AMSSM NEWS

AMSSM 2018 Annual Meeting Recap: REACH to Infinity...and Beyond!

By Jacob Miller, MD

For one April week in Orlando, sports medicine physicians from around the globe expanded their horizons, soared to new heights, reached for the stars, and envisioned a whole new world of possibilities. Then, some of them attended the theme parks at Disney World.

The Happiest Place on Earth was the center of the sports medicine universe, a fitting setting for an AMSSM Annual Meeting that pushed the boundaries of conventional practice and sought to answer difficult questions that confront our patients.

Drs. Peter Brukner, Jeff Volek, and colleagues debated the merits of various diets for athletic performance, tackling the conundrum: Should we train with high carbs, ketones, or just eat ratatouille? The first AMSSM Collaborative Research Network Shark Tank (minus a recovering carnivore named Bruce) was a resounding success, crowning Dr. Jillian Sylvester with research funding for her proposal “Use of a Self-Guided Mindfulness Program” to help manage chronic pain in athletes.

The traveling fellowship is an educational international experience designed to provide a unique global academic learning opportunity to interact with sports medicine leaders from around the world. The Traveling Fellowship program is also a two-way exchange. Each year AMSSM selects a sports medicine physician from a partnering country to serve as the International Visiting Fellow. This year it was Dr. Hilde Berge, Chief Medical Officer for the Norway Paralympics. Dr. Berge, in addition to attending and presenting at the AMSSM Meeting in Orlando, FL, also lectured and visited sports medicine centers in Greenville, SC, Richmond, VA, and Boston, MA.

AMSSM Traveling Fellowship — Scandinavia 2018

By Past President, Founder and Senior Fellow John Lombardo, MD; and Junior Fellows Leonardo Oliveira, MD and Jason Zaremski, MD

As sports medicine physicians in the United States, we (Leonardo Oliveira and Jason Zaremski) had the opportunity of a lifetime—to travel to Scandinavia under the direction of one of AMSSM’s Founders and Past Presidents, Dr. John Lombardo (known as “the Godfather” to our Scandinavian colleagues) as the AMSSM Junior Traveling Fellows in May 2018.

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Photos from the 2018 AMSSM Annual Meeting

REACHING UP, REACHING OUT, REACHING AHEAD
FOR THE FUTURE OF SPORTS MEDICINE
Member Photos from the 2018 Annual Meeting

[Images of group photos from the 2018 Annual Meeting]
In addition to the general sessions, AMSSM membership showcased their abilities in numerous research and poster presentations, ICLs, committee development sessions, and breakout groups, proving what our society can accomplish.

New royalty was crowned as the AMSSM presidency passed from Dr. Katherine Dec to Dr. Chad Asplund, and Dr. Aurelia Nativ was honored with the Founders’ Award for her exemplary service as a sports medicine physician. International Traveling Fellows Drs. Ken Barnes, Mederic Hall, and E. Lee Rice returned from London, while Drs. Leonardo Oliveira, Jason Zaremski, and John Lombardo prepared for a trip to Scandinavia.

For the AMSSM Foundation Humanitarian Service Project, members and their families became rescuers to local youth by renovating athletic fields and facilities at a Central Florida Boys & Girls Club.

The successes and magical experiences of this year’s Annual Meeting would not have been possible without our society’s incredible cast members, including our Board of Directors, AMSSM Foundation, Program Planning Committee, Program Chair Dr. Mederic Hall, and amazing members. We encourage everyone to ride like the wind to Houston for our next conference in April 2019; let’s hope we don’t get a snake in our boot!

TRAVELING FELLOWSHIP — SCANDINAVIA 2018

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We have been asked multiple times since we have returned to the States: what were the highlights of your trip? We all agree that the opportunity to attend a three-day educational conference in Kleivstua, Norway was amazing. The conferenced centered on education, research and teamwork for PhD candidates, some of whom were completing their research and others who were just beginning. In addition, Dr. Lombardo has commented how grateful he was to visit the Institute for Sports Medicine in Copenhagen, at the Bispebjerg Hospital with Dr. Michael Kjaer. Dr. Lombardo again was impressed with the teamwork and emphasis on research during our stop in Copenhagen. “The research programs didn’t seem to have the same type of competitive nature of programs that I have seen in the United States. It seems to be more collaborative,” he said. The team approach could be felt in Sweden at the University of Gothenburg and the Swedish School of Sports and Health Sciences leading to significant productive medical and scientific knowledge.

We also learned a great deal on the health care systems, noting their similarities and differences. The utilization and the flow of resources is quite different. As one example, musculoskeletal ultrasound is used with a significant frequency by surgical and non-surgical physicians before any other imaging in nearly all patient encounters we observed. Additionally, non-surgical treatment modalities are emphasized significantly more than surgical treatment when at all possible.

While a large portion of our experiences involved academic exchange (we did provide a total of 15 lectures between the three of us), there was also ample time for some fun. Dr. Oliveira ran in the world’s largest half marathon in Gothenburg, Sweden. We visited both the Nobel and Viking Museums in Stockholm and Oslo, respectively. And while it was amazing to have this Scandinavian opportunity to experience different local culinary delights and explore beautiful historic cities, we were humbled to be able to pick the brains of sports medicine physicians who have paved the way before us. Hopefully, we Junior Fellows can do the same and pay it forward to our junior contemporaries and fellow AMSSM colleagues.

