



The Sideline Report



NEWS IN THE WORLD OF SPORTS MEDICINE

www.amssm.org

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FEBRUARY 2009

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Section Editors: Suzanne Hecht, MD and George Pujalte, MD

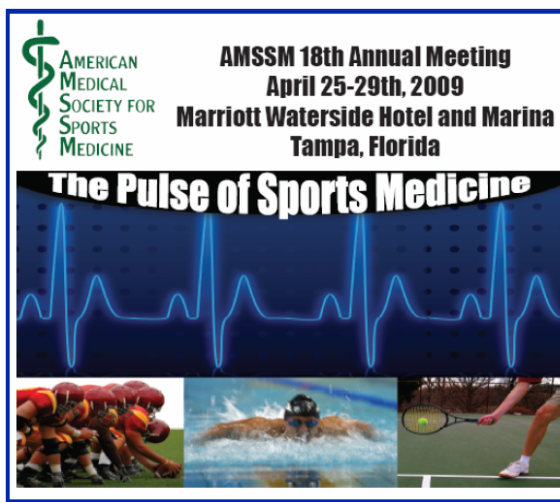
ANNUAL MEETING | APRIL 25-29, 2009

AMSSM TO HOLD 18TH ANNUAL MEETING IN TAMPA

BY SUZANNE HECHT, MD

The AMSSM will hold its 18th Annual Meeting in Tampa, Florida on April 25-29, 2009 at the Tampa Marriott Waterside Hotel. The theme of this year's conference is "The Pulse of Sports Medicine" and will contain the most current evidenced based medical information for the Sports Medicine Professional. "The Planning Committee has been working hard to make this a CME event that should not be missed!

ANNUAL MEETING | A2



RESEARCH GRANTS | FOUNDATION

THE AMSSM FOUNDATION AWARDS \$50,000 IN SPORTS MEDICINE RESEARCH GRANTS

BY SUZANNE HECHT, MD

The American Medical Society for Sports Medicine (AMSSM) Foundation, in conjunction with the AMSSM Research Committee has announced the recipients of the inaugural AMSSM Foundation Research Grant Awards totaling \$50,000. The AMSSM Research Grant Award recipients are:

1. **John DiFiori, MD**
Title: Elevated Blood Pressure in Collegiate Athletes: The Role of Body Mass Index and Body Composition
 Co-Investigators: Natalie Voskanian, MD; Jeffrey Gornbein Dr. PH and Becci Twombly, RD, CNSD
 Institution: UCLA
2. **Marci Goolsby, MD**
Title: Assessment of Physiological Parameters in Female Athletes With Amenorrhea and Oligomenorrhea Receiving a Nutritional Intervention: A Prospective Analysis
 Co-Investigators: Aurelia Nattiv, MD and Becci Twombly, RD, CSSD
 Institution: UCLA

3. **Elizabeth Joy, MD**
Title: Factors Influencing the Implementation of ACL Injury Prevention Strategies by Girls Soccer Coaches
 Co-Investigators: Barbara Fink, DPT and Christy Porucznik, PhD, MSPH
 Institution: University of Utah
4. **Francis O'Connor, MD**
Title: Musculoskeletal Injury and Functional Movement Screening in Marine Corps Officer Candidate School Training
 Co-Investigators: Patricia Deuster, PhD, MPH and Chris Pappas, MD
 Institution: Uniformed Services University of the Health Sciences
5. **Thomas Terrell, MD**
Title: Genetic Risk Factors for Concussion, Concussion Severity and Neurocognitive Recovery from Concussion in High School and College Football and Soccer Players
 Co-Investigators: Ruth Abramson, PhD; Jeffrey Barth, PhD; Ellen Bennett, PhD; Robert Bostick, MD; Robert Cantu, MD; Don Holbert, PhD; Daniel Laskowitz, MD; Doug McKeag, MD and John Shelton, MD

Institution: Florida State University School of Medicine; Halifax Health

6. **David Webner, MD**
Title: Marathon Death: An Underreported Phenomenon in the United States
 Institution: Crozer-Keystone Health System
- "For the first year of our Foundation Research Grant Awards, the quality and diversity of the proposals was truly impressive. Congratulations to our grant award recipients; I am confident these investigations will contribute to the scientific advancement of our discipline," said Dr. Jonathan Drezner, who led the AMSSM Research Grant Review Committee and also serves as the Chairman of the AMSSM Research Committee.

The AMSSM Research Grant Review Committee is composed of five members, consisting of representatives of the AMSSM Foundation and the AMSSM Research Committee. The Committee evaluated the proposals and recommended grantees which were in turn approved by the AMSSM Board of Directors.

