

LETTER

SPORTS MEDICINE

President's Message



Robert J. Dimeff, MD
AMSSM President

Presidential Address
Friday, March 28, 2008
AMSSM Business Meeting
Caesars Palace • Las Vegas, NV

Introduction

I want to start my Presidency by thanking those who have made my First Vice Presidency a productive year. Thanks to Craig Young, outgoing President, for your commitment and support of AMSSM; the improvement in committee activity has been exponential. Your ability to make the Board meetings productive and efficient is most appreciated by those of us who used to sit through 12-hour board meetings. The tremendous success and growth of AMSSM under your guidance has been remarkable. Thanks for your guidance in the development of RENDEZVOUS II, a truly international sports medicine meeting. This meeting is another example of the outstanding leadership which you have provided and which I hope to emulate. On a personal note, I am proud of the fact that you were one of my PCSM fellows in 1991-92 and have remained a good friend and fellow Warthog as a graduate of the Cleveland Clinic PCSM Fellowship. Based on the increasing number of PCSM fellowship positions and qualified Presidential nominees, I doubt that there will ever again be a Fellow who becomes President of AMSSM before their Program Director. Congratulations, and thanks again, Craig.

In addition to overseeing AMSSM committee structure and activities, a major responsibility of the First Vice President is to put together the Annual Meeting. Based on the success of recent AMSSM Annual Meetings, RENDEZVOUS I in Vancouver in 2004, and with the cooperation of CASM, it was decided to make RENDEZVOUS II a fully joint Annual Meeting of both organizations. Thanks to Lippincott, Williams and Wilkins who agreed to be the Host Sponsor allowing us to invite members of all organizations for which the *Clinical Journal of Sports Medicine* is the official journal to become involved in this International Meeting. Thus, the Australasian College of Sports Physicians and the American Osteopathic Academy of Sports Medicine have contributed to the success of RENDEZVOUS II. Hopefully when RENDEZVOUS III occurs in 4-5 years, it will serve as the Annual Meeting for these organizations and continue to grow with input from sports medicine physicians from around the globe. This unique idea for a program to combine original academic research, case presentations and

focused plenary sessions was a challenging task, but worth the effort. RENDEZVOUS II is likely the largest and most successful meeting of primary care sport medicine physicians that has ever been held. I hope this success will continue with future cooperation and commitment among the organizations' leaders. It is obvious with the advances in technology that the sports medicine world is indeed a small one, and having the opportunity to interact individually with physicians from around the world will make us all better physicians.

Thanks to the RENDEZVOUS II Executive Committee Members: Winne Meeuwisse, MD, PhD; Preston Wiley, MD and Dawn Haworth from CASM; and Doug McKeag, MD; Stephen Simons, MD and Jody Gold from AMSSM. I want to individually thank all the RENDEZVOUS II Committee Members who worked overtime during the holiday season to bring this meeting to fruition. In addition, a very special thank you to Jon Divine, MD who worked tirelessly to make this the best sports meeting I have ever attended.

Personal Background

Having participated in numerous sports as a high school athlete, none of which I was particularly adept, and as an athletic trainer, when I decided to enter medicine I did so with the goal of becoming a team physician. After graduating from medical school (before there were primary care sports medicine fellowships), I failed to match into an orthopaedic residency and thought my sports medicine career was doomed. That was when an old time family physician, whose name I do not remember, advised me to enter a family medicine residency because "you can tailor your practice to whatever you are most interested . . . obstetrics, pediatrics, geriatrics, and . . . I guess working with athletes." The light bulb went off, and during my residency at Rush Medical Center in Chicago, I sought out those health care professionals who were involved in working with athletes. Dr. Bernie Feldman was an emergency medicine physician who introduced me to high school sports medicine. Two orthopaedic surgeons in Chicago, Preston Wolin and Bernie Bach, the current President of AOSSM pushed me to learn everything I could about taking care of athletes, not just their orthopedic injuries. Drs. David Hough and Doug McKeag were kind enough to allow me to spend a one-month rotation at Michigan State in 1988 which solidified my love of sports medicine and desire to complete a fellowship. The problem in 1988 was that there were only 9 fellowships in North America, one was unfunded, and 4 have since folded. The only ones still in existence today are at Michigan State, UCLA, Hennepin County and The Cleveland Clinic. I was fortunate to complete the fellowship at Cleveland Clinic

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under the supervision of the 1st AMSSM President, mentor and friend, Dr. John Lombardo; and arguably one of the most influential sports medicine orthopaedic surgeons and team physicians in the world, John Bergfeld. When Dr. Lombardo departed for The Ohio State University at the end of my fellowship, I was recruited to stay on board as the Medical Director of Sports Medicine, PCSM Fellowship Director, as well as Team Physician for the NBA Cavaliers and Cleveland State University Vikings Athletic Department. Talk about overwhelming. Thankfully I worked in a department that provided incredible assistance as I learned the ropes. I have been fortunate to have trained with all these individuals and appreciate the positive impact they have made on me as I take over the Presidency of this wonderful organization.

AMSSM History My Perspective

In looking back on the last 16 years of the AMSSM, there has been amazing and incredible growth. I have watched and grown with this organization from its prenatal planning with Dr. Lombardo and the other Founders to the mature adult that it is now. I am proud of the fact that I am a Charter Member of AMSSM and have had the opportunity to serve on numerous committees as a Member or Chair, as a Board member and as the Secretary/Treasurer.

As we move forward, it is important to not forget our history. The first three Annual Meetings were held in conjunction with the Annual Meetings of AOSSM. This organization of orthopaedic surgeons has been very supportive of our efforts. While some turf wars exist, both groups share the goals of providing the best care for all athletes and patients, researching the best diagnostic, therapeutic and prevention strategies, and providing a forum for the education of health care professionals and the general public. We owe a debt of gratitude to the AOSSM.