In short, the 2018 AMSSM Traveling Fellowship was an unbelievable, amazing, academic and cultural experience between four countries (Sweden, Norway, Denmark and the United States). We encourage all eligible members to apply for the 2020 Traveling Fellowship! The AMSSM Traveling Fellowship will open your eyes to educational, cultural and social opportunities and experiences that you will not have otherwise. The challenges that we have in the U.S. are present in the sports medicine centers in other countries. Through creativity, perseverance and collaboration, our outcomes can be positive both nationally and internationally.
AMSSM Foundation Global Service Project

Through the generous support of the AMSSM Global Humanitarian Service Project Grant, a team out of New York-Presbyterian received funding to donate a refurbished ultrasound unit and implement a musculoskeletal ultrasound teaching curriculum in the Mwanza region of Tanzania.

The Department of Rehabilitation Medicine at New York-Presbyterian, the University Hospital of Columbia and Cornell, established a Global Health Elective to Tanzania. A country located on the eastern coast of sub-Saharan Africa, Tanzania has a population of 38 million people and one physician per 50,000 patients. Healthcare centers frequently suffer from a lack of medical supplies and equipment. Consequently, diagnostic imaging is effectively limited to plain films, with many soft tissue injuries going undiagnosed and untreated. Musculoskeletal ultrasound can be a potentially high value and low cost solution to address this void in diagnostic imaging.

Under the leadership of Dr. Alfred Gellhorn, Director of Sports Medicine at Weill Cornell, a sports medicine fellow or resident spends a two-month rotation in Mwanza every year. The elective supports both personal and professional development, provides educational opportunities for both our physicians and local providers, and strengthens patient care in musculoskeletal and rehabilitation medicine.

Since the program’s inception in 2015, four AMSSM members have traveled to Tanzania to date. In addition to Dr. Gellhorn traveling each of the last four years, other members include Dr. Christopher Visco, Vice Chair of Education at New York-Presbyterian and Director of the Sports Medicine Fellowship and Residency Programs, Dr. Isaac Syrop, former resident at New York-Presbyterian and current Sports Medicine Fellow at Stanford University, and Dr. Idris Amin, current Sports Medicine Fellow at New York-Presbyterian.

With the donation of the ultrasound unit, a primary goal of the group’s most recent trip to Tanzania, completed in March 2018, was implementing an ultrasound curriculum, led by both Drs. Gellhorn and Amin. They gave lectures entitled “Introduction to Musculoskeletal Ultrasound” and “Interventional Approaches with Ultrasound” to the Orthopedic and Emergency Medicine Departments, who are the providers that most often see musculoskeletal pathology in the region. In addition, Dr. Amin held several hands-on workshops, all of which were well received by the local physicians.

Since the completion of the ultrasound curriculum, providers in the region continue to use the ultrasound machine for both diagnostic and interventional purposes. The ultrasound unit has also helped provide care for patients who would have otherwise been unable to afford other forms of diagnosis and treatment.

Members of the New York-Presbyterian team presented their work at the United Nations session, “Meeting the Demands of the 21st Century Through Innovative Technology,” discussing the efforts of the Global Health Elective, with specific mention of ultrasound applications in Tanzania. The group is encouraged that the donation of the ultrasound unit and the implementation of the ultrasound curriculum will serve as a model system for the delivery of other programs throughout the developing world.

The team will return to Tanzania in 2019 to assess outcomes of the ultrasound program and continue the teaching curriculum.
2017-2018 Annual Report – Advocacy

By Judy Pulice, CAE

More than 200 bills were on the radar of AMSSM’s Practice & Policy (P&P) Committee for 2018 both at the state and federal levels. A summary of significant actions follows, and more information can be found on the AMSSM website.

Federal

At this writing, the Sports Medicine Licensure Clarity Act (S.808, Thune) is pending a vote on the U. S. Senate floor. Amendments to the bill made in the Senate Health, Education, Labor and Pensions Committee were studied carefully by the Practice and Policy Committee to assure they did not unintentionally strip the bill of its protections for physicians traveling with athletic teams. Developments will be closely monitored as the bill moves back to the House of Representatives for concurrence in those amendments.

AMSSM was represented at a “mini-Hill Day” in December by about a dozen members who were in Washington attending the Advanced Team Physician Course. This was a good opportunity to learn about advocacy on the ground as they met with their Congressional Representatives and Senators. These visits, along with those of individual AMSSM members, raise the visibility of sports medicine regardless of the issues discussed.

In addition, the P&P Committee responded to a call by a congressional ad hoc group to comment on transparency in healthcare, emphasizing the importance of physician information when informing patients and insurance companies about sports medicine services. The workgroup was interested in learning about cost-related barriers to care, cash/quality equations, and other information which would empower consumers and providers.

