

# LETTER



# SPORTS MEDICINE

## President's Message

*Presented at the  
13th Annual Meeting  
during the Business  
Session, April 19, 2004  
at the Westin Bayshore  
in Vancouver, British  
Columbia*



### **Margot Putukian, M.D., F.A.C.S.M. AMSSM President**

My first order of business is to announce and thank our Officers and Board Members for 2004. Our Officers include James M. Moriarty, 1st Vice President; Paul Stricker, our elected 2nd Vice President; Bob Dimeff, Secretary Treasurer; and Karl B. Fields, our immediate past president. Our Board Members include Elizabeth Joy, Francis O'Connor, Steve Simons, Katherine Dec, John DiFiori, and Dave Jenkinson. Congratulations to our re-elected Board Members Kim Harmon and Craig Young and our new Board Members Lisa Callahan, Dave Cosca, Susan Joy, and Mark Lavalle. I want to start by thanking the membership, for the honor and privilege to serve you. Secondly, to Paul Stricker, as a friend and a colleague, a fellow-fellow, for his hard work and dedication, and a great 2004 program. Then to Jody Gold, for all the help she will undoubtedly provide me in the future, and to Bert Fields, for his excellent leadership and advice. Finally, thanks to my mentors: first, Jim Swenson, who I met during my Internal Medicine residency at Strong Memorial Hospital in Rochester NY. Secondly, to Doug McKeag and Dave Hough, my fellowship directors, for taking a chance on an internist. A special thanks to Doug for all of his continued guidance.

My objectives today are to give you a historical perspective of AMSSM, some of my "big picture" ideas on what makes AMSSM special, and some areas where I believe we are ready to take action. When I think back to 1984, when I was first considering a career in "sports medicine," it amazes me to realize AMSSM was really not on the radar. I wrote 50+ letters

to various people listed under sports medicine, and heard back from Dr. McKeag, as well as, an orthopedic surgeon from Chicago. Both told me to keep my interest alive and follow whatever discipline interested me the most. When I finished medical school in 1989, AMSSM was still considered a "dream" in the eyes of our founders. I wrote additional letters, as most who are fellowship trained probably did. I received letters back from Rob Johnson, Jeff Tanji, Jim Puffer and John Lombardo, some of the few fellowship directors with programs at that time. I finished my residency and matched at Michigan State University. I remember just after the match receiving calls from Bob Dimeff and Gary Green. They cared enough to call to make sure that I matched somewhere. I remember thinking this was a lot different than the matching process of residency. In my fellowship year, I met Greg Landry during a football game. I remember him telling me that where you did your fellowship didn't matter much. In the end, if you stayed in sports medicine, the relationships, both working and friendships, would grow. All the fellowship program directors would have an impact on you. He said "sports medicine is a small world." As I look back now to see and realize the resolve, insight, and incredible vision the AMSSM founders had, and how proud they must all be now to see where this organization has gone... it truly amazes me.

The 2nd Annual Meeting in 1993 was my first, and there were a lot of other firsts that took place at the same time. 1993 was the first Fellowship Olympics, the first "Current Concepts for the Team Physician" meeting, and the first Joint Commission on Sports Medicine and Science" meeting. In 1994, the first handoff of presidency from Lombardo to McKeag took place (the first two presidents served two year terms). This was described in the newsletter as "a team effort; not the accidental result of good fortune, but rather AMSSM is the prize that results from years of training and preparation. Transition from Lombardo to McKeag is not a long downfield pass, it's a handoff and a plunge forward to gain a few more yards."

In 1996, AMSSM was involved in filing an Amicus brief for the Nicholas Knapp vs. Northwestern case supporting the role of a team physician. It was noted for AMSSM at that time "we are recognized." Dr. Puffer was president when AMSSM included a Strategic Plan Meeting in January of 1997 to re-evaluate where we were and redefine our mission statement and goals. I was newly elected to the Board, and what I remember most about our January meeting was that we added "integrity" to our mission statement, and I was struck by what that meant.

“In all things, preserve integrity. It is the first step in the long journey to life. Matter not the obstacles, stand fast to integrity. It is life’s measure.”