During his Presidency in 1977, Dr. James Puffer organized a Board Retreat which helped to further lay the ground work for AMSSM. Many great ideas came from this retreat, however we lacked the manpower and financial stability as a Society to achieve these lofty goals. In 2001, Dr. Brian Halpern recognized the need for a more defined business structure and focus that kept this organization from potentially collapsing. When I was appointed Secretary/Treasurer by Bert Fields, MD in 2003, I was a bit distraught as it appeared that AMSSM was operating in the red; but closer analysis revealed we had \$42,000 in a money market account. At that time we had 808 members and due to the continued growth in the number of PCSM Fellowships with few not renewing their membership, we continue to increase by 50-100 members per year. AMSSM now has a \$108,000 Certificate of Deposit, and over \$450,000 in our operating account. In the last year, the Foundation has received over \$325,000 in donations from our members and industry. Sandy Panther, the Director of Corporate Relations for the AMSSM Foundation, has worked diligently to increase the status and awareness of our Society which in turn has led to exponential financial growth. It is OUR AMSSM Foundation that supports all of our professional activities. Indeed the Society is vibrant and growing.

What can explain this continued growth in the field of primary care sports medicine and our Society? There are many answers. Our members take care of active and athletic individuals who demand the best care of all their health care problems, and we can deliver. Our members promote exercise as medicine for all of our primary care patients. Our own field training and experiences teaches us to use our knowledge base to evaluate and treat injury and illness; it is challenging but also fun and rewarding. We are trained to be cost conscious, utilizing tests when they are necessary. While we live in an era of evidence-based medicine, we recognize that medicine is still an art influenced by our mentor's and our own experiences. Working with patients who truly desire to get well, pushing the envelope to return to play, requires ongoing continuing education. Research opportunities are

countless, as witnessed by the number of projects submitted to RENDEZ-VOUS II. At the end of the day it is fun; recall that the number one predictor of longevity is job satisfaction. People who enjoy their work live longer.

AMSSM Next Year

What are my major goals for the next year? Our recent Presidents Fields, Putukian, Moriarity, Stricker and Young have raised the standards. I can only hope to maintain and build upon what they have accomplished. The only way this can be done is for the membership to continue to contribute to this Society. I encourage every one of you to volunteer to join at least one committee. It is the best way to see how this organization works and why this is the most important society for PCSM physicians.

1. I want to continue to improve the transparency of the organization so that all members realize that the Board of Directors truly has the best interest of AMSSM at heart.
2. I propose that the Student Membership category which was established this past year be called "Young Student Membership" in honor of the champion of this cause, the immediate Past President of AMSSM, Craig Young.
3. I have spent the last year trying to get contact information for all committee members so that we can more effectively communicate. Much of this has already been obtained, and I expect Committee Chairs to soon have this updated. This will be placed on the website so that all members can review committee structures and insure that their information is correct. In keeping with the Committee By-Laws, members will complete their terms after 3 years, or 6 years for those reappointed, so as to continue to bring in new ideas and energies.
4. The Future Site Committee will be established; it is to include the Executive Director and the First and Second Vice Presidents. They will solicit suggestions from membership for sites for the Annual Meeting, work with *Helms Briscoe*, a professional marketing firm, and then make efficient visits to determine the best venue and dates. This type of preliminary work secured very good rates at Caesar's Palace for RENDEZ-VOUS II and the Marriott Waterside in Tampa for the 18th Annual Meeting, April 25-29, 2009. For the 2010 Meeting, the Future Site Committee has already visited and reported on New Orleans and is planning to visit Cancun, Mexico. Drs. Fran O'Connor and Kim Harmon have the task of determining the 2011 Meeting, which will be held in the Western U.S.
5. A Strategic Planning Session will be held at our Winter Board Meeting with the help of a professional planner. The purpose is to build upon the ground work and momentum of the Strategic Planning task force. We will work with a business consultant to be named, to better establish a business plan as our organization continues to grow and mature. I hope this will be the footprint for growth of this organization in the next decade.
6. Through the hard work of Jon Drezner, MD and the Research Committee, we have a solid review process to apply for AMSSM Foundation Research Grants. By continued support of the Foundation, we are supporting our own research efforts.
7. I have established an Electronic Medical Records Task Force with the charge of putting together templates to allow members access to functional information. Given that the Federal Government will be mandating EMR, this will put us ahead of the game. Additionally, it will allow for more efficient multicenter research efforts. I have asked Jon Divine, MD to

Chair this task force and we will be soliciting the membership for volunteers.

8. I will continue to promote AMSSM in our relationships with other organizations. Jim Moeller, MD has been the Chairman of the International and Inter-organizational Committee (INIOC) and has begun to put together a list of professional organizations with which we should associate. AMSSM is in the process of selecting members who will serve as liaisons to various groups in terms of 3-5 years. The leadership of ACSM has approached AMSSM about establishing closer ties; this will be explored by a Task Force within the IIOC.

9. Years ago we dreamed of having our own sports medicine journal, and now with our continued growth and contribution, a number of Journals are part of our membership benefits. The CJSM, our official journal, has published all of the research and podium case presentations from this meeting. We have anew associate editor, congratulations John DiFiori, MD, who I know will do an outstanding job. Thanks Doug McKeag, MD for previously serving in this capacity. We are still in need of 4 new editorial board members, and in keeping with the theme of transparency, I am asking all interested members to contact John DiFiori or Andrea Pana, the newly appointed Chair of Publications and Public Relations, with your letter of interest. I have asked LWW to create a job description for both Associate Editor and Editorial Board Members. We will continue our commitment to the British Journal of Sports Medicine and appreciate their support of AMSSM. Finally, in another show of how far we have come, we have signed on as financial partners with AOSSM in the development of a new journal: *Sports Health: A Multidisciplinary Approach*. The American Physical Therapy Association and National Athletic Trainers Association are also on board with this journal and each organization has a volunteer Associate Editor, chosen after a lengthy interview process, to represent their organization. Congratulations, Matt Gammons, MD on your selection as the AMSSM Associate Editor. I know you are up to the task, and will make an outstanding journal for sports medicine providers. Good luck, as you have your work cut out for you.

