

Sports Medicine Australia media review June 2010

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**Present and future doping research at UNSW – Smart talk AIS
ABC666, ACT, 24/5/2010, Interviewed Dr Jason Mazanov**

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104.7FM, ACT, 24/5/2010, Interviewed Dr Jason Mazanov**

**Present and future doping research at UNSW – Smart talk AIS
106.3FM, ACT, 24/5/2010, Interviewed Dr Jason Mazanov**

**Present and future doping research at UNSW – Smart talk AIS
ABC with Mike Walsh, ACT, 24/5/2010, Interviewed Dr Jason Mazanov**

New clubrooms top venue for sports medicine workshop

The practical side of handling sports injuries was the focus of the Denmark Walpole Football Club hosted Sports Medicine Australia workshop on May 3.

Denmark Bulletin, WA, p.19, 27/5/2010

Circulation – 2,300

Traditional Chinese medicine/acupuncture: does it play a role in the treatment of sports injury

ABC666, ACT, 31/5/2010, Interviewed Peter Garbutt

Budgeting for sport development

Sports Medicine Australia applauds the 2010 Budget's spending on community sport over the next four years. Sports Medicine Australia Chief Executive Officer Nello Marino says we hope this will provide community sport with the opportunity it needs to improve its capacity in a number of important areas including injury prevention and management.

Cairns Bulletin, QLD, p.2, May 2010

Budget win for sport

Sports Medicine Australia applauds the 2010 Budget's spending on community sport over the next four years. Sports Medicine Australia Chief Executive Officer, Nello Marino says we hope this will provide community sport with the opportunity it needs to improve its capacity in a number of important areas including injury prevention and management.

The Westerner, QLD, p.44, 1/6/2010

Circulation – 17,000

SMX2010

WIN TV, 02/6/2010, Shaun Sotheby

Preparation reduces winter sports injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr Shane Brun says wintry conditions should not be a barrier to exercising. To help prepare for winter sports, Sports Medicine Australia, offers these tips.

Bingara Advocate, VIC, p.12, 1/6/2010

Circulation – 950

Cold start to exercise can cause injury

During winter Ipswich people are being warned to prepare for the cold conditions or risk injuries while exercising. Sports Medicine Australia spokesperson Dr Shane Brun said chilly conditions should not be a barrier to exercising, and most cold related injuries could be prevented with preparation and the correct equipment.

Queensland Times, QLD, p.7, 2/6/2010

Circulation – 10,512

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Portland Observer, VIC, p.22, 2/6/2010

Circulation – 3,856

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Glen Innes Examiner, NSW, p.23, 3/6/2010

Circulation – 2,071

Survival of the smartest

The Australian Dental Association urges Australians to protect all 32 of their teeth and their jaw by wearing a custom-fitted mouthguard when playing sport. Sports Medicine Australia, South Australian Branch, in its Injury Surveillance of South Australian Sporting Participants, reports that apart from hockey, the wearing of a mouthguard is generally low in sports in which a risk of injury to the mouth was regarded as high.

Times Victor Harbor, SA, p.30, 3/6/2010

Circulation – 7,304

Warning: cold conditions can cause sports injuries

Burdekin athletes are being warned that even in north Queensland, cold conditions can cause injuries. Sports Medicine Australia has warned anyone doing physical activity of the needs to properly warm up over the coming winter months.

***The Advocate*, QLD, p.4, 4/6/2010**

Circulation – 4,118

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***Central Queensland News*, QLD, p.32, 4/6/2010**

Circulation – 4,875

Association between clean house and fitness

ABC Regional, VIC, 4/6/2010, Interviewed Dr David Bolzonello

Drugs in sport

Men's Health, Interviewed Matthew Dunn

Steve has special warts and all interest

Steve Lynch is a member of the Australian Podiatry Association, Sports Medicine Australia and is the podiatrist for the Cairns Base Hospital High Risk Foot Clinic.

