

Sports Medicine Australia media review

December 2011

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Beat the heat

With the warmer weather approaching and summer sports gearing up, it seems timely to provide some advice on how to keep safe while still being active in the warmer months. By understanding the causes of heat illness coaches, players and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Sports Medicine Australia Guidelines to minimise the risks.

Mirror, VIC, p.27, 30/11/2011

Circulation – 1,931

Importance of care

The importance of sideline and onfield medical care in sport was highlighted at a Sports Medicine Australia conference at Broncos Leagues Club on Saturday.

City South News, QLD, p.46, 1/12/2011

Circulation – 29,601

Sport and heat illness

With the warmer weather approaching and summer sports gearing up, it seems timely to provide some advice on how to keep safe while still being active in the warmer months. By understanding the causes of heat illness coaches, players and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Sports Medicine Australia guidelines to minimise the risks.

West Gippsland Trader, VIC, p.13, 1/12/2011

Circulation – 12,422

Taskforce role for McMahon

Former Bamawm resident Sharelle McMahon will lead a taskforce to investigate the issue of sports injury prevention. Sports Medicine Australia Victorian Branch executive officer Lynne Sheehan believed the taskforce would make a difference in grassroots sport.

Riverine Herald, VIC, p.31, 2/12/2011

Circulation – 5,723

At the crease

All clubs, especially those involving junior players, should immediately familiarise themselves with Sports Medicine Australia's Hot Weather Guidelines and Beat the Heat brochure.

West Wyalong Advocate, NSW, p.15, 2/12/2011

Circulation – 1,402

Health focus

South Launceston Little Athletics Centre is expanding its health push. Health organisations will be represented including Sports Medicine Australia.

Launceston Examiner, TAS, p.105, 3/12/2011

Healthy lifestyle gives athletes the jump on life

Apple suits aren't an athlete's normal running attire. But South Launceston Little Athletics president Mick Halaby had good cause for jumping hurdles in the suit yesterday. The expo also featured tents by Sports Medicine Australia...

Sunday Examiner, TAS, p.16, 4/12/2011

Circulation – 37,279

Stay water safe this summer

Summer is well and truly here and for most Australians that means dusting off the goggles and diving into the pool or the ocean for a swim. To avoid injuries and keep you in the swim,

injury prevention organisation Smartplay recommends these safety tips... For more information about safe swimming go to www.smartplay.com.au

Northern Miner, QLD, p.13, 6/12/2011

Circulation – 2,877

Taskforce formed

A recently established Sports Injury Prevention Taskforce will greatly aid in the reduction of sports injury rates, Sports Medicine Australia Victorian Branch Executive Officer, Lynne Sheehan said last week.

Portland Observer, VIC, p.11, 5/12/2011

Circulation – 3,616

Fit for purpose: Australia's National Fitness Campaign

Perhaps more importantly, the Act nurtured the emergence of physical education, recreation and sports medicine bodies, including the Australian Council for Health, Physical Education and Recreation and the Australian Sports Medicine Association (now Sports Medicine Australia).

Medical Journal of Australia, p.714, 5/12/2011

Circulation – 27,082

Tennis safety loved by all

With The Australian Tennis Open inspiring many to take to the sport, tennis players can get an advantage via Sports Medicine Australia's Preventing Tennis Injuries Fact Sheet.

Moorabool News, VIC, p.44, 6/12/2011

Circulation – 11,000

Exercising in the heat

The West Australian, 7/12/2011, Interviewed Romain Meeusen

Summer sport tips

With summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia Sports Medicine Australia offers the following summer safety tips...

Cobar Weekly, NSW, p.34, 7/12/2011

Circulation – 2,000

Once the weather heats up, be prepared

Sports Medicine Australia says those who are active in summer need to prepare for hot weather conditions or risk heat injury. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Bombala Times, NSW, p.16, 7/12/2011

Circulation – 1,500

Summer precautions

With summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Gladstone Observer, QLD, p.29, 7/12/2011

Circulation – 7,144

Active residents more at risk of heat injuries

Those who are active need to prepare for the hot weather conditions or risk heat injury Sports Medicine Australia warns. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Midweek (MacKay & Sarina), QLD, p.1, 7/12/2011

Circulation – 2,913

Summer exercise warning

Sports Medicine Australia has warned people intending to exercise to prepare for hotter weather. Sports Medicine Australia spokesperson Dr Anita Green said while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid dehydration, heat illness and sometimes heat stroke.

The Weekly, NSW, p.9, 7/12/2011

Circulation – 3,087

Summer exercise safety

With summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Pittsworth Sentinel, QLD, p.15, 7/12/2011

Circulation – 1,500

Summer exercise safety

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Tamworth City News, NSW, p.39, 7/12/2011

Circulation – 16,507

Get prepared to exercise safely this summer

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Bingara Advocate, NSW, p.7, 7/12/2011

Circulation – 950

Get prepared to exercise safely this summer

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Canning Examiner, WA, p.14, 7/12/2011

Circulation – 47,080

Focus on medical care

The importance of sideline and on-field medical care in sport was highlighted at Sports Medicine Australia's Sports Trainer Conference in Brisbane on November 26.

South West News, QLD, p.60, 7/12/2011

Circulation – 40,570

Survive the heat

Drug and exercise warning – By overriding the body's natural temperature-regulation system, such prescribed drugs can place those taking them at a greater risk of overheating when exercising, particularly in hot conditions, according to physiologist Romain Meeusen, who spoke at the recent Sports Medicine Australia conference in Perth.