Homer, The Odyssey

In 1997, the Research Skills Workshop was developed, the Young Investigator Award was initiated, and the AMSSM Foundation was developed. During the Division I Team Physician breakout session it was noted that “a void between the NCAA team physicians and AMSSM existed. During the HS breakout session, it was felt that AMSSM needed to enhance its relationship with the NCFHSA.

Also in June 1 of 1997, we hired Jody Gold as the new Executive Director of AMSSM. This was a start of a great new alliance. During our 1998 meeting, president Lee Rice represented AMSSM, along with representatives of AOSSM and ACSM for a symposium called “Clinical Sports Medicine in the 21st Century, Challenges & Opportunities” during the ACSM meeting. Afterwards, agreed to hold the first “Team Physicians’ Consensus Conference” in 1999. Brian Halpern in 2000, established the Economic task force, the fellowship assistance program, and provided an impetus for all of us that were committee chairmen to be productive. Since that time, with the leadership of Dr. Tanji, Dr. Johnson and Dr. Fields, AMSSM has continued to grow. There has always been a strong emphasis on the fellowship process, and there has been an attempt to foster and encourage research within our organization.

As the first fellowship trained president, I have strong feelings about what the fellowship process means. There are good and bad things about being part of a fellowship program. One of the benefits of being a fellow for this organization is that you were automatically part of a team member for the Olympics at the annual meeting. In addition, as a fellow, there were automatic colleagues formed in terms of fellows going through fellowship at the same time (fellow-fellows), as well as a group of people who had finished the same fellowship (former fellows), and those that you automatically looked after who followed in your footsteps (future fellows). With the friendships formed between fellows, there is always someone to share a room with for AMSSM, as well as other meetings. Sharing a room for me meant asking questions in the middle of the night, and reviewing cases and presentations with others, as well as an opportunity to reunite and share the excitement and challenges of our lives with each other. I so treasure the roommates I’ve had at all the AMSSM meetings I’ve attended. The fellowship process also meant for me celebrating the life of Dr. David Hough with other’s who also had him as a fellowship director. Attending his funeral brought several of us back together again. I am so appreciative of having been mentored by him, and like so many of you who had the pleasure of knowing Dave as a founder, colleague, and friend, miss Dave so much. I often think of how proud he would be to see how this organization has grown.

As I enter into this year as president of AMSSM, I have big shoes to fill in Bert Fields. Bert was kind enough to host me during the fall of 2003, and has been a tremendous role model for me. I am sure that I will continue to ask him for advice, and hope to continue his hard work for the organization. He told me that if I listen to the membership and the advice of previous leaders of the organization, I will succeed in continuing the growth and success of our organization.

Since first joining AMSSM, those of you who know me, know that I absolutely love this meeting; AMSSM is a special organization so unique from others. One area where I feel this is apparent is in the quality of the membership. The example I gave during my presidential address discussed situations where it is easy to pass judgment on others. Though I may be biased, I do believe that most of the membership represents people that are not judgmental. Diversity is a good thing. Never be afraid to try something new. Remember that “amateurs built the ark, and experts built the Titanic.”

Bert spoke during his address about where we are now. The AMSSM board feels strongly that our emphasis remains a strong annual meeting. We want to continue to develop and encourage the growth of our organization. We need to continue to promote the growth of our membership, as well as the promotion of AMSSM. We have developed brochures and educational information about who we are and what we do. These are also available in slide format and can be downloaded and used by our membership to help promote AMSSM. We have also had a significant increase in our internet capabilities, and we are just at the tip of the iceberg with our internet growth. This will be an area to expect significant change and growth. We have built on our High School Initiative, and need to build on the interactions forged by Dr. Fields. We need to maintain our strong association with the NCAA, and for the Vancouver meeting we had both Dave Klossner and Randy Dick present information from the NCAA in an expanded time frame. We also need to continue to build on the collaborative efforts we are involved in: The Joint Commission on Sports Medicine and Science, the Team Physician Consensus Statements, and the Advanced Team Physician Meetings.