STRATEGIC PLANNING | NOVEMBER 21-23, 2008

AMSSM Board Members Attend Strategic Planning Retreat

BY GEORGE PUJALTE, MD

The American Medical Society for Sports Medicine (AMSSM) Board of Directors recently attended a strategic planning retreat from November 21 to 23, 2008 in Chicago, IL. Their goal was to lay down the future path for the AMSSM, as dictated by mission and vision statements. The AMSSM mission and vision statements, as well as five-year goals were drafted. Objectives and action plans for key priorities were identified as well.

Attendees of the retreat were Drs. Robert Dimeff, Kim Harmon, Francis O'Connor, Brent Rich, Craig Young, Holly Benjamin, Dave Bernhardt, Dave Cosca, Jon Divine, Jonathan Drezner, Kim Fagan, Andrew Gregory, Chris Madden, Jim Moeller, Andrea Pana, Kevin Burroughs, Mark Niedfeldt and Jody Gold. They sought to discuss the deeper implications of the AMSSM mission statement on the endeavors the organization took part in, in the near future and beyond. The implications of America's changing demographics, sociocultural arena, economy, funding environment, politics, legislation, regulation, new technologies, new models, and new methods, were discussed. In terms of AMSSM as an organization and sports medicine as a field of training in itself. The attendees sought to identify methods by which AMSSM can be a leader in sports med-

icine not only in the United States but also in the world. A strategic planner asked them to identify strengths, weaknesses, opportunities, and threats related to AMSSM. Analysis and incorporation were later performed to better understand the organization as it stands today and the things that needed to be taken advantage of or developed in order to achieve its goals.

The attendees formulated the following mission statement:

"The American Medical Society for Sports Medicine, Inc., provides a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care."

A new vision statement was formulated as well:

"AMSSM will be a world wide leader in sports medicine."

The goals of the AMSSM in the next five and ten years were identified and committees were assigned specific tasks related to these goals. A clearer picture of the future of the organization as a whole was developed, with the role of its officers, staff, and members clearly set, so that everyone is able to work synchronously towards common measurable outcomes.

The attendees hope in the next five years, the AMSSM will be able to meet the following strategic goals:

- *Promoting excellence in patient care.*
- *Serving as the premier educational resource for sports medicine physicians.*
- *Advocating safe participation in sports and activities for all.*
- *Leading research and scholarship through collaboration and partnerships.*
- *Setting standards for sports medicine training.*
- *Fostering collegial and collaborative relationships among sports medicine professionals.*
- *Optimizing financial resources and infrastructure to implement and support our vision.*

Some of the measurable outcomes set for the near future are the following:

- 1) Improving the functionality of the "Find-a-Doc" program on the AMSSM website.
- 2) Developing an EMR exchange mechanism.
- 3) Designing a program for a musculoskeletal ultrasound (MSK-US) course.
- 4) Creating a plan for a Collaborative Research Consortium (CRC).
- 5) Creating a fellow MSK-US curriculum equivalent to AIUM standards of certification.
- 6) Securing a 10% annual growth in AMSSM membership.

AMSSM Board Members felt the Strategic Planning meeting was a success. It provided a foundation to guide the Board meetings to keep the ever evolving vision of AMSSM in line with the changes in sports medicine and the world around us.

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ANNUAL MEETING | FROM A1

This will be a cutting-edge meeting in the fantastic locale of Tampa", said Dr. Mark Stovak, Chairman of the Program Planning Committee. When asked about the conference highlights, Dr. Stovak commented, "There will be an enticing full-day session on the prevention of sudden cardiac death along with a half-day tendinopathy treatment session presented by some of the world's leading experts. In addition, we have planned sessions on tennis medicine, hip and back injuries including interventional spine injections, heat illness and water sports injuries. The conference will also feature all of our favorites such as the 2-Minute Drill, Fellow's Quiz Bowl and Pardon the interruption. We think you will find this year's meeting to be a rewarding experience and look forward to seeing you in Tampa!"

The Fellowship Forum and a Musculoskeletal Ultrasound Workshop will be offered as pre-conference sessions that are planned for the morning of April 25th. The popular early morning add-on instructional lectures are scheduled on 3 mornings of this year's conference and include new sought-after topics. Additional offerings include research and case presentations, SMART Workshop and NCAA update. Meetings for special interest groups, team physicians and AMSSM Committees will be held on Monday, April 27 in the afternoon with the AMSSM business meeting and awards presentation schedules for Tuesday, April 28 immediately following lunch. An evening reception, hosted by the AMSSM, for all conference attendees will be held at the Tampa Aquarium on Sunday, April 26th and will be a great chance to make new professional acquaintances and catch-up with old friends.