State

With the exception of some of the largest states (CA, IL, MA, MI, NJ, NY, OH, and PA), all state legislative sessions have adjourned for this year. Traveling with Teams – Three states were added to the list of those allowing physicians (and in some cases other professionals) to travel with an athletic team to a state in which the doctor does not hold a license (in other words, exempting those persons from licensure): Alaska, Georgia and Idaho. A total of 39 states now provide this exemption.

Concussion/Sudden Cardiac Arrest – Multiple states considered legislation to amend or add laws relating to protection of young athletes. Various bills addressed the existing concussion laws which were passed in a flurry of activity about ten years ago and have subsequently proven unworkable, and others added new requirements. Many of these bills would require coaches to obtain training in recognizing signs and symptoms of concussion, as an example. There were also a number of bills requiring both students and faculty to have CPR training, and/or to require AEDs to be available at sporting events.

Athletic Trainers – Several state legislatures considered bills to regulate athletic trainers, or to expand/clarify their existing statutes. A registration bill is still pending in California – the only state with no statute on ATs. Other bills are pending in the District of Columbia (to expand scope of practice); and New York and New Jersey (clarify terms). Bills to enhance or clarify existing AT laws were passed in Hawaii, Maryland, Minnesota, and failed in Massachusetts and West Virginia. Efforts to repeal existing AT statutes were defeated in Arizona and Illinois.

Opioids – Many states considered legislation to address the current opioid overdose crisis. Mainly these bills are about treating addiction, providing antidotes for administration by public safety or school personnel, or limiting the availability through restrictions on prescribers and pharmacists. Not many of these bills were enacted, probably due to cost implications. In addition, there were a number of bills to make epinephrine more available in schools and other public places.

Maintenance of Certification for Physicians – Several legislatures addressed the issue of certification vis a vis hospital privileges, and in a few related to licensure. Most would limit the ability of governing bodies to reject an applicant based on specialty certification.

Physical Therapy – The Physical Therapy Licensing Compact was adopted in several states. The APTA goal was to end this legislative session with most if not all the states on board. In addition, there were bills to regulate PT assistants, remove limitations on visits and allow direct access to patients.

Future Issues

We can expect sports safety, especially traumatic brain injury, to continue to be a hot topic in 2019. Other known issues that continue to demand a lot of attention from legislatures are licensing of new professions and expanding scope of practice for existing disciplines.

Professional licensing reform, understandably, is also a hot issue and in some ways a double-edged sword for sports medicine. On the one hand, we support regulation of athletic trainers but may at the same time disapprove of regulation or scope of practice for other groups.

It has been estimated that 20-25% of all Americans need some sort of state license for their occupation or profession. This is especially true in

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healthcare, of course. This increase in licensing has been an issue of concern to state legislators for many years – even decades – especially what many see as over-regulation or artificial barriers sought by competing professionals.

Various solutions to the problem of “turf wars” – legislative battles over new/expanded scopes of practice, have arisen. In the 80’s and 90’s legislatures sought to shift the burden for deciding these thorny issues (with friends on both sides of the question) to independent commissions or agencies that would review and make recommendations on the “sunrise” of a new profession or the “sunset” of an already-regulated group. These additional hurdles, however, have not significantly slowed the creation of new professions.

More recently, legislators have become concerned about the cost to licensees and the state for regulatory boards, commission, and departments. Also, as society is evermore mobile and as we have such a large military population, they worry about unnecessary barriers.

Hopefully, this attention will make it easier for physicians to move to a state, and of course there is an expected expansion of the interstate physician licensing compact. But for other healthcare occupations, raising or lowering requirements may come with new expectations for scope of practice and compensation. These are issues to watch.

National Conference of State Legislatures

AMSSM has had a presence at the NCSL Legislative Summit for the past few years and we participated at NCSL this August in Los Angeles. This conference, which is well attended by legislators and legislative staff, provides visibility for sports medicine and our issues. Many special interests have booths in the exhibit hall and many of those are health-related organizations.

Collaborative Research Network Update

Coming off of a great Annual Meeting in Orlando, the AMSSM Collaborative Research Network (CRN) is pleased to announce the winners of the inaugural Shark Tank Competition for research proposals addressing advanced management of osteoarthritis. Congratulations to Dr. Jillian Sylvester and colleagues on their winning proposal “Use of a Self-Guided Mindfulness Mobile Application to Improve Pain Outcomes In Individuals With Knee Osteoarthritis.” Their study aims to assess the effect of regular use of a mindfulness application on pain outcomes in adults with knee osteoarthritis. The team of investigators, stationed at multiple sites across the US, will work closely with the CRN Leadership Team on this project in the coming year and the CRN looks forward to sharing results with the membership. We are grateful for the generous research grant donation by Sanofi Biosurgery, which helped to make the Shark Tank program a success.

The CRN is also excited to announce an AMSSM CRN Research Summit on Youth Sports Specialization and Athlete Health and Development. This one-day summit will take place on Friday April 12, 2018 – the day before the Annual Meeting in Houston, Texas. The Summit aims to conduct and present a rigorous review of current scientific knowledge related to early sports specialization and develop a research agenda to drive future research efforts in the field of youth athlete training and development. All AMSSM members, as a benefit of membership, are invited to attend at a reduced registration cost. We anticipate this summit to be highly interactive with multiple stakeholder medical organizations and non-medical influential leaders participating. There will also be a sport-specific break-out session where individuals will gather by specific sports to discuss issues and research needs related to youth training and development. Look for more information in the coming months; we hope you will consider joining us in Houston!