If you look at the Mission Statement and Goals for AMSSM, you’ll see that many of these goals are currently being met in a satisfactory or excellent manner. However, one goal which we do not currently excel in is the one which states our goals is “to develop, and lead in formulating, position statements, guidelines, and educational materials about sports medicine topics for both professional and lay use.” I feel that there are several areas where further work is needed.

First, we will create a task force to look at our Journal options for the coming years. I will ask Bert Fields to head this up and review our current Journal situation, as well as other opportunities. Second, it will be important to maintain the high level of work being performed by the committees. Thirdly, it is important that we begin to start our own initiatives. We will need to maintain

our current liaisons with other organizations and re-establish liaisons with our primary care boards (Family Practice, Internal Medicine, Emergency Medicine, Pediatrics, Physical Medicine and Rehabilitation).

In the past, our Board often wondered whether others were aware of AMSSM and who we were. I would argue that as we move into our second decade of growth, they do know who we are, and now they need to know what we think. It's time for us to become more proactive in developing our own initiatives and position statements.

So, why AMSSM? This is a group of physicians with common interests and common passions. AMSSM offers collegiality, as well as a diverse group of physicians that share vision, insight, and integrity, along with the ability to not pass judgment on others. We strive to educate each other, and as a whole, we are a group that sees the cup as full instead of empty. Most importantly, AMSSM offers friendship and collegiality in a variety of fun locations. We've traveled to a variety of places, and next year, we'll be in Austin Texas, April 16-20! Thanks again to all my hero's; Franz Beckenbauer, Bobby Orr, Kristine Lilly, Lance Armstrong, as well as Doug & Dave, Cindy, Aurelia, Connie, Kathy, Jim and all of this membership. A final thank you also to my family, my parents, and my fiancé, Joe and his son, Joel.

## **ELECTED 2004–2005 OFFICERS AND BOARD OF DIRECTORS**

### **OFFICERS**

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**Margot Putukian, M.D.**  
Princeton, NJ

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**Paul Stricker, M.D.**  
LaJolla, CA

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**Robert J. Dimeff, M.D.**  
Cleveland, OH

Immediate Past President  
**Karl B. Fields, M.D.**  
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**Lisa Callahan, M.D.**  
New York, NY

**David Cosca, M.D.**  
Sacramento, CA

**Katherine L. Dec, M.D.**  
Richmond, VA

**John P. DiFiori, M.D.**  
Los Angeles, CA

**Kimberly Harmon, M.D.**  
Seattle, WA

**David Jenkinson, D.O.**  
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**Elizabeth Joy, M.D.**  
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**Susan Joy, M.D.**  
Independence, OH

**Mark Lavalley, M.D.**  
South Bend, IN

**Francis O'Connor, M.D.**  
Fairfax, VA

**Steve Simons, M.D.**  
South Bend, IN

**Craig Young, M.D.**  
Milwaukee, WI

### **AWARDS**

The following awards were presented at the 13th Annual Meeting in Vancouver, British Columbia. \$500.00 cash awards and plaques were presented for the "Harry Galanty Young Investigator's Award" and "Best Overall Research Abstract." In addition, a \$250.00 cash award and plaque was presented for the "Best Research Poster." Two \$50.00 cash awards were given for the "Best 2 Minutes-2 Slides" presentations. This year's recipients were:

2004 Founders Award—John A. Bergfeld, M.D.

2004 Humanitarian Award—Barbara L. Drinkwater, Ph.D.

Best Overall Research—Brian Sennett, M.D.

Harry Galanty Young Investigator's Award—Jon Drezner, M.D.

Best Research Poster—David Priebe, M.D.

Best Case Poster—Jason Hix, M.D.

AMSSM Resident Scholarship Award—Chad Asplund, M.D.,

Spencer Richards, M.D.

Carlos Soto, M.D.

## AMSSM COMMITTEE REPORTS

### AMSSM Research Committee Report

#### 2004 Annual Meeting Recap

The committee is pleased to report that research abstract submissions increased by 27% over 2003. Ten abstracts were selected for “slide” presentation, and 17 were selected for poster presentation.