West Australian, WA, p.1, 7/12/2011

Circulation – 210,514

Stay safe these summer holidays

With summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Riverina Herald, NSW, p.12, 7/12/2011

Circulation – 22,264

Summer safety

With summer upon us, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia.

Yass Tribune, NSW, p.3, 7/12/2011

Circulation – 1,261

Be prepared

Active people need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia.

City News, QLD, p.16, 8/12/2011

Circulation – 49,829

Avoid a summer mischief

Summer is always a great time to get active however sports Medicine Australia is warning locals to prepare for hot weather conditions or risk heat injury.

Post Weekly Goulburn, VIC, p.3, 8/12/2011

Circulation – 4,116

Heat warning issued to those undertaking sports

With summer now officially here, June residents are warned to minimise their risk of suffering a heat related injury – either during sport or exercise. “Heat illness is a serious matter that can result in the life-threatening condition of heat stroke, if left untreated,” doctor Anita Green from Sports Medicine Australia said.

Southern Cross, NSW, p.8, 8/12/2011

Circulation - 836

Safety in spotlight

The importance of sideline and onfield medical care in sport was highlighted at a Sports Medicine Australia conference at Broncos Leagues Club on Saturday.

City North News, QLD, p.48, 8/12/2011

Circulation – 28,780

Exercise cautiously and safely in summer

With Summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Cooma Monaro Express, NSW, p.21, 8/12/2011

Circulation – 1,660

Heat illness is serious

With Summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Armadale Examiner, WA, p.34, 8/12/2011

Circulation – 59,875

Take care exercising this summer

With Summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Castlemaine Mail, VIC, p.28, 8/12/2011

Circulation – 2,762

Heat stroke risk

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Queensland Times, QLD, p.10, 10/12/2011

Circulation – 13,566

Watch out for heat illness

People who are active need to prepare for hot conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Subiaco Post, QLD, p.91, 10/12/2011

Exercise safely in summer

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Murray Pioneer, SA, p.15, 13/12/2011

Circulation – 6,400

Don't overdo exercise during summer

With Summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Hunter Post, NSW, p.8, 14/12/2011

Circulation – 24,573

Heat, exercise a risky mix

Rockingham and Kwinana residents who continue their fitness regime throughout summer and being warned to recognise the symptoms of heat injuries. Sports Medicine Australia spokeswoman Anita Green said being active in hot or humid conditions can lead to dehydration, heat illness and sometimes the more serious consequence of heat stroke.

Sound Telegraph, NSW, p.32, 14/12/2011

Circulation – 21,000

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Newcastle and Lake Macquarie Post, NSW, p.16, 14/12/2011

Circulation – 114,972

Casale builds on proven passion

Completing various update courses during the offseason including Sports Medicine Australia certification, Advanced Sports Strapping and First Aid, Masters is geared for the pending season and is ready to take charge of his squad.

Herbert River Express, QLD, p.15, 14/12/2011

Circulation – 2,882

Beware of heat stroke this summer

If you're thinking about working off the kilos you gained over the festive break, you're already on the right track. Sports Medicine Australia's Dr Anita Green says that while physical activity is important for overall health, in the hot months precautions need to be taken to avoid heat injuries.

Central Coast Express-Advocate, NSW, p.54, 14/12/2011

Circulation – 63,100

Summer exercise safety

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Bega District News, NSW, p.50, 16/12/2011

Circulation – 2,732

Sally's running repairs fear

World champion hurdler Sally Pearson's Olympic dream could be shattered if her latest injured is treated poorly. Dr Brun, from Sports Medicine Australia, said early treatment was critical.

Hobart Mercury, TAS, p.53, 20/12/2011

Circulation – 44,084

Injury shakes Pearson dreams

World champion hurdler Sally Pearson's Olympic dream could be shattered if her latest injured is treated poorly. Dr Brun, from Sports Medicine Australia, said early treatment was critical.

Northern Territory News, NT, p.36, 20/12/2011

Circulation – 22,161

Expert fears for Pearson dream

World champion hurdler Sally Pearson's Olympic dream could be shattered if her latest injured is treated poorly. Dr Brun, from Sports Medicine Australia, said early treatment was critical.

Courier Mail, QLD, p.62, 20/12/2011

Circulation – 194,949

Injury dents Sally's hopes

World champion hurdler Sally Pearson's Olympic dream could be shattered if her latest injured is treated poorly. Dr Brun, from Sports Medicine Australia, said early treatment was critical.

Herald Sun, VIC, p.102, 20/12/2011

Circulation – 481,573

Caution for summer workouts

Working out to get that summer body is hard work, but it's important to know how to exercise safely. While people need to exercise regularly to stay healthy, they should take certain precautions if exercising in a hot or humid environment said spokesperson for Sports Medicine Australia, Dr Anita Green.

Border Chronicle, SA, p.15, 21/12/2011

Circulation – 2,050

Hot weather exposes athletes to heat injury

With Summer here, those who are active need to prepare for hot weather conditions or risk heat injury, warns Sports Medicine Australia. Sports Medicine Australia spokesperson Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken to avoid heat injuries.

Riverine Herald, VIC, p.28, 26/12/2011

Circulation – 5,723