Feel free to contact AMSSM Research Director, Stephanie Kliethermes, PhD or Chair of the AMSSM CRN Leadership Team, Anthony Beutler, MD with any questions or comments related to the CRN.
Update from the AMSSM MSIG
A Medical Student Interest Group led by AMSSM Student members

“LIVE” WEBINARS
Our most recent “live” webinar was held on June 14 and featured AMSSM member Dr. Gary Green who gave an engaging presentation on “The Effect of an Anti-Doping Program on Professional Baseball and the Effect of Research and Rule Changes on Concussions in Baseball.” It was an honor to have him speak to the AMSSM Student members across the country and share his knowledge and expertise on this subject. This webinar along with other past webinars can be accessed by all members on the Student page of the AMSSM website (must be logged in to access webinar link). Students: Please email the AMSSM MSIG Officers with ideas or suggestions for future webinar topics!

FEATURING ONE OF OUR CHARTERED MEDICAL SCHOOLS
Emory University School of Medicine Sports Medicine Interest Group - Atlanta, GA
Submitted by: Emily DeMaio, President of Emory University School of Medicine Sports Medicine Interest Group

The Emory University School of Medicine Sports Medicine Interest Group is a new Chartered Medical School connected with the AMSSM MSIG. Currently with 65 members, the interest group holds events during the year including its signature high school sideline shadowing partnership. Riley Lyons (MS3) is the Immediate Past-President of the interest group, and Emily DeMaio (MS2) is the new President for the interest group. Emily also currently serves as one of the At-Large Officers for the AMSSM MSIG.

The Vice-President of the interest group is Beau McGinley (MS2). The Faculty Champion (faculty advisor) is AMSSM member Neeru Jayanthi, MD, who served as the immediate past Chairperson of the Membership Committee and is credited with the creation of the AMSSM MSIG. Other AMSSM members involved with the Emory University School of Medicine Sports Medicine Interest Group include Ken Mautner, MD, Amadeus G. Mason, MD, and Lee Kneer, MD.

Our signature Sideline Shadowing Partnership allows Emory medical students to shadow sports medicine physicians during high school football games. Currently, Emory sports medicine physicians cover 18 high schools in the Atlanta metro area, giving students numerous opportunities to shadow in a variety of settings. This wonderful opportunity is afforded by Kimberly Winn, ATC (Supervisor of the Community Outreach Athletic Trainers of Emory Sports Medicine). Medical students have the opportunity to attend sideline coverage meetings where cases are presented and hands-on training is offered.

Our interest group holds quarterly meetings in the form of lunch time or dinner time talks. Our most recent event was an Introduction to Sports Medicine lunch, led by Dr. Neeru Jayanthi. The event included a presentation highlighting the field of sports medicine as well as the importance of encouraging youth participation in sports. The presentation was followed by a panel that included Dr. Jayanthi, Torrance Laury, MD (Emory Sports Medicine Fellow), and Jenny Hunnicutt, PhD, ATC (Emory Sports Medicine Research and Education). We also conduct an annual dinner with a hands-on ultrasound session led by our Emory Sports Medicine physicians.

The Charter Medical Schools connected with the AMSSM MSIG are listed on the Student page of the AMSSM website. If your medical school sports medicine interest group is not listed, the MSIG would like to connect with your interest group. Please complete the Word or PDF application to become a Charter Medical School.

Each issue of the newsletter, the MSIG features one of our Charter Medical Schools highlighting their interest group to the entire AMSSM membership. If you would like your medical school’s interest group featured in an upcoming edition of The Sideline Report, please email the AMSSM MSIG Officers.
NEWS FROM THE AMSSM SMRC (Sports Medicine Resident Council)  
A Resident Interest Group Led by AMSSM Resident Members

From the SMRC President – Aditya Raghunandan, MD

Summer is a time of transitions for all trainees in medicine. Medical students are starting their internships, residents are applying for sports medicine fellowships and new fellows are starting their final leg en route to becoming a sports medicine specialist. As current trainees, AMSSM provides us with the unique opportunity to form early collaborations with residents from various specialties with the unified goal of becoming the future physicians in sports medicine.

The SMRC was established to represent the Resident members and is dedicated to optimizing their professional growth. I am proud to say that the Inaugural SMRC Officers have hit the ground running and launched multiple initiatives listed to the right in the “Updates from the SMRC” that we hope will enhance every resident’s experience.

Very Respectfully,
Aditya Raghunandan, MD  
Chief Resident, PGY-4  
Department of Rehabilitation Medicine at Mount Sinai

Updates from the SMRC  
By Nicolas Hatamiya, DO; SMRC Communications Representative

SMRC Facebook Page: Another recent development, was the approval by the AMSSM Board of Directors to create an AMSSM SMRC Facebook page! The SMRC Facebook page is designed to engage current Resident members and draw more Resident members into AMSSM/promote the field at the resident level. Look for an announcement in the near future when the Facebook page is officially launched!