With the assistance of the Internet committee, all abstracts presented at the meeting will be posted on the web. In addition, all abstracts will be placed on the meeting's CD ROM.

#### Mission statement

The committee's mission statement was approved by the Board at the December 2003 meeting:

“The AMSSM research committee seeks to facilitate the pursuit of scientific investigations in sports medicine for the purpose of the advancement of the knowledge base in the discipline.”

#### Website

The committee has developed several items for an initial posting on the AMSSM website. (research submissions, posters, committee meetings, research awards and previous winners and links to potential funding organizations.) The internet committee has been most helpful in assisting our committee in establishing this.

#### Summer Research Workshop for Fellows

The 2003 meeting, coordinated by Tracy Ray MD, was another success. The meeting received excellent reviews from the fellows who attended.

The 2004 workshop will be held in Ann Arbor, MI on July 30th–August 1st. The program is being coordinated by Bob Kiningham, M.D. Details of the 2004 research workshop are available on the AMSSM website. Fellowship directors are encouraged to consider having their fellows attend this worthwhile educational program.

Respectfully submitted,  
John DiFiori, MD  
Chairperson, Research Committee

### PR committee report: 2004

**Mission Statement:** To support the stated mission and goals of AMSSM in matters of public relations, act as a liaison between AMSSM and other medical organizations. It will advise and assist AMSSM in increasing its presence in the medical and lay communities, and assist its members in developing enhanced public relations opportunities.

1. Coordinated with Internet Committee to develop and put on website PR information:
  - Completed Power Point presentation of our 3 PR brochures to be placed on members' only site for members to download for use.
  - Working with Sportdiscus feature for members—awareness of recent articles of interest.
  - Evaluating potential options for hyperlinks to website.
2. Finalizing media and organizational contact list for joint projects, press releases to increase awareness nationally of AMSSM.
3. Membership survey in process for needs of members.
4. Recent distribution to members and news sources of significant research and clinical topics presented at annual meetings.
5. Collaborating with ACSM in joint PR and organizational awareness.

As we move ahead with our current projects, we will be reviewing the survey results from you, all members, to determine other goals PR can fulfill for your needs.

Respectfully submitted,  
Katherine L. Dec, MD  
Chairperson, PR Committee

## SPORT DISCUS

Hopefully, many of you have visited the members only section of the AMSSM web page and familiarized yourself with Sport Discus (see directions in box below). This is a new benefit to all of our members. In April, your Board of Directors met with Rob Gallaher representing SIRC and agreed on a three year commitment to offer this resource to our membership.

Sports Discus has in excess of 650,000 references and adds an additional 28,000 yearly. These span the scope of sports medicine, rehabilitation, exercise physiology and related areas of sport science. In addition to standard journal articles, offerings include a range of resources such as books, book chapters, conference proceedings and even articles from e-journals. Members can also request full text articles and these will be mailed to them at no cost from SIRC.

Sports Discus has long been the leading resource many of us use for our sports medicine research. Having access on our web site should allow members in private practice or rural locations the same access to up-to-date information that they would have in a university setting. We hope our membership will find this an invaluable resource and look forward to your feedback.

AMSSM is pleased to provide its membership with a 4-month free trial subscription to the British Journal of Sports Medicine. This free subscription can be accessed by entering the Members Only section and clicking on the Journal link. Like Sports Discus, you will need to log in with your last name and AMSSM ID#. If you don't know your ID#, you may obtain your ID number by contacting the AMSSM office.

Please take advantage of this opportunity. BJSM is an online journal that has much to offer. Use their index of past articles, links, medline, and High Wire Search engines. As an organization with a growing membership, we have choices when it comes to selecting journals for affiliation with AMSSM. Enjoy!