The conference brochure and registration information is available on the AMSSM website. For more information:

[AMSSM 18th Annual Meeting Brochure](#)

[Registration form](#)

[Tampa Marriott Waterside Hotel](#)

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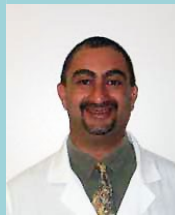
The Editorial Staff sees this as a transition time for our newsletter and we hope to further develop the content and layout. We welcome suggestions and feedback from the membership to make this a better publication. If anyone is interested in contributing to the newsletter through writing, editing and development, please contact Andrea L. Pana, MD, MPH at publications@amssm.org

MASS MEDIA | BASSIL AISH, MD

Sports Medicine in the Mass Media: You Don't Have to be in Hollywood to Go Hollywood

WRITTEN BY GEORGE PUJALTE, MD

For those sports physicians who wish to break through the seemingly "who-you-know" field of television and mass media, we have one of our own who is very active and willing to share his thoughts and advice on the matter. Dr. Bassil Aish, an AMSSM Member, recently related his experiences to "The Sideline Report," and gave some advice to the AMSSM membership on how sports physicians can get involved with mass media, if this were their inclination. He considers his involvement in mass media one of the most unique and interesting aspects of his career to date.



Dr. Aish has been a marathon medical director for 9 years, and is a faculty member at the University of California in Irvine.

He teaches, has a private practice, and is actively involved in sports medicine clinical research. Two years ago, *Fox Sports* approached UCLA Sports Medicine for help coming up with content for a show called "Sports Science". Dr. Aish was referred and *Fox*, after preliminary phone interviews, did a screen test. *Fox* asked him specifically about his experience with concussions. Dr. Aish published in that area and has had significant direct experience with concussions, and so they asked him to write content on one segment of the show, involving a major outfield collision in the American League Playoffs between Johnny Damon and Damien Jackson. A video clip was sent to him and he attempted to simplify the complex principles of mild traumatic brain injury into a form which could be understood by the general public, specifically, the "sports-watching" demographic.

After reading his script and analysis, *Fox* asked him if he would be willing to come up to the studio to film some portions of the segment, which he did. Jerry Rice and Ben Roethlisberger, among other professional athletes, were on set. He was curb-sided

about many musculoskeletal concerns after they heard him discussing the segment on head injuries. Another producer for the "Sports Science" show also heard the discussions and asked him about traumatic spleen injury, as a Chris Sims injury segment was in the works. He was then tapped to film that segment.

Dr. Aish contributed to writing for 21 of the 66 segments of the first season. He was on camera for 4 of the 11 shows. He was also given the title of "Sports Science Chief Medical Advisor." The show was nominated for 4 Emmy Awards and won one for computer-generated imagery in the sports category. As he was part of that team, he got his turn with the award in his office.

Dr. Aish relates that he did not seek remuneration for his efforts at first. He answered phone calls and emails quickly. There were 5 separate producers, each doing their own segments. He became the "knowledgeable, go-to guy", to call for pre-filming, sports production, planned on camera segments, pinch-hitting and basically "everything medical." They relied on him, but were also very respectful of him and his expertise.



When the 2nd season of the show was being planned, Dr. Aish was included from the beginning, discussing potential athletes, segments, sports and footage needed for segments on every show. *Fox* also decided to make the arrangement "official." This was the first time that monetary compensation was discussed. It also helped that the first season was the third highest rated show on *Fox Sports*. Dr. Aish got an agent which was an easy thing to do in Southern California, "because every third person was or is an agent."

Dr. Aish and the *Fox* crew finished filming season 2 about 3 months ago and are in post-production until March of 2009. For him, this involves fielding questions, editing content, suggesting points to stress, editing CGI (computer-generated imagery), late night email responses, and explanations.



Dr. Aish gives the following points and thoughts for sports physicians who may be considering mass media as a sidetrack or a main track:

- **On the time commitment**

"It was really not that time-consuming. One season basically takes six 10-hour days at the studio, plus late night emails and calls (not very hard or time consuming). My partners understood, and did not have any issues with me taking the time for this. It helped them. They tell their friends."