Rookie Report: In early September, keep your eyes open for the “Rookie Report”, an e-newsletter sent out on a quarterly basis to all Resident and Student members. We’ll be covering helpful “Tips from a Fellow”, as well as providing updates from the MSIG and SMRC with ways to become involved!

Journal Club Podcasts: We’re excited to be developing a resident-driven podcasts series focusing on the different articles listed in the AMSSM Top 120 as well as recently published articles of interest. The goal is to get residents engaged in critical reviews of articles and assessing their applicability to your future practice. We are looking for Resident members that are interested in getting involved with future podcasts. Resident members: If you would like to become involved in this project, please contact Dr. Nate Millburn, SMRC Internal Medicine Representative for details.

New Fellowship Search Function: Did you know AMSSM has updated the fellowship program search function on the AMSSM website? We’re happy to announce that you can now filter fellowships by both specialty and location. We’re working hard to constantly keep this Fellowship Program List updated. You can check it out for yourself.

Launch Date Set in September for Facebook Pages for AMSSM SMRC and MSIG!  
LAUNCH DATE: SEPTEMBER 10TH

Approved by the AMSSM Board of Directors, the purpose of each of these new Facebook pages is to engage current AMSSM Student and Resident members, as well as provide outreach to medical students and residents into AMSSM and to promote the field of sports medicine at their respective levels.

What does physician self-care mean?

By David Feig, MD, MPH

I’ve been interested in the topic of physician self-care for quite some time. In medical school, after exams, I’d go to the school gym to exercise, and avoid the post-test keg party. I found the physiology and psychology to be an interesting topic, especially as it applied to medical students. I even tried to organize several talks on stress management for my classmates—but sadly, they were poorly attended, as most of my class was out studying for the next exam. I was only one of three students that routinely attend a lunch yoga class during my 2nd year of medical school.

Many years later, I was looking at myself and struggling to come to grips with what had happened to me—age, working longer hours, lack of a support system, and little interest in cooking had combined to leave me with a disease — obesity.

I had not had issues with weight for most of my adult life. But In my later twenties and early thirties, things did change. My weight first took a turn for the worse in my internship, but I had been able to right the ship with some lifestyle changes. However, most of those changes were not sustainable, and I entered into a pattern of weight fluctuation. Getting to a good pace was an ongoing struggle.

As I passed 40 my health and weight continued on page 10
**WHAT DOES PHYSICIAN SELF-CARE MEAN?**

*Continued from page 9*

had taken a turn for the worse, and things that worked for me in the past were no longer working. I could not sustain a restricted diet and would often crave sweets, usually in the middle of my clinic days. Well, maybe at the beginning, middle and end of my clinic days.

Now a few years into my job, I had put on far more weight than I ever thought possible. Instead of working on the problem, I just stopped weighing myself. This did not help get me back on track. I had to deal with new stressors as I had to part ways with my employer—and was back on the job market.

I still remember having to get a new suit and the measurements that came with it. Shocked and depressed, I could no longer ignore what was going on. I had always been reliable about physical exercise on a regular basis, but I lost sight of an important point—“you can’t outrun a bad diet.” There aren’t enough hours in the day or muscle fibers and ATP to work off calories if you consume too many.

And I had. Food has always been a way to deal with stress, and the past few years were more stressful than I wanted to admit. My job status and studying for my Sports Medicine CAQ re-certification were difficult. But now, starting at the scale, and worse, at my measurements, I could not avoid what I had done to my body. There was significant risk to my health if I did not make changes.

Fortunately, I was able to connect with a former co-worker who had started a practice focused on weight loss through lifestyle changes. She provided invaluable insight on the mistakes I had made, as well as motivation to get the labs I had put off for four years.

With a Hga1c of 6.6%, I was no longer just a bit out of range on my blood sugar. I was in diabetes range. I could not ignore it any longer. Drastic action was needed.

I had some success in the past with a lower carb diet. With high insulin resistance, elevated triglycerides, and abdominal obesity, it was easy to see that I could not process starchy carbohydrates well. A prior diet involved the use of some cheat days, and while I had initial success, a cheat day became a cheat day for two days, then three days, and so on. I had struggled over the years getting back on it, and I needed a new strategy.

The reality of the blood work was a start. I followed the new tenants of low carb high fat (LCHF), replacing more the starchy carbs with good fat sources, and also something new—intermittent fasting.

I started out slow, cutting out meals after dinner. Then the fasting intervals expanded from a few hours to 12 hours, then 14 hours, and then into the next day. Soon I had worked up to about a 23-hour fast, a few times a week.

In the past, I had avoided intervals like this out of fear my blood sugar would drop, my stomach would ache, or I would not be able to function in the gym or at work. It just took a few weeks of practice to realize that, not only could I do it, but I could be more productive with the right balance. I also felt better overall. The weight started to come off, quickly at first, then steady. I lost 20 pounds in the first few weeks. Things slowed down a bit, but my shape changed as much as my lifestyle.

