual youth activities officer at Belmore Youth Resource Centres, is a trainer for Sports Medicine Australia at race events.

***Canterbury-Bankstown Express, NSW, p.9, 13/4/2010***

**Circulation – 84,619**

**UV exposure and heat illness guide**  
**Active Education magazine, VIC issue**

**Triathlons for older people**  
**Body + Soul, Interviewed Dr Peter Nathan**

**Heart health**  
**Retail Pharmacy, Interviewed Dr Ian Gillam**

**New exercise guidelines for chronic heart failure patients**  
The *Exercise Training and Chronic Heart Failure* position statement, published in Sports Medicine Australia's *Journal of Science and Medicine in Sport* (JSAMS), was launched today at the ESSA Conference 2010 on the Gold Coast by Co-author Professor Steve Selig and JSAMS Editor Professor Gregory Kolt.  
**Australian Healthcare and Hospitals Association – NEWS**

**Safer Sport**  
**Sportshorts newsletter**

**Stepping up to the plate**  
According to Sports Medicine Australia spokesperson, Dr David Bolzonello, there are a number of things pharmacy staff can do to reduce the risk of injury for 'new' sportspeople.  
**Retail Pharmacy, p.43, April 2010**

**Smartplay facts - Protect your smile**  
**Leisure Networks Melton Enews**

**Safer sport**  
**Totally wild**

**Magpies to host workshop on sports injury prevention**  
Hosted by the Denmark Magpies Football Club, Sports Medicine Australia is running an interactive and practical workshop on sports injuries.  
**Denmark Bulletin, WA, p.9, 15/4/2010**  
**Circulation – 2,300**

**Exercising while pregnant**  
**Cosmo Pregnancy, Interviewed Dr Anita Green**

**Protective equipment**  
**Medibank Feelbetter**

**Preventing walking injuries**  
**Medibank Feelbetter**

**Balanced competition**  
**4GR Toowoomba, QLD, 21/4/2010, Interviewed Mark Brown**

**Overtraining**  
**Body + Soul, Interviewed Dr Ian Gillam**

**Special delivery**

You can prepare your body for the birth of your child just as you would prepare your body for a marathon. According to Sports Medicine Australia's Exercise in Pregnancy fact sheet: "No studies have determined a safe upper limit of exercise, but as pregnancy continues, increased size and fatigue generally cause most women to lessen their participation.

***Herald Sun, VIC, p.35, 26/4/2010***

**Circulation – 514,000**

**Down not out**

Dr Shane Brun, spokesman for Sports Medicine Australia says the first step is to be assessed and treated properly. "With any injury that interferes with sport, it's a cue that something's not right. Things just don't miraculously get better. You need someone who knows what they're doing to give you the right advice."

***Australian Men's Fitness, May 2010***

**Psychology of playing sport with no reward**

**Australian Associated Press, 28/4/2010, Interviewed Jacqui Louder**

**Booze bad after sport**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a study has found. Author Matthew Barnes, of Massey University, said when alcohol was consumed the loss of muscle performance was far greater – nearly twice as much. Sports Medicine Australia Chief Executive Nello Marino said the research should be a wake up call to sports clubs whose post-game routine including drinking alcohol. The study is published in Sports Medicine Australia's *Journal of Science and Medicine in Sport*.

***Herald Sun, VIC, p.18, 28/4/2010***

**Circulation – 514,000**

**Post game drinks warning**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study featuring in the Journal of Science and Medicine in Sport (JSAMS), published by Sports Medicine Australia investigated whether the consumption of alcohol post exercise has an effect on recovery.

***Loddon Times, VIC, p.8, 28/4/2010***

**Circulation – 945**

**Mental and physical advantages of childbirth**

**Courier Mail, QLD, 29/4/2010, Interviewed Dr Anita Green**

**Alcohol affects recovery**

Even a moderate amount of alcohol slows recovery from strenuous exercise, a new study has found. The study featuring in The Journal of Science and

Medicine in Sport (JSAMS), published by Sports Medicine Australia, investigated whether the consumption of alcohol post exercise has an effect on recovery. Sports Medicine Australia chief executive officer Nello Marino said both studies should be a wake up call to sports clubs whose post game routine includes the consumption of alcohol.

***Walcha News, NSW, p.10, 29/4/2010***

**Circulation - 730**

### **Healthy dads and healthy kids**

An award-winning program to help dads lose weight while teaching kids about healthy lifestyle behaviour begins this week in Singleton, and will be rolled out across the region over the next 12 months. Associate Professor Phil Morgan from the University of Newcastle won a prestigious Asics Medal from Sports Medicine Australia in October for the 'Healthy Dads, Healthy Kids' weight loss program.

***ABC Newcastle, NSW, 30/4/2010***

### **Sporting recovery affected by alcohol**

A NEW Sports Medicine Australia study has found that even moderate amounts of alcohol after sport will slow physical recovery. Sports Medicine Australia chief executive officer Nello Marino said both studies should be a wake up call to sports clubs whose post game routine includes the consumption of alcohol.

***Northern Times, VIC, p.17, 30/4/2010***

**Circulation – 2,084**

### **Hit your straps**

Smartplay, Sports Medicine Australia's sport safety and injury prevention program, offers these tips for preparing for winter sports... Those without formal taping training should always consult a sports medicine professional for advice. Sports Medicine Australia provides taping training in their Level 1 Sports Trainer course. For more information visit [www.sma.org.au](http://www.sma.org.au)

**Vital Health, Winter 2010**