10. I will work with the Internet Committee to continue to improve the AMSSM homepage. It is already full of helpful information for all members. Jon Divine, MD has been appointed Co-Chair of this committee to assist with the efforts of Dave Cosca, MD and Michele Lane. I hope to secure further resources to fund this essential activity, such as using this avenue to recognize our major corporate sponsors: Genzyme Biosurgery, Ferring Pharmaceuticals and Alpharma Pharmaceuticals.

11. Due to previous financial limitations, the AMSSM has not been able to adequately recognize Founding Members and Board Members who have donated significant financial resources, time and energy to make this organization what it is today. Thus we will present plaques to all Founding Members and former Board Members recognizing their dedication.



12. I challenge all of you to become involved, become committed. The Committees are looking for help in accomplishing many tasks and you can help. Contact the Committee Chairs to get involved.

Committee	Chair	Email Address
Diversity	Andrew Gregory	diversity@amssm.org
Economics	Chris Madden	economics@amssm.org
Education	Holly Benjamin	education@amssm.org
Fellowship	Tracy Ray	fellowship@amssm.org
International	Jim Moeller	international@amssm.org
Internet	Dave Cosca/Jon Divine	internet@amssm.org
Membership	Kim Fagan	membership@amssm.org
Pronouncement	Dave Bernhardt	pronouncement@amssm.org
Publications/Public Relations	Andrea Pana	publicrelations@amssm.org
Research	Jon Drezner	research@amssm.org

13. Finally in the next year, I plan to develop an ongoing Presidential Legacy. Having practiced primary care sports medicine for nearly 20 years, working with athletes of all ages and abilities, and witnessing first hand the obesity epidemic here in the U.S., as well as around the world, I have decided that we, the AMSSM, can make a difference. While the obesity epidemic is tied to many factors, the one area that we as PCSM physicians know is a major contributor is the decrease in overall physical activity. This is due to many reasons including increased screen time, lack of free play, modern transportation and removal of physical education classes from many school systems. I am proposing that we reinstitute mandatory physical activity (education) classes, 45 minutes/day, 5 days/week, for all students K-12. While this will not solve the obesity epidemic, it will improve the health, fitness and intelligence of children. In the past year, I have established relations with many medical, political, educational and business organizations who support this concept. In our leadership role, I believe the AMSSM can push for this change. It will have to be mandated at the state level, but I plan to push the Federal Government to support this. I am asking for volunteers to join the cause. We have members in every state and you can make a difference.

Final Thanks

I am sorry to have taken so much time to give this Presidential speech, but as you can tell I am passionate about this organization, its wonderful members, and its lofty goals. I have to give final thanks to a few others including Cheri Baumann, my faithful assistant for nearly 20 years whom many of you know. Sabrena Robinson, my nursing assistant who keeps my practice going when I'm running all over the globe. Thanks to my 40+ old fellows, and current Warthogs for all your support and understanding over the years. And of course, thanks to my amazing family. My daughter, Brittany, a sophomore at Miami of Ohio, and Alexandra, who selects her college in the next month, have made all the work worthwhile. And to my best friend, who has put up with more than any wife should, Joanne. Thanks for all for your love and support.

A congratulatory handshake during the AMSSM Business Meeting on Friday, March 28, 2008 as AMSSM Leadership passes hands from Craig Young, MD, AMSSM President 2007-08 to Robert Dimeff, AMSSM President 2008-09.

AMSSM – The 2007-08 Year in Review

Craig Young, MD Immediate Past President

This has been a year of growth and accomplishments, thanks to you, the members of AMSSM. Our membership has grown to 1,278 of which over 850 are at this Annual Meeting. We continue to be a relatively young organization with most of us between the ages of 35-44 years old. Most of us trained in family medicine, however, with the recent approval for Physical Medicine and Rehabilitation for the CAQ, we will hopefully continue our diversification with the physiatrists joining our current contingent of ER physicians, internists and pediatricians. Our growing diversity will help expose us to different perspectives and treatment options, which will benefit all of us, particularly with our difficult cases. Our continued growth and the quality of our membership have not gone unnoticed. We have received increasing offers from organizations to collaborate on position statements, to endorse products and even to merge with other organizations. While all this attention is flattering, I would caution our membership and our future leaders – to not indiscriminately accept all these offers. We need to be careful to preserve our independence in decision-making and financial matters, even if it means slower growth. On the other hand, we would be remiss not to consider reasonable offers.

As I stated, this has been a tremendous year of accomplishments. If I fail to cite any particular person or group, I apologize in advance, but in order to give Bob (Dimeff) some time to speak, I need to limit my comments. As you can see, my slides will note and thank committee members for many accomplishments, only some of which I will mention during this address. I know that the slides are also somewhat incomplete because some of the task forces are too large to list on the slides and some projects that I have simply forgotten to list. To those of you who I have not listed, I thank you for your time and hard work.

I would like to thank all the volunteers, particularly the AMSSM members that have made RENDEZVOUS II such a success. You should note that none of the volunteer faculty members, moderators or program committee members receives compensation or any sort of discount on their registration fee or their travel expenses – all they get is their name on the symposium brochure. I would especially like to thank the AMSSM members of the Executive Committee: Bob Dimeff, MD; Doug McKeag, MD; and Steve Simons, MD. As any former Program Chair will tell you, the job is always an incredible amount of work, but the international, multi-organizational aspect of RENDEZVOUS II made this year's task exponentially more complex and time-consuming than ever before. For that reason, I need to give special commendation to this year's Program Chair, Jon Divine, MD, for his outstanding work.