The reality struck me when the new suit I needed for job interviews was finally ready, and it was a terrible fit by the time I finally got into it. I have never been so pleased to waste money on a suit.

I am fortunate I fell into the right set of circumstances to get me to look critically at my health and made some much overdue changes. I have lost over 65 pounds in six months, as well as more than eight inches off my waist, over a full point on my Hga1c. Importantly, I gained a much better attitude towards food, and I can be a much better role model for my patients.

Medicine is not an easy thing, and we all make sacrifices to help our patients.

Do not be afraid to take a step back, look at yourself, and think about how your self-care impacts the quality of care you can provide to others. You may well be shocked at what you find out.

**Key Points:**
- Physical activity is important, but activity alone cannot overcome a poor diet.
- There are likely multiple ways to manage weight gain — consider bigger changes if other diets have not been successful in the past --- like adding intermittent fasting to a lower carb diet.
- Reflect on your cravings: Are you truly hungry, or did you just have a bad day? A workout is better than ordering a pizza.
- Don’t be afraid to weigh yourself! Avoidance will not make things go away! Only action will!

**References:**
1. Noakes TD, Windt J
   Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review
2. [https://www.dietdoctor.com/intermittent-fasting#resources](https://www.dietdoctor.com/intermittent-fasting#resources)
Letter from the Editor: Sports Medicine – A Specialty on the Move

By Kelsey Logan, MD, MPH

This is my last Letter from the Editor for The Sideline Report. We are transitioning those duties to the capable hands of Jacob Miller, who is taking over the Editor-in-Chief role. Thank you, Jacob! Jacob has significant editing experience and will bring new ideas to the newsletter. We already have a system that runs well, under the guidance of our Production Editor, Andy Meyer.

I want to point your attention to the Education and Research Committee updates in this issue. They both have updates in contact information and new programming/areas of the committees. Please read them. An informed and active membership makes us powerful.

By Jacob Miller, MD

Warmest greetings to AMSSM members and friends far and wide! It is a privilege to address you, and I am very excited to serve as the incoming editor of The Sideline Report. I have learned a great deal from this newsletter, and I am grateful for the hard work of Dr. Kelsey Logan and past editors for laying a foundation of excellence and scholarship. I am also thankful for Andy Meyer and our amazing AMSSM staff for their professional assistance with every issue.

This is an incredible time to be involved in sports medicine! Our understanding of human physiology, function and recovery expands daily through research. The importance of physical activity is preached in many forums. Our society increases in membership and influence. We have made many advancements and hope to continue to grow in knowledge and ability to serve. In all ways, we are a specialty on the move.

When any group is in motion, whether it is an army, a band of pioneers, or a medical society, communication among the members and to the outside world is critical. Who are we? Where are we going? What do we hope to accomplish? What are we leaving behind, and what do we take with us? How do we lead, and, more importantly, how do we serve? These are questions AMSSM members must answer for themselves and as a Society. When we need to communicate among ourselves and to the world, my goal is for The Sideline Report to be that forum. I hope this is a place you can come to learn cutting edge research, sports medicine’s relationship to social issues, and the good our members are doing around the world. I will make every effort to convey these topics in a thorough, efficient manner that benefits your practice. If you have any suggestions on how to improve content or presentation, please send them to me.

If you have not read the newsletter before, I encourage you to start! In this issue alone, you will learn about all the comings and goings surrounding our most recent Annual Meeting, new research on concussion biomarkers, and get to know President Chad Asplund, MD. If you are a frequent reader, we thank you and encourage you to contribute.

I look forward to our journey together!
Concussion Biomarkers can be Elevated in Asymptomatic Football Players

A recent study from *Journal of Neurosurgery* found that biomarkers thought to signify brain injury can increase approximately 500% following high-acceleration head impact, even in asymptomatic athletes. Investigators analyzed levels of tau and ubiquitin C-terminal hydrolase L1 (UCHL1) in the blood of high school football players and compared these with helmet accelerometry values. Sixteen athletes comprised the sample; those with head impacts meeting accelerometry criteria for a high-acceleration impact were compared to controls in the same group. At the end of the season, even those athletes who did not suffer high-acceleration head impacts also experienced an increase in biomarker levels, though significantly less of an increase than those who did suffer impacts. Apart from small improvements in King-Devick test time and processing speed, both attributed to learning effect, there were no significant changes in neurocognitive parameters in the control athletes between pre- and postseason. The lead author said “We found evidence that a single high-acceleration head impact results in elevations in blood biomarkers that are typically associated with traumatic brain injury. The interesting thing was that these athletes were completely clinically asymptomatic.”

This demonstrates that there may be other factors associated with athletic activity that can lead to an increase in biomarkers over a season. The findings call into question the validity of using these biomarkers to diagnose or track recovery from a concussion.