***Innisfail Advocate*, QLD, p.14, 5/6/2010**

More balls, skipping ropes needed

Schools looking to make children more active simply need to provide more balls, skipping ropes, racquets and hoola hoops, a new study has shown. The study based on 3,006 students from 23 primary schools, featured in the March 2010 issue of *The Journal of Science and Medicine in Sport* (JSAMS), published by Sports Medicine Australia, investigated the relationship between school playground characteristics and child activity levels.

Southern Courier online, NSW, 6/6/2010

A cool way to health

Exercising or playing sport in cold conditions can lead to injuries such as sprains, strains and blisters and in extreme cold conditions snow blindness, frostbite and hypothermia can occur. Sports Medicine Australia spokesman David Bolzonello says wintry conditions should not be a barrier to exercising. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips... For further advice on how to prepare for cold conditions visit www.smartplay.com.au

***Herald Sun*, VIC, p.39, 7/6/2010**

Circulation – 535,000

Preparation reduces winter sports injuries

During winter Sports Medicine Australia has warned people of the need to prepare for the cold conditions or risk injuries. Sports Medicine Australia spokesman Dr Shane Brun said wintry conditions should not be a barrier to exercising.

Warracknabeal Herald, VIC, p.14, 8/6/2010

Circulation – 1,964

Prepare the body properly for winter season exercise

With temperatures set to drop to new lows as winter continues in Narrogin, Sports Medicine Australia has reminded active people of the need to prepare the body for cold conditions.

Narrogin Observer, WA, p.9, 9/6/2010

Circulation – 2,523

Help to prevent winter injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. Sports Medicine Australia spokesperson, Dr Shane Brun says wintry conditions should not be a barrier to exercising. To help prepare for winter sports, Sports Medicine Australia, offers these tips.

Warrnambool Extra, VIC, p.17, 9/6/2010

Circulation – 12,801

Winter exercise

During winter Sports Medicine Australia has warned people of the need to prepare for the cold conditions or risk injuries. Sports Medicine Australia spokesman Dr Shane Brun said wintry conditions should not be a barrier to exercising.

Ipswich Advertiser, QLD, p.3, 9/6/2010

Circulation – 34,769

Marathons

Australia Talks, 9/6/2010, Interviewed Dr Ian Gillam

Forum on Depression & Anxiety in the injured athlete

ABC Drive, ACT, 9/6/2010, Interviewed Dr Rob Reid

Forum on Depression & Anxiety in the injured athlete

2CC, ACT, 9/6/2010, Interviewed Dr Jason Mazanov

Preventing winter sports injuries

Australian Associated Press, 10/6/2010, Interviewed Dr David Bolzonello

Preparation reduces winter sports injuries

Now that winter is officially here, people who are active on the sports field on the Monaro need to prepare for the cold conditions or risk injuries. Sports Medicine Australia spokesperson Dr Shane Brun says wintry conditions should not be a barrier to exercising.

Cooma Monaro Express, NSW, p.22, 10/6/2010

Circulation – 1,694

Winter warning

Active people need to prepare for the cold of winter or risk injuries, Sports Medicine Australia warns.

Range News, QLD, p.15, 10/6/2010

Circulation – 14,481

Protection for teeth

The Australian Dental Association urges Australians to protect all 32 of their teeth and their jaw by wearing a custom-fitted mouthguard when playing sport. Sports Medicine Australia, South Australian Branch, in its Injury Surveillance of South Australian Sporting Participants, reports that apart from hockey, the wearing of a mouthguard is generally low in sports in which a risk of injury to the mouth was regarded as high.

Range News, QLD, p.30, 10/6/2010

Circulation – 14,481

A new specialty

From November this year, sports and exercise medicine will be recognised as a specialty by Medicare, which, according to sports physician Dr John Orchard, is good news. Sports Medicine Australia is one of the largest bodies involved in sports medicine which has more than 3000 members including physiotherapists, GPs, orthopaedic surgeons, podiatrists and other allied health professionals.