It is hard to believe that a short time ago, this organization was nearly broke. At that time, one poorly attended Annual Meeting could potentially bankrupt and finish off the organization. We are now financially solid. We continue to have continued growth in our operating reserves, currently approximately \$400,000, despite not having any increases in our dues since 2002. Our goal is to have \$600,000, the equivalent of one year's operating budget in reserves. We have made two major changes financially this year. First, the Board approved the formation of a Finance Committee, which will also serve as an oversight committee, to ensure that we are being efficient with your money. Secondly, (an idea that I had on my flight over here to Las Vegas), we will have the Finance Committee create an easy to

read financial summary that we will post under "the Members Only" section of the website. This will allow everyone to see where his or her money is going.

The Economics Committee continues to work on Medicare Sports Medicine credentialing – special thanks to Jim Bryan, MD; Steve Collina, MD; and Chris Madden, MD for their work on this important topic. The Education Committee is currently working on a Sports Medicine Elective List for medical students and residents – if you have one and would like it listed on our website, please email Holly Benjamin, MD (education@amssm.org). The Research Committee, with funding from the Foundation, has created our 1st AMSSM Research Grant Fund of \$50,000 with the intent to award grants from \$500 to \$30,000 for member research. They also have created a "Research Resources for Sports Medicine" listing which is available on our website.

I have reorganized some of our committees to make them more efficient. The Public Relations and Publications Committee have merged and the International Committee has an expanded role as the International & Inter-Organization Relations Committee. The other two new committees are the Pronouncement Committee and the Finance Committee.

We now have a number of new affiliations. One of these is with Professionals Against Doping in Sports (PADS) – Brent Rich, MD is currently leading the task force to write our organization's ethic statement. Please contact him if you are interested in helping. Another exciting affiliation is with Self Care Net. Thanks to the tireless work of Chris Madden, MD, our members and their patients have access to the sports medicine patient handouts for free. You and your patients can access these from the AMSSM homepage.

I am proud to announce that AMSSM will publish its first position statement. The statement on *Mononucleosis in Athletes* will be published shortly in CJSM; thanks to Margot Putukain, MD, and her writing group. We will be starting work on our second position statement, which will focus on *Marfan's Syndrome and athletic activity*. This statement will be written in collaboration with the National Marfan's Foundation. If you are interested in helping with this project, please contact Mark Lavallee, MD.

Earlier this year, a task force from the Fellowship Committee created and implemented the first Sports In-Training Exam. It was a great success. After it is administered to the fellows in the upcoming year, we are planning on making it available to members for CAQ practice. The cost will be \$100 for members and \$500 for non-members. A special thanks to Stephen Paul, MD and Scott Rand, MD for their work on this project.

The Strategic Planning Task Force has submitted their final report. I thank them for their hard work. They have focused on and made suggestions regarding expanding our national visibility, national policy agenda and growth plan. It will be posted on the website for comments from the members and will help the Board of Directors guide their planning for our future. I would like to thank all the members of this committee in particular their Chair, Mark Niedfeldt, MD.

I am particularly pleased to announce the creation of a student membership category that this has been a particular interest of mine, since joining the Board of Directors six years ago. This has been designed to be revenue neutral and to expose medical students to the field of primary care sports medicine (so that they know what we do even if they ultimately choose to pursue other specialties). Special thanks to Mark Niedfeldt, MD; Jen Oberstar, MD; and Kim Fagan, MD for their help in making this idea a reality.

I'll end my summary of the past year with review of your current membership benefits and highlight a few new ones. First, and perhaps most importantly, is the opportunity to network with your colleagues. Other features include access to team physician consensus statements, patient education handouts, sports medicine practice tools, sports in-service/review test discounts, as well as subscriptions to *Clinical Journal of Sports Medicine*, the *British Journal of Sports Medicine*, and *Sports Health*.

What is *Sports Health*? It is an exciting new journal that AMSSM is partnering with AOSSM, NATA, and the Sports Physical Therapy Section to produce. This journal will have a multi-disciplinary approach and a clinical focus – think *Physician and Sportsmedicine* with a more evidence-based approach. When AOSSM first approached me with this proposal, I was very interested. However, the cost of \$90/year/member was significantly more than any of our other journals. How were we able to get it down to a level that we felt our organization could afford? In large part, it is due to the fact that our Associate Editor is going to give up the \$12,000 annual stipend that all of the other editors will be getting as a means of reducing the annual subscription fee for all of our members. It is certainly a credit to our membership, that despite the fact that this would be a purely voluntary position, we had seven individuals volunteer for this position. Ultimately, Matt Gammons, MD was chosen to be our Associate Editor by the Chief Editor. Unfortunately, he used all of his time off to go to Sports Health organizational meetings, so he was unable to attend RENDEZVOUS II. Please thank him for sacrificing his time (and \$12,000 per year) on your behalf when you see him next year. In the mean time if you have any ideas for authors and our topics, please e-mail him at mgammons@rrnc.org.

Now it is time to announce the results of the last election. Elected to Second Vice President is Fran O'Connor, MD, MPH. Re-elected to 2nd terms on the Board of Directors are Holly Benjamin, MD and Jonathan Drezner, MD. Newly elected to the Board are Kevin Burroughs, MD; Jon Divine, MD; Andrew Gregory, MD; and Andrea Pana, MD, MPH. Congratulations and condolences to all of them.