- **On the rewards to be gained**

"While getting paid is nice, I would have done it anyway. I am a team doctor locally for a college and a high school. My private practice, with partners, is in the city where I live. Fifty percent of my patients between the ages of 14 and 25 know me from the show. It gave me a tremendous amount of credibility with local young athletes and they responded better to my supplement education talks, training strategies, and recommendations on injury rehabilitation. Believe me, after 10 years of sports medicine, I noticed a difference. It was odd, but pleasant. Based on this, I fully endorse a sports physician getting involved with activities which would give him/her positive professional press, especially in the community or university setting in which they practice. We are a "media society" and it truly makes a difference.

- **On the fun that comes with it**

"It was and is an interesting sidetrack. Sometimes we can get bogged down in the grind of medicine. It was fun. Don't get me wrong, I still love seeing patients and covering games, but it was new. I got to take my boy up to one shoot, and he gave pointers to Kevin Love on making the full court chest shot."

- **On getting the big break**

"Start small: web consultant, local news, newspaper medical editor – Whatever it is. You never know where it may lead you unless you try it. I have now been asked to do a show for MTV and am shooting the pilot in 2 weeks. I have added a number of professional athletes, actresses and actors, and producer types to my patient base and some even chose to enter my very limited, very expensive boutique practice (another story)."

- **On keeping it simple**

"You are not presenting at the AMSSM. The real art of media medicine is tailoring the medical knowledge base and wide awareness of research that many AMSSM members have and focusing it to the level of the audience you are dealing with. Do not be afraid to KISS (Keep It Simple Stupid)". Most sports medicine colleagues would laugh at how simplified my representation of concussion was on that first segment and probably would not even enjoy it. Link: [FSN Sports Science Video](#) But, I was not presenting to a sports medicine audience. I got in key points: rotation versus direct impact, force vectors, bleeds, loss of consciousness, etc."

The sports physician has the unique opportunity to affect the lives of many people seeking an active, healthy life. Involvement in mass media enables him to expand the reach of his influence beyond the walls of his clinic. Dr. Aish hopes that with his example and perhaps with AMSSM's help, he can inspire other sports physicians to explore this most rewarding possibility.



The World of Sports Medicine

Section Editors: Marjorie Delo, MD and Verle Valentine, MD

FDA | New MRSA Drug Approved

NEW MRSA DRUG APPROVED BY FDA PANEL

Telavansin, a once-daily injectable drug, is safe and effective for combating skin and soft tissue infections caused by MRSA.

BY MARJORIE DELO, MD

On November 18, 2008, the Anti-Infective Drugs Advisory Committee determined that Telavansin, a once-daily injectable drug, is safe and effective for combating skin and soft tissue infections caused by MRSA. The FDA often accepts the advice of the panel, and is expected to make a final decision on marketing the drug within the next few months. Two other drugs, Oritavancin and Iclaprim, were rejected by the panel. The need for oral medications which can combat MRSA was discussed, and data was presented on PTK 0796, an oral and injectable antibiotic now in phase II trials. This drug appears to be potent against gram-positive bacteria, including MRSA, as well as gram-negative bacteria.

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IOC | Injury Data from 2008 Beijing Olympics

IOC Releases Injury Data From 2008 Olympic Games In Beijing

9.6% of the competing athletes at the Beijing Olympics were treated for injuries.

BY VERLE VALENTINE, MD

For the first time in Olympic history, the International Olympic Committee carried out a study of the injury data during the Games of the XXIX Olympiad in Beijing. On October 16, 2008, the IOC released information that a total of 1,065 athletes at the games were treated for injuries. This represents 9.6% of the competing athletes. They noted that most of these injuries occurred during competition, and that more than half involved the lower extremity. The study group led by Professor Lars Engebretsen offered thanks to the medical staff members involved in the data collection and noted that more detailed data will be published in an upcoming sports medicine journal.

More information can be found at [IOC Injury Data Beijing](http://iocinjurydata.beijing)

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ACSM | Fitness Trends

SURVEY PREDICTS 2009 FITNESS TRENDS

ACSM members also predicted that the health and fitness industry would focus on the estimated 80% of the population that doesn't currently have an exercise routine.

BY MARJORIE DELO, MD

An online survey of 1,540 ACSM members predicted the top fitness trends of 2009. At the top of the list were:

1. Increase in utilization of accredited fitness and health professionals
2. Fitness programs to address childhood obesity.
3. Personal trainers
4. Strength training
5. Core training

Many of the top twenty predicted trends included core strengthening activities, such as stability ball training, functional fitness classes, balance training and pilates. The ACSM members also predicted that the health and fitness industry would focus on the estimated 80% of the population that doesn't currently have an exercise program.