**Original article** | **Further reading**

Impact of Sodium Ingestion during Exercise on Endurance Performance: A Systematic Review

A recent systematic review in the *International Journal of Sports Science* from Victoria, Australia, sought to determine the effect of sodium ingestion during exercise on endurance performance. Current guidelines for sodium do not recommend specific quantities, nor provide justification for the effectiveness of sodium to enhance endurance performance. Searching through six databases, authors McCubbin and Costa found five studies that met inclusion criteria in their systematic review. These studies varied in quantity of sodium consumed (ranging from 280 – 900 mg/h), ingestion method (capsules or solutions), fluid intake, and performance outcomes (time trial, distance-test, time to exhaustion following steady state exercise, and finish time in an organized competition). Only one study reported a significant benefit from sodium ingestion (504 mg/h) of 7.8%. The remaining studies demonstrated no significant effect on performance. The authors concluded that “there is currently minimal evidence that sodium ingestion during exercise improves endurance performance.”


**Original article**

Study Shows Heading in Soccer Associated with Worse Cognitive Impairment

A recent study in *Frontiers in Neurology* examined 308 amateur soccer players and their performance on neuropsychological testing. Players filled out questionnaires detailing their soccer activity over two weeks, including heading and unintentional head impacts. They then completed tests of verbal learning, verbal memory, psychomotor speed, attention, and working memory. Those players who did the most heading performed worst on psychomotor speed and attention tasks. Heading also correlated with worse performance on working memory tasks, although the association was not significant. Study leader, Dr Michael Lipton said, “we’re concerned that subtle, even transient reductions in neuropsychological function from heading could translate to microstructural changes in the brain that then lead to persistently impaired function. We need a much longer-term follow-up study of more soccer players to fully address this question.”

**More information**


Disclaimer: The information provided in this section does not necessarily represent the official view of AMSSM but is nonetheless available for consumption and consideration of the membership.
I am truly honored and humbled to be able to serve as your AMSSM President.

I would like to thank Immediate Past President Dr. Kathy Dec for her service, friendship and passion for sports medicine. Her leadership has left us in a great place for strategic marketing of the profession of sports medicine and placed us in a position for success moving forward.

Next, I would like to thank Dr. Mederic Hall for serving as Program Planning Chair. Mederic rose to the occasion and put in a tremendous amount of effort, energy and time into the program. Without his passion, this great meeting would not be what it is this year.

First I would like to thank God, my family and the many great sports medicine leaders who have taken the time to pour into me and mentor me along the way. Without their love, patience and support, I could not have made it this far.

“…to whom much is given, of him much will be required, and from him to whom they entrusted much, they will demand more.” Luke 12:48

I show that verse to let you know that I am aware of the honor and privilege it is to serve as your President. AMSSM has been an organization that has given me much – friends, career opportunities, and really a place to connect with like-minded people in a deep and meaningful way. Because AMSSM has given me so much, it is an honor to be able to give back with time and service as President.

As a medical student at the University of Pittsburgh, I reached out to Past President and Founder Dr. Doug McKeag and let him know I was interested in sports medicine. He came up with an idea for the “Concussion Outcome Study”, mainly I think to make me go away and stop pestering him. I came back with a data form and a protocol, and we moved forward with the study. For the study, I shared a desk in Pittsburgh with AMSSM Past President Dr. Chris Madden and Past President Dr. Cindy Chang, a key contributor to my study. When we completed the study, Doug thought it would be great to allow me to come to the AMSSM Annual Meeting to present my results. As a third year medical student, I flew to San Diego for the 2000 Annual Meeting at Mission Bay and presented my results. It was at that meeting that I met so many great people and the sense of family was obvious. I knew then that I wanted to be a sports medicine physician.

During that meeting, I also reached out to Cindy Chang and volunteered to serve on her Diversity Committee, which was the beginning of my path of service and mentorship by the leaders of AMSSM.

During residency, Past President Dr. Fran O’Connor, Dr. Tom Howard and the military sports medicine fellows were instrumental in my development as a sports medicine physician. Fran pushed me and afforded me many “opportunities to excel” and opportunities to reach higher in knowledge, service and leadership. Tom challenged me clinically and as a leader and the fellows were patient and kind in taking the time to teach me about sports medicine.

During fellowship, Drs. Tom Best, Jim Borchers and the rest of the staff at THE Ohio State pushed me to grow and develop into a team physician and...
PRESIDENT’S CORNER
Continued from page 13

sports medicine doctor.

Last, I would like to thank the many athletic trainers that I have worked with for their professionalism and support.

Many thanks to them and many more that I don’t have time to mention today for reaching out to me, pouring into me and helping me to get this far.

Currently, sports medicine is at a cross roads in the challenging and changing landscape of medicine. There are many specialties competing for limited patients and resources. There is still much confusion about what a primary care sports medicine physician is. It is time for us to do a better job telling people who we are and what we do, or risk being overtaken in the marketplace. Do we want to be the sharks or the minnows?

I have been privileged to co-chair the AMSSM Strategic Marketing and Branding Task Force with now AMSSM First Vice President Chad Carlson. The task force was made up of 21 very talented AMSSM members, representative of our organization in terms of gender, primary specialty and years of practice.

The charge of the task force was to evaluate current environment for sports medicine and make recommendations for strategic marketing, branding and sustainability of the profession of primary care sports medicine.