I'd like to stress the importance of the AMSSM Foundation to you. This past year, the Foundation raised over \$250,000 in grants from companies. The Foundation provides funds for the Annual Meeting (speakers, food and awards), for the Fellowship Research Workshop, for AMSSM members' research grants and for fund raising. Remember, the number that is most important to these companies who are giving us grants is the percentage of members contributing rather than the amount that is contributed. Currently, slightly less than 15% of our membership have contributed to our Foundation. Over the years, our Presidents have told us how important it is to participate and all have personally contributed. I'm going to take it a step further and throw out a matching challenge grant. I will donate up to \$2,000 per year for the next five years for each dollar from new donors given by the end of July 2008. I know that each of the Board of Directors donates a lot of time, but as they rotate off the Board, I challenge them to donate money instead of time and create their own matching challenge grant with their own match ratio and maximum. What can this mean for the Foundation? Well, if the Foundation receives 80 new donors at \$25 for a total of \$2,000 and the current Board members match at \$1 per \$10 new dollars when they rotate off, the \$2,000 from the new Foundation donors will cost me \$10,000 and with my Board's contributions can become \$27,000.

I would like to thank my 07-08 Board of Directors, Officers and Committee Members. All of you did outstanding work, which allowed me to have such a productive and successful year. I would like to thank the AMSSM staff and especially Jody Gold, our Executive Director. Remember the President may be the yearly caretaker of AMSSM, but Jody is the heart and soul.

Finally, I need to thank the members of AMSSM and the field of sports medicine for giving me the opportunity to have so many unique experiences in my career. With this in mind I would like to give you one parting thought before I give up the podium – "Remember your family. While that trip to Europe with your team may be a great experience for you or coverage of a team or event "x" may be great for your C.V., remember to ask yourself "what does my spouse and family get out of this opportunity?" I've seen too many friends and colleagues have relationships and family breakups, in no small part because of the long hours most of us keep. Remember, family events may be once in a lifetime, but there always seems to be another event or team to cover, even if you turn one or two down. With this in mind, I'll conclude by thanking my wife, Sharon Busey, for her support and love and for allowing me the time to devote to AMSSM.

AMSSM FOUNDATION RESEARCH GRANT AWARDS

DEADLINE TO SUBMIT APPLICATIONS: OCTOBER 1, 2008

The AMSSM Foundation Research Grant Awards were developed to foster original scientific investigations by members of AMSSM. Supported by the AMSSM Foundation, the Research Grant Awards will have a lasting and substantial impact on our Society for years to come.

**PLEASE NOTE: THE PRIMARY INVESTIGATOR
MUST BE AN AMSSM MEMBER.**

Grant Application online at:

<http://www.newamssm.org/Research%20Grant%20Information.html>

ENTERING THE "MEMBERS ONLY" SECTION:

- Click on the "Members Only" on the website at www.amssm.org
- User Name: ENTER YOUR LAST NAME
Password: ENTER YOUR MEMBER ID NUMBER
- Then you're in.
- If your contact information has changed, submit any changes using the "Change of Information" form online.

AMSSM COMMITTEE REPORT

Membership Committee

Mission Statement:

The mission and goals of the Membership Committee include recruitment and retention of qualified members, timely review of applications, close interface with the Task Force on Diversity, integrating goals fairly and accurately, periodic survey of membership, facilitating their input while checking their level of satisfaction with the Society and its activities.

Chair: Kim Fagan, MD

Past Chair: Kimberly Harmon, MD

Committee Members:

Casey Batten, MD
Emily Casey, MD
Jessica Ellis, MD
Carrie Jaworski, MD
Beverly Jordan, MD, ATC
Thomas Kohl, MD
Laura Lendermon, MD
Danny Lewis, MD
Jim Nevins, MD
Mark Niedfeldt, MD
Jen Oberstar, MD
Stacey Pappas, MD, MS
Jason Robertson, MD
Joel Sievers, MD
E. James Swenson Jr., MD

Update from the Membership Committee:

- **Current Membership:** 1,336 Members.
- **New Membership Category for 2009: Student Membership**
 - One-time Dues payment: \$30.00 (No proration)
 - Eligibility: Valid for duration of medical student status
 - Member Benefits include:
 - Access to "Members Only" Section of the Website (No journal access)
 - Access to List Serv
 - Receive Electronic format of Newsletter
 - T-shirt with AMSSM Logo "Young Student Membership"
 - Discount on Annual Meeting registration fee
 - Access to sports medicine elective list (in development)
 - Access to our membership via mentoring/rotations (in development)
- **Foundation Resident Scholarship Awards for 2008 – Presented at RENDEZVOUS II**
 - John David Baldea, MD
 - Damond Blueitt, MD
 - Eric D. Parks, MD
- **National Conference of Family Medicine, Residents and Students**
 - AMSSM will be exhibiting at this meeting to promote AMSSM, share membership opportunities for Residents and introduce our new "Student Memberships" for 2009.

AMSSM COMMITTEE REPORT

Public Relations & Publications Committee

Mission Statement:

To support the stated mission and goals of AMSSM in matters of public relations and publications, act as a liaison between AMSSM and other medical and professional 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.

Old Business:

- **Beginner Triathlete:** POC is Dr. Marjie Delo. Hyperlink has been established in the "Members Only" section of our website. Marjie is coordinating assignments for writers and editors; these will be posted on our website.
- **Little League Baseball Project:** POC is Dr. Tracy Ray. A proposal for a working relationship with them and specifics thereof is presently in the discussion stage.
- **Positive Coaching Alliance:** POC is Dr. Paul Stricker. A relationship has been established. A contract has been written to define the goals and expectations of this partnership.
- **American Family Physician Project:** POC is Dr. Fran O'Connor. Three articles have been published and the last two are in line to be published soon (article by Liz Joy, MD on the Female Athlete and an article by Dave Jenkinson, DO on Supplements).
- **Sports Discus:** POC is Geoff Kuhlman, MD. We are currently renegotiating the contract for 2008 with the new management. Use of the resource has not been high. We will likely have access to abstracts only given cost and low use.
- **Media Development List:** This task is to be an AMSSM Staff function. The list will be kept current by Jody and her staff.