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AOSSM | Partner with NFL Addressing Injuries

AOSSM AND NFL PARTNER TO ADDRESS FOOTBALL INJURIES

Upcoming Conference: May 7-9, 2009

BY MARJORIE DELO, MD

The AOSSM and the NFL Physician Society are cosponsoring the conference **2009 Sports Medicine and the NFL: A Sideline Perspective** from May 7-9, 2009 in San Francisco, California. The conference faculty includes many NFL Team Physicians and Medical Advisors from multiple specialties including primary care. Topics include management of sideline emergencies, evidence on performance enhancement strategies and healing efforts, mild-traumatic brain injury, the business of sports medicine, and (the familiar) 2-Minute Drill. Conference participants are eligible for 16 hours of Category 1 Credits.

Please see the back page of the *Sports Health Journal*, Volume 1, Number 1 (January/February 2009) for more society news from the AMSSM, AOSSM, NATA and SPTS.

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News From the Board

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PRESIDENTIAL CORNER



ROBERT J. DIMEFF, MD AMSSM PRESIDENT

I hope everyone had a happy, healthy holiday celebration. While the winter season gives one time to share with friends and family, sports medicine physicians are often treating athletes home on college break, covering holiday tournaments and games and running their practices. I found it rewarding to see how many of our college team physician members were fortunate enough to “work” college football bowl games. I want to especially thank our education and research committee members who put in overtime to review abstracts for the 2009 Annual Meeting. Without this dedication, the quality of our meeting would suffer. And many members have contributed to other endeavors of the AMSSM . . . leading sports medicine into the future.

Some of these are listed below:

1. **The 2008 AMSSM Strategic Planning Meeting** held in November 2008 was a tremendous success due to the hard work of our Board members. The mission statement was updated and vision statements developed. Plans for many Society projects were developed and will be implemented in the next few years.
2. **The MSK US Task Force** completed its initial document and will look to update this information based on feedback from the American Institute of Ultrasound in Medicine (AIUM). AMSSM was represented at AIUM Practice Forum in November 2008. The Education and Fellowship Committees will develop guidelines for MSK US training.
3. **Sports Health: A Multidisciplinary Approach** is now a real journal, with contributions from many of our members.
4. **The AMSSM Foundation Research Grant Awards** were presented to six members, totaling \$50,000 in support for our members' research projects. Congratulations to the recipients and thanks to the Foundation.
5. **The publisher of the 5 Minute Sports Medicine Consultant** approached AMSSM about partnering in this venture. Dr. Andrea Pana will be working as the liaison with the Editors, and our members and fellows will be offered the opportunity to participate in the revision of this textbook.
6. **The Past Presidents Committee**, chaired by the Immediate Past President, has been created to provide guidance to the Society and Board as we continue to grow during these difficult economic times.
7. **Drs. Dave Cosca and Margot Putukian** have been selected to represent AMSSM at the Team Physician Consensus Statement Conference on the Masters Athlete, February 7-8, 2009 in Dallas, Texas.
8. **Our Iowa members and others, led by Chad Carlson**, put on a last minute letter writing campaign to the Iowa Board of Physical and Occupational Therapy to prevent the passing of legislation that would prevent physicians from hiring physical therapists into their practice. While we have no funds to support political lobbying, the voice of the AMSSM is being heard by this and other legislative groups through grass root efforts.
9. **The 2009 elections** are being held soon, good luck to all of the well-qualified nominees. Please make every effort to vote. The AMSSM truly does represent its members.
10. **And finally, this is your Society.** Get involved. There is plenty of other committee work being done. As we mature from a working Board to a planning Board, we will need more members to share in the sweat equity that makes us a great Society. AMSSM will be a worldwide leader in sports medicine!

COMMITTEE REPORTS

PUBLICATIONS COMMITTEE

- New Mission Statement
- Update on Projects:
 - Newsletter
 - Beginner Triathlete Website
 - Partnership with Journals
 - Continue Partnership with *SelfCareNet*
 - Finalizing Agreement for 2nd Edition of 5 Minute Clinical Consult

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PUBLIC RELATIONS COMMITTEE

- Continue Supportive Relationship with Positive Coaching Alliance
- Initiating Relationships With USA Baseball
- Developing a Speaker's Bureau Database

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COMMITTEE REPORTS

PUBLICATIONS COMMITTEE

BY ANDREA L. PANA, MD, MPH, CHAIR

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Members of committee:

Chairperson: Andrea L. Pana, MD, MPH

Immediate Past Chair: Fran O'Connor, MD, MPH

Year 3 Members: Kelsey Logan, MD; Suzanne Hecht, MD; Marjie Delo, MD and Verle Valentine, MD

Year 2 Members: Mike Krafczek, MD; Andrew Getzin, MD; Chad Asplund, MD

Year 1 Members: Christopher Meyering, MD and George Pujalte, MD

The Publications and Public Relations Committees were split in October. The new mission statement for the Publications Committee is as follows:

The mission of the Publications Committee is to support the stated mission and goals of the AMSSM in matters of both electronic and printed publications. The committee shall create, edit and review publications and disseminate them to the membership, affiliated professional organizations, the media or the general public as deemed appropriate by the AMSSM Board or committee membership. The committee may work independently or in conjunction with other committees or affiliated organization to accomplish this mission.

The Publications Committee has been busy with many projects over the last year. The AMSSM Newsletter, now titled "The Sideline Report" has undergone significant changes and we hope to continue to improve upon it. Thanks goes to all the section editors, writers and office staff who had the vision and ideas that helped make this a better publication. It will be published quarterly, and we hope that members will contribute ideas, articles or feedback to make this a newsletter that everyone can be proud of and look forward to reading.

The Beginner Triathlete website is an ongoing project of the Committee with responses to questions and articles being written on a monthly basis. Dr. Marjie Delo coordinates this for our committee and welcomes new authors and editors.

The Publications Committee has oversight of the publications to which we contribute as a Society as well as those with which we have partnerships. In the past few months, there were several AMSSM articles published in the *American Family Physician* including Drs. Dave Jenkinson and Allison Harbert's article titled "Supplements and Sports" (November 1, 2008) and an article by Drs. Anne Boyd, Holly Benjamin and Chad Asplund titled "Principles of Casting and Splinting" (January 2009).

In July, a Consensus Statement on Mononucleosis was published in *CJSM*. Dr. Margot Putukian was the lead author, representing AMSSM. *Athletic Therapy Today* has a column which is written by AMSSM called "The Physician Perspective". Dr. Verle Valentine was recently selected to take over the job as Editor of this column from Dr. Tracy Ray.

AMSSM has partnerships with several journals including the *Clinical Journal of Sports Medicine*, the *British Journal of Sports Medicine* and the *Sports Health Journal*. Full Members, Affiliate and Associate members should all be receiving a copy of the *Sports Health Journal* as part of their membership. Dr. John DiFiori is Associate Editor representing AMSSM for *CJSM* and Dr. Matt Gammons is the Associate Editor representing AMSSM for *Sports Health*.

[PUBLICATIONS](#) | [CONTINUED](#)

We are continuing to partner with *SelfCareNet* to provide patient self assessment tools to our members and patients. We hope to publish 10 more this year to add to the 25 topics already available on our website. Thanks to Dr. Chris Madden for all his hard work on this project.

The Publications Committee is finalizing an agreement with the editors and publisher of the *5 Minute Clinical Consult* to be a partner in the 2nd Edition. Many AMSSM members were contributors to the 1st Edition and will be asked to contribute again if they chose. Other members will be able to get involved with the writing and editing as well. The Publications Committee will be a liaison for this project.

Publications is a busy committee. Thanks to all the committee members for their hard work. We welcome new members at any time. Please contact publications@amssm.org if you are interested in participating.

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PUBLIC RELATIONS COMMITTEE

BY KEVIN E. BURROUGHS, MD, CHAIR

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Members of committee:

Chairperson: Kevin E. Burroughs, MD

Immediate Past Chair: Andrea L. Pana, MD, MPH

Year 3 Members: David Cassat, MD; Andrew Hunt, MD; Chris Koutures, MD; Ken Mautner, MD; Christian Millward, MD; Grant Morrison, MD; Jim Ngatuvai, MD; Tony Reed, MD

Year 2 Members: Anne Boyd, MD; Andrew Getzin, MD; Billy Haug Jr., MD; Tom Howard, MD; Andrea Match, MD, MS, HBS; Joel Shaw, MD

Year 1 Members: Russ Adams, DO; Irfan Asif, MD; Christopher Meyering, DO; Martha Pylon, MD

In October, the Board of directors voted to split the Public Relations and Publications Committees into two distinct entities. With increased interest in AMSSM endorsing educational materials as well as other publications, a group focused wholly on this was needed.