### INFORMATION TO ACCESS JOURNAL LINKS FOR AMSSM MEMBERS:

- Enter AMSSM website: [www.amssm.org](http://www.amssm.org)
- Click on the link: Sport Discus Journal
- To access the password protected members only section, you are asked:  
"Please log in": type your last name and AMSSM ID#
- The screen will say: "Here it is!"  
Click on "Enter"
- Click on [Journal Links for Members](#)
- Click on the journal link you desire:
  - Sports Discus Journal
  - British Journal of Sports Medicine
  - Clinical Journal of Sports Medicine

## AMSSM FOUNDATION AWARDS – NOMINATIONS DUE: AUGUST 30, 2004



The AMSSM Foundation would like to solicit the AMSSM membership for nominations for the Founders and Humanitarian Awards which will be presented at the AMSSM 14th Annual Meeting at the Austin Hilton in Austin, Texas.

**PLEASE COMPLETE THE ATTACHED FORMS AND SEND IT TO THE AMSSM OFFICE BY AUGUST 30, 2004.**

**Founders Award**—Presented to the individual, group or organization who exemplifies the best we can be or do in sports medicine.

**Humanitarian Award**—To be given to an individual who has provided outstanding Humanitarian Service.

The following AMSSM members made a donation to the AMSSM Foundation in 2004. These were contributions received prior to and including the AMSSM 13th Annual Meeting, held April 17–20, 2004 at the Westin Bayshore in Vancouver, British Columbia.

Kenneth M. Bielak, M.D.	James Bryan, M.D.
Lisa Callahan, M.D.	Cindy Chang, M.D.
Donald Christie, M.D.	Katherine Dec, M.D.
John DiFiori, M.D.	Robert Dimeff, M.D.
Karl B. Fields, M.D.	Brian C. Halpern, M.D.
Kim Harmon, M.D.	Michael J. Henehan, D.O.
Warren B. Howe, M.D.	Dave Jenkinson, D.O.
R. Stephen Jennings, M.D.	Robert Johnson, M.D.
Liz Joy, M.D.	Thomas D. Kohl, M.D.
Greg Landry, M.D.	Mark Lavalley, M.D.
John Lombardo, M.D.	Christopher Madden, M.D.
Douglas McKeag, M.D.	Balakrishnan Natarajan, M.D.
James Puffer, M.D.	Margot Putukian, M.D.
E. Lee Rice, D.O.	James B. Robinson, M.D.
Ralph K.L. Rogers, M.D.	Stephen Simons, M.D.
Keith L. Stanley, M.D.	Paul R. Stricker, M.D.
Jeffrey Tanji, M.D.	Craig Young, M.D.

If you are interested in making a donation or if you would like more information about the AMSSM Foundation, please contact: [foundation@amssm.org](mailto:foundation@amssm.org)

## AMSSM/ACSM LIASON REPORT

### The American College of Sports Medicine, 50 Years of Bridging Science and Practice

A team doctor rushes to the aid of a sacked quarterback in a college football game in Illinois. In Massachusetts, a U.S. Army researcher studies the biomechanical impact of combat boots in order to reduce injuries in the ranks. A personal trainer explains to her client in Albuquerque how walking to work will improve health and may help shed pounds. Everywhere you look there are examples of the influence of the American College of Sports Medicine (ACSM). And that's not only in the United States, but in 80 countries worldwide.

The American College of Sports Medicine is celebrating its golden anniversary, 50 years of science and medicine. Membership in ACSM has grown from the 11 physicians and educators who founded the organization in 1954, to the more than 20,000 members found on the roles today.

"Multidisciplinary" is perhaps the only word that could be used to describe the wide scope of ACSM today. In addition to the job descriptions already mentioned, there are nutritionists, dentists, coaches, even veterinarians who belong to ACSM. The informal prerequisite for membership is an appreciation for scientific discovery and a commitment to the task of translating the proper techniques and health and fitness messages to the general public.

ACSM membership is divided into three categories, Basic and Applied Science, Education and Allied Health, and Medicine. Each of these categories complements the others and the scientific exchange between each is the key to ACSM accomplishing its mission as the world leader in the science and medical aspects of sports, exercise, and physical activity. The ultimate exchange of scientific discovery occurs each year at the ACSM Annual Meeting. More than 5,000 members gather to exchange the outcomes of their cutting edge research, or to learn from the field's top presenters. ACSM also presents an annual Health and Fitness Summit and Exposition. Designed as an opportunity for continued education for the health and fitness practitioner, this convention is quickly becoming a premier destination for professionals in the field.