(The report continues on the next page)

AMSSM COMMITTEE REPORT

Public Relations & Publications Committee

Chair: Andrea L. Pana, MD, MPH

Past Chair: Fran O'Connor, MD, MPH

Committee Members: Year 3 of term
David Cassat, MD; Marjie Delo, MD;
Andrew Hunt, MD; Chris Koutures, MD;
Kelsey Logan, MD; Ken Mautner, MD;
Christian Millward, MD; Grant Morrison,
MD; Jim Ngatuvai, MD; Tony Reed, MD;
Paul Stricker, MD; Verle Valentine, MD;
and Mark Williams, DO

Committee Members: Year 2 of term
Chad Asplund, MD; Anne Boyd, MD;
Andrew Getzin, MD; Tom Howard, MD;
Billy Haug Jr., MD; Mike Krafczek, MD;
Andrea Matich, MD, MS, HSB; and Joel
Shaw, MD

Committee Members: Year 1 of term
Russ Adams, DO; Irfan Asif, MD;
Christopher Meyering, DO; George
Pujalte, MD; and Martha Pyron, MD

Thanks to the members who have completed three years of service to this committee:

Amy Bohn, MD
Lisa Callahan, MD
Katherine Dec, MD
Ron Hansen,, MD
Suzanne Hecht, MD
Geoff Kuhlman, MD
Fran O'Connor, MD, MPH
Tracy Ray, MD
Rodney VanAndel, MD

This committee is a busy one with many ongoing projects. We are open to any suggestions from the general AMSSM membership on how we can better complete our mission and serve the Public Relations and Publication needs of our members.

Old Business (Continued):

- **Athletic Therapy Today:** POC is Dr. Grant Morrison. Authors are lined up for the next year and they do not need volunteers at this time. Dr. Tracy Ray, Section Editor review and does final edits before sending the articles to publication.
- **American Family Physician II:** POC is Drs. Chad Asplund and Anne Boyd. Casting and Splinting to be published.
- **Media Kit Development:** POC is Dr. Tony Reed. Survey to membership was released in May 2008. This survey is to be used to develop a list of experts within AMSSM who could speak for AMSSM to the media on a variety of topics. This list would be available in the "Members Only" section of the website.
There was discussion in the committee meeting about the search engine used to find docs on our site and the limitations it may have with respect to searching expertise of members. This may need to be discussed further in the Strategic Planning of AMSSM and investing in IT development. (Making our searching web-based).
There was also discussion of having lectures on specific common topics available on the "Members Only" section of the website. These could be used by members for public speaking opportunities (Could also tie in with Speaker's Bureau by having experts write these).
- **Newsletter:** POC is Dr. Andrea Pana. Survey during the summer indicated that most members wanted only an online newsletter. As a result, all members will receive the newsletter online and a paper copy of the newsletter will only be distributed to members that requested the print copy. A questionnaire will be sent to membership this summer asking for members opinions on what members want to see in their newsletter. A subcommittee is being formed to assess and revise the newsletter.
- **Self Care Net:** POC is Drs. Fran O'Connor and Chris Madden. Self Care link is now on our website. There are 25 topics/self care handouts, all written by Dr. Chris Madden. Plan is for 10 more handouts to be added this year. Chair of this Committee has been editing. The link is going to be password protected so that AMSSM members and their patients can utilize them; they would not be open to anyone browsing our website.
- **Speaker's Bureau:** POC is Dr. Suzanne Hecht. Survey concerning Speaker's Bureau was released after the RENDEZVOUS II Meeting. This will be analyzed and the project will move forward.
- **Sports Health:** POC is Dr. Robert Dimeff. A contract has been signed. AMSSM selected Dr. Matt Gammons as our editor for this project. Dr. Andrea Pana will contact Dr. Gammons regarding what involvement the Public Relations and Publications Committee will have.
- **Mononucleosis Paper:** POC is Dr. Fran O'Connor. The position statement on Mononucleosis is to be published in the near future in the *Clinical Journal of Sports Medicine*.
- **Marfan's Syndrome:** POC is Dr. Mark Lavalley. A relationship with the National Marfan's Foundation has been established. There is a plan for a consensus statement regarding screening Young athletes for Marfan's and related disorders.

New Business:

- **OR Live:** This is a provider of live, interactive and on-demand surgical video. They have contacted us and invited us to share knowledge and resources. They want us to have a link or endorsement on their website and will provide us with links to Orthopedic operations on our website. The Board has approved exploring this idea further; we are in discussions with them to continue development of the possibilities in this potential liaison.
- **Expert Talks:** This was brought up in context of Old Business and New Business. Idea to provide expert talks on website that our members could use. This idea will be looked into and further developed in concert with the Speaker's Bureau.
- **5-Minute Sports Consult:** A Committee member inquired about AMSSM writing this. However, this book is already being written and presently a new edition is being worked on. A member of AMSSM is heading this and has been asking fellowships to participate. Prior edition was endorsed by AMSSM; status of this agreement with future editions unknown at this time.

AMSSM COMMITTEE REPORT

Research Committee

Mission Statement:

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.