Australian Doctor, p.20, 11/6/2010

Circulation – 21,973

Winter injuries

Preparation is the key to reducing the chance of serious sports injury, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Shane Brun said wintry conditions should not be a barrier to exercising. Visit

www.sma.org.au

Canning Times, WA, p.54, 15/6/2010

Circulation – 34,803

Sports medicine: best in the world

The Australian, 17/6/2010, Interviewed Dr Andrew Garnham

Avoid winter sports injuries

Preparation is the key to reducing the chance of serious sports injury, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Shane

Brun said wintry conditions should not be a barrier to exercising. Visit www.sma.org.au

Eastern Suburbs Reporter, WA, p.63, 15/6/2010
Circulation – 53,172

How to train in winter

Preparation is the key to reducing the chance of serious sports injury, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Shane Brun said wintry conditions should not be a barrier to exercising. Visit

www.sma.org.au

Guardian Express, WA, p.47, 15/6/2010
Circulation – 28,318

Don't make cold call on your body

Preparation is the key to reducing the chance of serious sports injury, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Shane Brun said wintry conditions should not be a barrier to exercising. Visit

www.sma.org.au

Melville Times, WA, p.50, 15/6/2010
Circulation – 33,864

Sports in winter

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www.sma.org.au

Southern Gazette Vic Park, WA, p.58, 15/6/2010
Circulation – 40,419

Sports in winter

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www.sma.org.au

Southern Gazette South, WA, p.58, 15/6/2010
Circulation – 40,419

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www.sma.org.au

Southern Gazette Perth, WA, p.58, 15/6/2010
Circulation – 40,419

Don't make cold calls on the body

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Brun said wintry conditions should not be a barrier to exercising. Visit www.sma.org.au

Stirling Times, WA, p.59, 15/6/2010

Circulation – 38,323

Avoiding winter injuries

Preparation is the key to reducing the chance of serious sports injury, according to Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Shane Brun said wintry conditions should not be a barrier to exercising. Visit

www.sma.org.au

Wanneroo Times, WA, p.50, 15/6/2010

Circulation – 64,958

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North Central Review, VIC, p.20, 15/6/2010

Circulation – 12,581

Prevention better than cure

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

News Weekly (Merimbula), NSW, p.69, 16/6/2010

Circulation – 3,701

Staying active during winter, but be prepared

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

Bombala Times, NSW, p.16, 16/6/2010

Circulation – 1,500

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Sound Telegraph, WA, p.28, 16/6/2010

Circulation – 42,429

Exercise safely in the cold weather

As winter has finally arrived, Sports Medicine Australia have urged people who are active, need to prepare for the cold conditions, or they risk injury. Sports

Medicine Australia spokesperson, Dr Shane Brun, said wintry conditions should not be a barrier to exercising. All that is needed is good preparation.

Times Victor Harbor, SA, p.54, 17/6/2010

Circulation – 7,304

**Oakleigh Cannons Junior Football Club - Approaching Sport Safely
Macmillan VCE Physical Education**

**Smartplay Play Smart Report
Macmillan VCE Physical Education**

SMX2010

**ABC South Western Victoria (Warrnambool), VIC, 18/6/2010, Interviewed
Lynne Sheehan**

SMX2010

ABC Ballarat, VIC, 18/6/2010, Interviewed Lynne Sheehan

Hard sports grounds and injuries in focus at conference

The link between hard sports grounds and injury will be a key topic when Ballarat hosts the 12th Victorian Conference of Science and Medicine in Sport and Exercise today. Sports Medicine Australia Executive Officer Lynne Sheehan said hosting the event in Ballarat provided a better opportunity for sports professionals from country Victoria to attend.