The Public Relations Committee is continuing to work on supportive relationships with the Positive Coaching Alliance (Dr. Joel Shaw), and have a meeting planned with USA Baseball in January to discuss an official relationship and presence on their website, as well as "find a doc" feature that would highlight our members. We are also initiating a new project to create a stronger liaison with each state high school athletic association. We are looking for members who already work with their state's association and would like to serve as the official liaison. If interested, please send your contact information to publicrelations@amssm.org

Drs. Tony Reed and Suzanne Hecht are working on the development of a speaker's bureau database, with the next step being integration with a new server and website. We continue to receive requests for "expert opinion" from the press and will use this database to help identify possible contacts within our organization.

Special thanks should go to Dr. Andrea Pana for her work as Chair. I'm not sure how she was able to handle both Publications and PR, but we hope to be able to fill one of her shoes.

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MEMBER IN THE SPOTLIGHT

Jennifer M. Naticchia, MD

Written by Michael Krafczyk, MD

Our member in the spotlight for this issue is Jennifer Naticchia. Dr. Naticchia practices in Wilmington, DE as a faculty member of both the family medicine residency program and the primary care sports medicine fellowship program at Christiana Care Health System. She is also one of the team physicians for Delaware State University, where she also sees patients at the student clinic. She is married and has three children.



Dr. Jennifer Naticchia grew up in Haddenfield, NJ. After high school, she attended Princeton University with an interest in biology and art history. She was also a member of the varsity field hockey team. She contemplated getting a Ph.D. versus going into medicine. She eventually decided to go into medicine to avoid being in a lab all day and to pursue her interest in female athletic medicine. Her experience in field hockey convinced her that there was a need for physicians with expertise

in dealing with the unique aspects of the female athlete.

After college, Dr. Naticchia went to Jefferson Medical School and stayed on in Jefferson's Family Medicine residency. It was here that she was exposed to Dr. John Randall, who was chair of the department of family medicine and was gearing up to start a Sports Medicine Fellowship. The department hired Dr. John McShane as Dr. Naticchia was finishing her residency training. She became Dr. McShane's first fellow in Sports Medicine at Jefferson. In addition to doing the fellowship, which she did for over two years, Dr. Naticchia also opened up her own Jefferson satellite practice in Cherry Hill, NJ (not far from where she grew up) and did a faculty development fellowship.

Dr. Naticchia joined the AMSSM in 1995, her first year of fellowship. She appreciates that despite the growth of the membership, the members have remained connected. Other aspects of the organization she feels have been helpful include professional development, network support, assistance with job searching, input from others on clinical questions, and help with fellow recruitment. She feels that the organization is unique in terms of the closeness and collegiality of its members.



In her current job, she has the unique opportunity of working with a Division I college, Delaware State University. Through working in a student clinic, she has the ability to provide full service care to her student athletes. Many of the student athletes have

established Dr. Naticchia as their primary care physician.

One difficulty she still struggles with, as well as many physicians in her geographic region, is the ability to be dual-credentialed in both sports medicine and family medicine. She is unwilling to give up the primary care side of medicine and without being dual-credentialed, she has been finding it difficult to find the right blend of family medicine and sports medicine.

Dr. Naticchia has had many unique experiences in her medical career. As a fellow, she had the privilege of being the first primary care sports medicine fellow at the Philadelphia Eagles training camp. In addition to covering the Eagles, she also had the opportunity to cover the Philadelphia Flyers, Phantoms, and Kixx during her fellowship training. Another unique experience she had was being asked by her local high school to be the physician for their junior class trip to the Amazon.

Outside of medicine, Dr. Naticchia has played competitive field hockey most of her life. In addition to playing every minute of every varsity game at Princeton University, she has also played in a highly competitive women's



recreational team in South Jersey. She also enjoys spending time at her second home at the "Jersey shore". Despite her love for medicine, her dream job would be to be a coach or referee for a women's field hockey team.

"[AMSSM] is unique in terms of the closeness and collegiality of its members."

Dr. Naticchia sees the continuity of seeing her patients as the most essential part of her job. Many of her patients from residency and fellowship have continued to follow her and, in fact, she has been twice named Philadelphia Magazine's "Top Docs" for sports medicine.

She credits Dr. John McShane as having had the greatest impact on her medical career. It was his teaching ability and mentorship that helped her become the successful physician that she is today. In addition, her ability to stay local and around her family support system has helped her to accomplish her goals in medicine.

Jennifer enjoys reading books on her own and to her three children. Her New Year's resolution is to begin working out regularly again.