Chair: Jonathan Drezner, MD

Past Chair: John DiFiori, MD

Committee Members:

Ken Barnes, MD, MSc
David Berkoff, MD
David Bernhardt, MD
Kevin Burroughs, MD
Kathleen Carr, MD
Julie Casper, MD
John DiFiori, MD
Nick Edwards, MD
Matt Gammons, MD
Joe Garry, MD
James Glazer, MD
Paul Gubanich, MD, MPH
Sean Haney, MD
Suzanne Hecht, MD
Robert Hosey, MD
Neeru Jayanthi, MD
Joel Kary, MD
Nick Kilmer, MD
Bob Kiningham, MD
Dan Kraft, MD
Michele LaBotz, MD
Aaron Lear, MD
Andrew Nichols, MD
John O'Kane, MD
Deepak Patel, MD
Stephen Rice, MD, PhD, MPH
Sami Rifat, MD
Tom Terrell, MD, MPhil
Christy Tharenos, MD, MSPH
Daniel Vigil, MD
Julia Wang, MD
Kevin Waninger, MD, MS
David Webner, MD
David Weldy, MD, PhD
Dennis Wen, MD

This was a remarkable year for the AMSSM Research Committee with many achievements and contributions. On behalf of AMSSM, I'd like to thank all of the Research Committee members for their dedication and commitment. Some of the accomplishments of the past year, ongoing works and new resources are highlighted below.

AMSSM Foundation Research Grant Awards

The AMSSM Foundation Research Grant Awards were developed to foster original scientific investigations by members of AMSSM. Supported by the AMSSM Foundation, the Research Grant Awards will have a lasting and substantial impact on our society for years to come. The deadline to submit a completed grant application is October 1, 2008. The primary investigator must be an AMSSM member. More information and the grant application instructions are available at:

<http://www.newamssm.org/Research%20Grant%20Information.html>

Research Abstract Presentations

This year we received a record number, 84 research abstract submissions for our Annual Meeting at RENDEZVOUS II. In collaboration with CASM, 78 research abstracts were accepted for podium or poster presentation after a blinded review, and all accepted abstracts were published in the March edition of the *Clinical Journal of Sports Medicine*. Special thanks to our reviewers who did a fantastic job (Drs. Ken Barnes, Dave Bernhardt, John DiFiori, Jonathan Drezner, Nick Edwards, Matt Gammons, James Glazer, Suzanne Hecht, Dan Kraft, Michele LaBotz, Christy Tharenos, Julia Wang and Kevin Waninger). As usual, the quality of scope of original investigations conducted by members of AMSSM was impressive. Currently, the Research Committee is evaluating our review process and scoring guidelines to refine the review methods utilized as the number and diversity of abstract submissions increase.

RENDEZVOUS II Awards

Congratulations to the following award recipients at RENDEZVOUS II:

RENDEZVOUS II Best Overall Research Award Jonathan Drezner, MD
RENDEZVOUS II Outstanding Research Award Joerg Jerosch, MD, PhD
RENDEZVOUS II Outstanding Research Award David Simon, MD
RENDEZVOUS II Outstanding Research Award Naama Constantini, MD
RENDEZVOUS II Outstanding Research Award Bradley Monteleone, MD, PhD
AMSSM Foundation Best Overall Research Award David Berkoff, MD
AMSSM Foundation Harry Galanty Young Investigator Award Ashwin Rao, MD
NCAA Research Award John Touhy, DO
AMSSM Best Research Poster Award Leslie Yen, MD
NCAA Research Poster Award Jason Matuszak, MD

Fellows Research Workshop

The 2008 AMSSM Research Workshop for Sports Medicine Fellows is being held August 1-3, 2008 in Philadelphia, Pennsylvania. Thank you to the core course faculty for their continued efforts in making this workshop and the pre-conference sideline preparedness course a success year after year – Drs. Suzanne Hecht, David Jenkinson, Bob Kiningham, Tracy Ray, Stephen Rice, Aaron Rubin and David Webner. The conference brochure and registration form can be found at:

<http://www.newamssm.org/Confer.htm>

New Resources

A comprehensive list of potential sports medicine funding resources and a list of sports medicine related journals to consider when submitting manuscripts for publication have been assembled for AMSSM members actively conducting or considering research pursuits. Thank you Drs. Suzanne Hecht and David Berkoff for developing these resources now available at:

<http://www.newamssm.org/Research%20Grant%20Information.html>

RENDEZVOUS II

An International Sports Medicine Conference
March 25 – 29, 2008 • Caesars Palace in Las Vegas, Nevada

The following awards were presented during the RENDEZVOUS II Meeting:

RENDEZVOUS II AWARDS

RENDEZVOUS II BEST OVERALL RESEARCH AWARD

\$750 cash award and plaque

Jonathan A. Drezner, MD

RENDEZVOUS II OUTSTANDING RESEARCH AWARD

\$600 cash award and plaque

Joerg Jerosch, MD, PhD

David Simon, MD

Naama Constantini, MD

Brad Monteleone, MD, PhD

RENDEZVOUS II BEST CASE AWARD

\$500 cash award and plaque

Daniel L. Ouyang, MD

AMSSM FOUNDATION AWARDS

FOUNDERS AWARD

\$500 cash award and plaque

Connie Lebrun, MD

AMSSM FOUNDATION SPORTS MEDICINE RECOGNITION AWARD

\$500 cash award and plaque

Andrew Pipe, CM, MD

BEST OVERALL RESEARCH

\$500 cash award and plaque

David Berkoff, MD

HARRY GALANTY YOUNG INVESTIGATOR'S AWARD

\$500 cash award and plaque

Ashwin Rao, MD

AMSSM FOUNDATION RESIDENT SCHOLARSHIP AWARDS

\$1000 cash award for RENDEZVOUS II Meeting Registration and Expenses

2008 Complimentary AMSSM Resident Membership

AMSSM Foundation Resident Scholarship Award Plaque

John David Baldea, MD

Damond Blueitt, MD

Eric D. Parks, MD

AMSSM AWARDS

BEST RESEARCH POSTER

\$250 cash award and plaque

Leslianne Yen, MD

BEST CASE POSTER

\$250 cash award and plaque

David Z. Frankel, MD

Best 2 MINUTE DRILL PRESENTATIONS

\$50 cash award and presentation award

John C. Hill, DO

David Kruse, MD

NCAA AWARDS

NCAA RESEARCH AWARD

\$250 cash award

John Touhy, DO

NCAA RESEARCH POSTER AWARD

\$250 cash award

Jason Matuszak, MD



RENDEZVOUS II

An International Sports Medicine Conference

Craig Young, MD, AMSSM President congratulates Jon Divine, MD for an outstanding job as Program Chair of RENDEZVOUS II