ACSM enjoys several strategic partnerships with organizations such as NASA, the Centers for Disease Control and Prevention, and corporations like Gatorade and Reebok. (Currently, ACSM is partnering with the Canadian Academy Sports Medicine to develop public education materials that can be used by professionals to describe the Female Athlete Triad).

The ACSM currently partners with the AMSSM in sharing responsibility for planning and conducting the Advanced Team Physician Course and for exchanging lectureships at each other's annual meetings. A significant number of AMSSM physicians belong to and are active in both organizations. The ACSM, through its multidisciplinary nature, offers opportunities for primary care physicians to broaden their horizons through interactions with sports medicine specialist physicians, exercise science researchers, educators and other allied health professionals at annual meetings, through committee work and at the regional chapter level. The ACSM seeks to strengthen its ties to the leadership and general membership of liaison organizations such as the AMSSM. As those AMSSM members who are active in ACSM can attest, each organization fills a portion of your professional needs; both are different and each is special in its own way.

ACSM also offers the Gold Standard in certification programs. It is intended to be a tough test of a professional's abilities, and is becoming even more demanding. Now, in order to become an ACSM-certified Health/Fitness Instructor, ACSM Exercise Specialist, or ACSM Registered Clinical Exercise Physiologist, a candidate must first complete an academic degree through an institution with an approved curriculum.

In 2003 and 2004, ACSM communications focus will be on Youth Sports and Health Initiative. ACSM is creating and promoting resources designed to enhance physical activity, fitness, nutrition and overall health of young people in order to develop a life-long commitment to healthy living.

In short, whether you're a doctor, a vet, a sacked quarterback, or a wide-eyed kid learning how to be fit and healthy, ACSM has something to offer you!

## **MARK YOUR CALENDARS!**

**2004 RESEARCH WORKSHOP FOR SPORTS  
MEDICINE FELLOWS**  
**July 30–August 1, 2004**  
**University of Michigan**  
**Ann Arbor, Michigan**

For more info visit our website @ [www.amssm.org](http://www.amssm.org)

**2004 ADVANCED TEAM PHYSICIAN COURSE**  
**December 2–5, 2004**  
**Eden Roc Resort**  
**Miami, Florida**

The 2004 Advanced Team Physician Course will be held December 2–5, 2004 at the Eden Roc Resort in Miami, Florida. The entire AMSSM membership will receive a brochure for the Advanced Team Physician Course in late July or early August. Call the AOSSM National Office at (847) 292-4900 for more information.

**AMSSM 14th ANNUAL MEETING**  
**April 16–20, 2005**  
**Austin Hilton**  
**Austin, Texas**

If you are interested in ordering a polo shirt or any of these brochures for your office, please complete the order form below and send to the AMSSM office:

## AMSSM POLO SHIRTS

**AMSSM Polo Shirts are available in white with a green collar and AMSSM logo. This shirt is available in Small, Medium, Large, X-Large and XX-Large. The cost is \$30.00. Please complete the order form below and send to the AMSSM office.**

## AMSSM SPORTS MEDICINE BROCHURES

The following brochures have been developed by the AMSSM Public Relations Committee:

### **What is a Sports Medicine Specialist? Is it a Career for You?**

An information brochure on sports medicine specialists geared towards medical students and residents.

### **What is a Sports Medicine Specialist?**

An information brochure on sports medicine specialists geared towards insurance companies.

### **What is a Sports Medicine Physician?**

An information brochure on sports medicine specialists geared towards AMSSM members and other professionals or companies.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

### **AMSSM Polo Shirts: \$30.00 each**

Please indicate size ordering below:

XX-Large     X-Large     Large     Medium     Small

### **AMSSM Sports Medicine Brochures: \$75.00 per 100 copies**

Please indicate quantities requested in this order:

Qty. Requested

What is a Sports Medicine Specialist? Is it a Career for You?

What is a Sports Medicine Specialist?

What is a Sports Medicine Physician?

Payment method: Check payable to AMSSM or Credit card:  Visa     MasterCard

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