MEMBER IN THE SPOTLIGHT FAVORITES	
Favorite Color	Orange
Number	5
Food	Pasta
Drink	Water
Vacation Location	New Jersey Shore
Team	Any Philadelphia team
Sport to Watch	Performing Arts, i.e. dance
Sport to Play	Field Hockey
Vehicle	Cadillac
Music	Pop
TV Show	MTV, Project Runway
Movie	High School Musical III
Magazine	People
Book	"A Lost Lady", "Midwives"

Odds and Ends

Articles Written by Section Editors: Andrew Getzin, MD and Chris Meyering, DO

WRITING OPPORTUNITIES

1. Peer Reviewers Needed:

"Sports Health: A Multidisciplinary Approach" is in need of peer reviewers. All members interested in contributing, please contact Matthew Gammons, MD at mgammons@sportshealthjournal.org

2. New Information Sharing Project with US Youth Soccer:

A new cooperative project has started between AMSSM and US Youth Soccer sharing information with coaches, players and their parents on soccer health and fitness. Potential topics include nutrition, injury prevention techniques, stretching, warm-ups/cool downs and basic first aid. Information will be distributed through the US Youth Soccer newsletter. Sam Snow, Director of Coaching Education is enthusiastic about the project and is willing to share the US Youth Soccer training philosophy with all interested parties. Any members interested in contributing to this project can contact Christopher Meyering, DO at christopher.meyering@us.army.mil

3. Work Starting on the 2nd Edition of Book 5 Minute Clinical Consult:

AMSSM will be a partner in the writing of the 2nd Edition of the 5 Minute Clinical Consult. Anyone interested in being a subsection editor should email Dr. Andrea Pana at Publications@amssm.org. Please include any writing and editing experience in your email.

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WHAT OUR MEMBERS ARE DOING

William W. Briner Jr., MD Presented "Volleyball Injury Prevention"

William W. Briner Jr., MD presented "Volleyball Injury Prevention" at the "American Volleyball Coaches Association" meeting in Omaha, NE on December 18, 2008. This meeting always occurs in conjunction with the Women's NCAA Volleyball Final Four.



This summer he will be serving as medical delegate for the FIVB (the International Volleyball Federation) beach events in Marseille, France and Shanghai, China.

2008 International Team Physician Course



Past Presidents Drs. Karl Fields and Margot Putukian along with Drs. Cindy Chang and Lisa Lattenza were the faculty for the 2008 International Team Physician Course in Chile. Their Chilean hosts were fantastic and there was an excellent turnout of physicians for the conference.

New Book

by Drs. Brent Rich and Mitchell Pratte

Drs. Brent Rich and Mitchell K. Pratte have a new book coming out in Spring 2009; a Tarascon Sports Medicine Pocketbook.

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UPCOMING CONFERENCES

MUSCULOSKELETAL ULTRASOUND COURSE

FEBRUARY 6-7, 2009

ANDREWS INSTITUTE • GULF BREEZE, FL

[Andrews Institute MSK US Course](#)

The 2-day course will cover the techniques and applications of diagnostic and interventional sports medicine/musculoskeletal ultrasound in major joints of the body related to sports medicine injuries

AMSSM 18th ANNUAL MEETING "THE PULSE OF SPORTS MEDICINE"

APRIL 25-29, 2009

TAMPA MARRIOTT WATERSIDE HOTEL & MARINA
TAMPA, FL



Program Highlights
Prevention of Sudden Cardiac Death in Athletes
Tennis Medicine
Emerging Treatments in Tendinopathy
Hip and Spine Disorders in Athletes
Water and Sports Injuries
Heat Illness

Original Research and Case Presentations

Pre-Conference Workshops

Fellowship Forum V

MSK US Workshop (Limited to 60 participants: AMSSM Members Only)

Advance registration deadline: March 31, 2009

[Brochure](#)

[Registration Form](#)

FOR ROOM RESERVATIONS:

PLEASE CALL 1-800-228-9290

(REQUEST GROUP RATE FOR AMSSM)

AMSSM RESEARCH WORKSHOP FOR SPORTS MEDICINE FELLOWS JULY 31 - AUGUST 2, 2009 MINNEAPOLIS, MN

PRE-CONFERENCE WORKSHOP
"Sports Trauma and Event Management"
Friday Morning: July 31, 2009



MORE INFORMATION TO FOLLOW

ADVANCED TEAM PHYSICIAN COURSE

DECEMBER 11-14, 2009

POINTE SQUAW PEAKS RESORT • PHOENIX, AZ



MORE INFORMATION TO FOLLOW

AMSSM 19th ANNUAL MEETING

APRIL 17-22, 2010

HILTON CANCUN GOLF AND SPA RESORT
CANCUN, MEXICO

PASSPORTS REQUIRED



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