AMSSM Foundation Award
Founders Award Presented to Connie Lebrun, MD



Founder, James Puffer, MD presenting award to Connie Lebrun, MD

AMSSM Foundation Award Harry Galanty
Young Investigator's Award Presented to Ashwin Rao, MD



Kimberly Harmon, MD, First Vice-President and Jonathan Drezner, MD, Chair, Research Committee presenting award to Ashwin Rao, MD

Mark Your Calendars

Research Workshop
for Sports Medicine Fellows
Pre-conference course: Sideline Preparedness
August 1-3, 2008
Philadelphia, Pennsylvania

AMSSM Foundation Research Grant Awards
Application Deadline: October 1, 2008
<http://www.newamssm.org/Research%20Grant%20Information.html>

2008 Advanced Team Physician Course
December 11-14, 2008
Hilton Austin
Austin, Texas

18th AMSSM Annual Meeting
April 25-29, 2009
Tampa Marriott Waterside
Tampa, Florida

Links on the "Members Only" Section:

- Journal Links:
 - Clinical Journal of Sports Medicine*
 - British Journal of Sports Medicine*
 - Sports Discus*
- Sports Medicine Practice Tools
 - Tools
 - Economics FAQ
 - Practice and Salary Surveys
 - Sports Medicine Economics Listserv
 - Helpful Links
- AMSSM Forums and AMSSMNet Listserv
- Public Relations Presentations
- PPE (Form included)
- Search for a Member
- ATT Physician Perspective
- Sports Discus Hot Topics
- Competency Assessment System for Fellowships
- Beginner Triathlete Upcoming Author List
- 15th and 16th Annual Meeting Additional Handouts
- 2008 Fellowship Forum Information
- AMSSM Bylaws
- Jobs Available/Job Listing
- Change of Information Form

Explore www.amssm.org

A Member in the Spotlight

Fred Reifsteck III

Written by Verle Valentine, MD



Fred also credits an early medical partner (a pediatrician) as a major influence to him in the world of primary care sports medicine . . . instilling the value of digging deep into the history and physical exam to assist in getting to the diagnosis and thus treating the patient not just the problem.

This member in the spotlight is a Midwest boy who found his home in the South. Fred Reifsteck credits his parents for who he has become today. He states they instilled in him a hard work ethic and taught him to be honest and fair. When his parents brought him to college, his father told him that he should “remember who you are and where you came from and you won’t get into trouble”. Fred took his father’s advice to heart and tries to live this out in his adult life.

Fred went to college at Knox College in Galesburg, Illinois and went on to get a Masters Degree from Illinois State University before attending medical school at the University of Illinois in Chicago. He then completed a family medicine residency in Peoria, Illinois before starting his career in Atlanta, Georgia. He spent 13 years in Atlanta and has not been able to escape from the South. Since 2003, he has held his current position at the University of Georgia. He feels like he is in the ideal job as he spends the majority of his time working in the Sports Medicine Center at the University Health Center at UGA seeing students with musculo-skeletal problems. He also spends some time in the Acute Care Clinic at the Health Center and serves as a primary care team physician for the University of Georgia. He notes that he loves



working with the young population as they are highly motivated students and student athletes, but he also notes that they are seeing more and more non-traditional students who provide a good mix of age groups.

Fred enjoys working with AMSSM Charter Member Ron Elliott, but credits his childhood family doctor as the influence that led him into his career. He recently enjoyed the experience of taking his recertification exam along side his childhood doctor. It sounds like both of them enjoyed the experience together. Fred also credits an early medical partner (a pediatrician) as a major influence to him in the world of primary care sports medicine. His former partner really instilled in him the value of digging deep into the history and physical exam to assist in getting to the diagnosis and thus treating the patient and not just the problem. He is proud to be part of the AMSSM as he feels that we embody this mantra. He states that we have a special openness and camaraderie that is rare in the field of medicine.



Fred and his family recently went through a tough year in 2006, but a new blessing came in 2007. In 2006, Fred suffered through the loss of his father and then the loss of his sister after a battle with cancer. His wife also had a setback when she was hit by lightning in their own garage. However, 2007 brought Fred and his wife Joyce their first child after trying to have children for a long time. They joke that the lightning must have shaken something loose to allow the conception. They feel that healthy Fred Reifsteck, IV was such a great blessing because of the long wait and because of the smooth pregnancy for his wife in her mid 40’s.

In addition to adjusting to being a first time father at the age of 48, Fred enjoys golf, relaxing and spending time with his family. He admits that his golf game has suffered in the past year since the birth of his son. (I can relate to that.) I suspect that the score on his golf card isn’t near as important as it used to be.



American Medical Society for Sports Medicine
11639 Earnshaw
Overland Park, KS 66210
Phone (913) 327-1415
Fax (913) 327-1491
office@amssm.org
www.amssm.org

AMSSM 18th Annual Meeting
April 25-29, 2009
Tampa Marriott Waterside • Tampa, Florida



Join AMSSM in Tampa in 2009!