

# Sports Medicine Australia media review

## January 2012

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### **Jayne a natural-born competitor**

Her qualifications and achievements include her role as a national adviser and fellow of the Australasian Academy of Podiatric Sports Medicine, gaining a post graduate degree in podiatric medicine from the University of Westminster and acting as a fellow and state board member of Sports Medicine Australia.

**Townsville Sun, QLD, p.9, 4/1/2012**

**Circulation – 55,858**

### **Exercise safely 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.

**On the Coast, SA, p.25, January 2012**

**Circulation – 15,400**

### **New exercise guidelines for asthma patients**

Asthmatics will be better informed of safe and effective exercise with a new position statement released to coincide with National Asthma Week. Developed by Exercise & Sports Science Australia, the Exercise and Asthma position statement published in Sports Medicine Australia's Journal of Science and Medicine in Sport, aims to provide guidelines for exercise and health professionals around safe and effective exercise prescription and supervision of patients with asthma.

**Hamilton Spectator, VIC, p.13, 10/1/2012**

**Circulation – 5,392**

### **Beat the summer heat**

With the warmer weather approaching and summer sports in full swing, it seems timely to provide some advice on how to keep safe while still being active in the warmer months. Vigorous exercise can place some people at risk of heat illness, especially in hot weather. A joint venture between Sports Medicine Australia Victorian Branch's Smartplay project, together with the Cancer Council's Sunsmart has produced a UV Exposure and Heat Illness Guide.

**South Gippsland Sentinel Times, VIC, p.36, 10/1/2012**

**Circulation – 9,800**

### **New exercise guidelines for asthma patients**

Asthmatics will be better informed of safe and effective exercise with a new position statement released to coincide with National Asthma Week. Developed by Exercise & Sports Science Australia, the Exercise and Asthma position statement published in Sports Medicine Australia's Journal of Science and Medicine in Sport, aims to provide guidelines for exercise and health professionals around safe and effective exercise prescription and supervision of patients with asthma.

**Casterton News, VIC, p.9, 11/1/2012**

**Circulation – 1,276**

**Game heats up for Aus Open players - reminder for us all**  
**MTR, VIC, 17/1/2012, Interviewed Dr Shane Brun**

### **Stay cool in the sun – Take precautions to prevent heatstroke**

Sports Medicine Australia's 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.

**Canterbury-Bankstown Express, NSW, p.39, 17/1/2012**

**Circulation – 74,140**

**Stay cool in the sun – Take precautions to prevent heatstroke**

Sports Medicine Australia's 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.

**Hills Shire Times, NSW, p.64, 17/1/2012**

**Circulation – 64,872**

**Stay cool in the sun – Take precautions to prevent heatstroke**

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**Penrith Press, NSW, p.39, 17/1/2012**

**Circulation – 54,845**

**Stay cool in the sun – Take precautions to prevent heatstroke**

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**Blacktown Advocate, NSW, p.38, 18/1/2012**

**Circulation – 51,368**

**Stay cool in the sun – Take precautions to prevent heatstroke**

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**Central Coast Express-Advocate, NSW, p.55, 18/1/2012**

**Circulation – 63,109**

**Stay cool in the sun – Take precautions to prevent heatstroke**

Sports Medicine Australia's 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.

**Fairfield Advance, NSW, p.69, 18/1/2012**

**Circulation – 56,116**

**Stay cool in the sun – Take precautions to prevent heatstroke**

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**Liverpool Leader, NSW, p.69, 18/1/2012**

**Circulation – 58,271**

**Stay cool in the sun – Take precautions to prevent heatstroke**

Sports Medicine Australia's 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.

**Northern District Times, NSW, p.46, 18/1/2012**

**Circulation – 58,337**

**Keeping it cool**

Sports Medicine Australia's 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.

**Mt Druitt St Marys Standard, NSW, p.42, 18/1/2012**

**Circulation – 44,210**

**Stay cool in the sun – Take precautions to prevent heatstroke**

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**Parramatta Advertiser, NSW, p.72, 18/1/2012**

**Circulation – 82,656**

**Fix it with Physio**

After twenty years on Second Avenue at Five Dock, Physiotherapist Jason Power is moving Five Dock a few blocks away to Barnsta Road, not far away from Tiger Five Dock Bowling Club. He is a regular lecturer for Sports Medicine Australia.

**Burwood Scene, NSW, p.15, 18/1/2012**  
**Circulation – 63,000**

**Take extra care with summer exercise**

Sports Medicine Australia's Dr Anita Green says that while physical activity is important for overall health, in the hotter months certain precautions need to be taken.

**Sarina & District Advertiser, p.15, 18/1/2012**  
**Circulation – 4,500**

**Stay cool in the sun – Take precautions to prevent heatstroke**

Sports Medicine Australia's 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.

**Hornsby Advocate, NSW, p.57, 19/1/2012**  
**Circulation – 51,399**

**Not so hot under the collar – Look out for signs of illness**

Being active or exercising in hot or humid conditions can lead to dehydration, heat illness and sometimes the more serious consequences of heat stroke. Sports Medicine Australia's 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.

**Mosman Daily, NSW, p.40, 19/1/2012**  
**Circulation – 36,571**

**Aus Open tennis inspiration**

**ABC Radio Newcastle, NSW, 24/1/2012, Interviewed Dr Anita Green**

**Gradual preparation is key**

**Medical Minute, 26/1/2012, Interviewed Ian Gillam**

**Heat and illness**

Exercising or playing sport in hot and humid conditions can lead to dehydration, heat illness and sometimes the more serious consequence of heat stroke. Simple things such as staying hydrated by drinking water before, during and after exercise, avoiding the hottest part of the day.

**Cairns Sun, QLD, p.8, 25/1/2012**  
**Circulation – 56,832**

**Urgent need for more strength-based training for our aging Australians**

Aging Australians are losing strength with as few as 15% of them completing strength based training. That's according to CQ University's Dr Brendan Humphries, who recently presented to the Australian Conference of Science and Medicine in Sport.

**Rockhamptom Mirror, QLD, p.4, 25/1/2012**  
**Circulation – 24,635**

**Rugby league injuries and national register of sports injuries**

**Sydney Morning Herald, NSW, 27/1/2012, Interviewed Dr John Orchard**

**Don't let these TV shows fool you**

With Kevin Federline's recent collapse and suspected heart attack on weight loss reality shows Excess Baggage and with The Biggest Loser back on our screens, it serves as a reminder that a gradual approach to fitness is key. Dr Ian Gillam, Exercise Physiologist, Sports Medicine Australia.

**Northern Daily Leader, NSW, p.18, 28/1/2012**

**Hot as hell, but the brickies soldier on**

Sports Medicine Australia WA warned sporting bodies to consider cancelling activities over the next few days or postponing them until cooler weather because of the danger of dehydration and heatstroke.

**Weekend West, WA, p.7, 28/1/2012**  
**Circulation – 333,768**

**Easy does it**

With Kevin Federline's recent collapse and suspected heart attack on weight loss reality shows *Excess Baggage* and with *The Biggest Loser* back on our screens, it serves as a reminder that a gradual approach to fitness is key. Dr Ian Gillam, Exercise Physiologist, Sports Medicine Australia.

***South Eastern Times, SA, p.11, 31/1/2012***

**Circulation – 2,600**