Ballarat Courier, VIC, p.145, 19/6/2010

**Concussion
Sporting pulse**

Exercising minds and bodies

Victoria's leading lights in sports science and medicine descended on Ballarat at the weekend for a meeting of the minds. The 12th Annual Victorian Conference of Science and Medicine in Sport and Exercise was held at the Mercure Ballarat Hotel. Sports Medicine Australia National Media Manager, Amanda Wilson said "it helps build community based sports environments".

Ballarat Courier, VIC, p.7, 22/6/2010

Circulation – 18,631

Focus on: Running shoes

Podiatrist and Sports Medicine Australia WA Board Member, Fabio Egitto says when shopping for running shoes, it pays to have the shoes professionally fitted.

West Australian, WA, p.4, 22/6/2010

Circulation – 188,211

**ACT Branch – Talking Alcohol, illicit Drugs and Doping with Athletes
Forum**

2CC, ACT, 23/6/2010, Interviewed Jason Mazanov

ACT Branch – Talking Alcohol, illicit Drugs and Doping with Athletes Forum

104.7FM, ACT, 23/6/2010, Interviewed Jason Mazanov

ACT Branch – Talking Alcohol, illicit Drugs and Doping with Athletes Forum

ABC666, ACT, 23/6/2010, Interviewed Jason Mazanov

Avoid winter damage

While winter sports provide the opportunity to provide some social interaction and friendly competition, they can also lead to a higher risk of injury for the ill prepared. Recent statistics highlighted by Sports Medicine Australia show an increase of more than 30 per cent for sporting injuries during the winter months.

Airforce magazine, p.25, 24/6/2010

Circulation – 15,000

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Army magazine, p.44, 24/6/2010

Circulation – 15,000

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Navy magazine, p.21, 24/6/2010

Circulation – 15,000

Being hot to trot in winter

Winter is a prime time for sporting injuries, according to Victorian hospital data, which reports that they increase by more than 30 per cent during the season. That's why it's vital to prepare for being active in cold conditions , says Dr Shane Brun from Sports Medicine Australia.

Canberra City News, ACT, p.33, 24/6/2010

Circulation – 41,560

ACT Branch – Talking Alcohol, illicit Drugs and Doping with Athletes Forum

WIN TV

Warning on caffeine energy drinks

Young footballers and netballers may be putting their health at risk by consuming potentially fatal doses of caffeine. A Sports Medicine Australia forum held in Canberra this week outlined a troubling trend involving the increased

consumption of energy drinks and caffeine supplements by young people participating in weekend team sports.

Sunday Canberra Times, ACT, p.8, 27/6/2010

Circulation – 33,511

Rugby vs AFL injuries

Moonee Valley Weekly, Interviewed Nello Marino

Managing concussion

By Sports Medicine Australia. Learn how to recognise and treat this common sports injury. The syndrome of concussion is very common in sport. It is a transient condition with full recovery anticipated. However, it is often difficult to differentiate from more serious, life threatening injuries.

GameDay website, <http://sport.gameday.com.au>

Ace way to play it safe

Wimbledon is about to heat up as we head into the second week of the tournament. If watching all that tennis has inspired you to dust off the old tennis racquet, you first need to make sure you're not setting yourself up for an injury. Sports Medicine Australia spokeswoman Anita Green says: "Many common tennis injuries can be prevented by undertaking good preparation..."

www.smartplay.com.au

Herald Sun, VIC, p.39, 28/6/2010

Circulation – 535,000

Dangers of sports drinks

2CC, ACT, 29/6/2010, Interviewed Jason Mazanov

Rugby league looking for a level playing field

While the AFL continues its push into uncharted waters, going to great lengths to establish strongholds in regions of Australia where rugby league is entrenched, Moonee Valley could find itself the epicenter of a movement to spread the northern code down south. Sports Medicine Australia chief executive Nello Marino said there was very little data available to determine whether junior football or rugby was the safer sport. He said that with the right precautions both sports were a great idea.

Moonee Valley Community News