Over the course of the last year, this group did a tremendous job working through a SWOT analysis, evaluating opportunities and completed a “Finding the Why of Sports Medicine” task. Through this process the true passion and commitment for sports medicine was apparent. The concise statement of our finding the why:

“To make a difference and transform lives of individuals (teams/communities) by using a whole person approach that looks beyond the injury to return people to activity through use of innovative technologies and collaborative care.”

At the completion of the first nine months, the task force recommended to the Board of Directors that we work with a professional marketing/branding agency to aid us in further development of a strategic message and a possible re-brand. We are currently working with Springboard Brand & Creative Strategy, an agency out of Chicago to help us work on our “brand” and our strategic marketing plan. They have been present at the meeting and many of you have had the opportunity to meet and talk with them during the meeting.

I am excited to continue this work with Springboard to allow us to better communicate our message. I anticipate being able to deliver a new message and new messaging strategy by the fall of 2018.

It is time for us to be BOLD and do a better job at telling people who we are and what we do!

I am committed to continuing to lead AMSSM along with Kathy and Chad through this strategic transformation.

The development of the Collaborative Research Network has been an amazing example of innovation and a big move forward to help identify AMSSM as the experts in sports medicine research. It is time to continue on this theme of collaboration.

It is time for us to develop strategic collaborations with other organizations and specialties to move the field of sports medicine forward, but allow others to see first hand the talent and expertise we have at AMSSM.

REACH – The theme of this meeting was Reach. Reaching up, reaching out and reaching ahead. It is about challenging people individually to step out of their comfort zone, to team up with others and help our organization while helping themselves.

Jim Rohn in The Art of Exceptional Living famously said, “We are the average of the five people we spend the most time with.” AMSSM is full of many smart and talented people. Together we can harness this power. I challenge you to reach out to many of the talented smart members of AMSSM – not only will you improve, but our organization and profession will improve as well.

In the Book 10X Rule by Grant Cardone, he says the biggest mistake people make in life is not setting goals high enough. He encourages people to set goals 10 times higher than you ever think you can achieve. As an organization, we need to be bold, think big and to reach higher than we think is possible.

President John F. Kennedy famously said, “We choose to go to the moon in this decade and do other things not because they are easy, but because they are hard.” It is time for us as an organization to reach higher and set lofty goals, because that is what will be required for us to compete and succeed in the competitive healthcare landscape.

To each individual here, I would challenge you to reach out and form your “five person group”, reach out to serve our organization, reach out and mentor a young sports doctor then reach up and pursue lofty goals.

GATA is a mantra we use at Georgia Southern which means Get After Their (behinds). It represents a spirit of relentless pursuit. Thank you for your trust in me, I am very much looking forward to serving as your President, and I promise I will bring the GATA spirit in my service to AMSSM.
**News from the Board**

**Education Committee Short**
*By Rebecca Myers, MD and Ashwin Rao, MD*

The Education Committee needs your input! This committee is here to provide members with sports medicine educational support. We have a diverse membership and would like to hear how we are doing and what additional educational support we can provide. The Education Committee Subcommittees and their chairs are listed below. Please email education@amssm.org if you’d like to join the Education Committee, any of its subcommittees, or if you have feedback or any suggestions.

**Subcommittees of the Education Committee:**
- **Annual Meeting Advisory:** Gene Hong, MD; Marci Goolsby, MD. Charged with maintaining and growing AMSSM’s Annual Meeting and making it the premier educational event for sports medicine physicians. This subcommittee is closed to at-large members.
- **Case Abstract:** Matt Silvis, MD. Reviews case abstracts for presentation at the Annual Meeting. We received 595 case abstracts and 60 podium presentations were given during the 2018 conference – both a record!
- **CAQ Prep:** Mark Stovak, MD; Milton Kyle Smoot, MD. Organize CAQ preparation experiences for members, including the CAQ Review Session Pre-Conference at the Annual Meeting. This year’s session at the 2019 Annual Meeting will cover Rhabdomyolysis, Pain Management, Joint Dislocations, Exercise-Induced Bronchospasm/Vocal Cord Dysfunction, and Eye Injuries.
- **Online Cases:** Rebecca Carl, MD; Mike Henehan, MD. The group receives cases previously accepted to the annual meetings and works with case authors to transition cases into online CME content. Online cases serve as a valuable CME resource for AMSSM members.
- **Podcasts:** Devin McFadden, MD; Daphne Scott, MD. AMSSM Sports Medcasts are brought to you in association with the *British Journal of Sports Medicine*. Check out the Sports Medcasts on our website. Recent podcasts have covered AMSSM’s Collaborative Research Network, Femoral Acetabular Impingement, and Regenerative Medicine. The subcommittee is in the process of developing a Journal Club Podcast with the help of the Sports Medicine Resident Subcommittee as well as a Focus on Fellows podcast - stay tuned!
- **Curriculum Subcommittees** have written, or are in the process of writing, curriculum guidelines for their respective residencies and medical students. Refer to the guidelines on our website.
- **Emergency Medicine:** Yvonne Chow, MD. The EM Residency Subcommittee is finalizing content for its curricula and concurrently working to develop a manuscript for submission to peer review.
- **Family Medicine:** Diana Heiman, MD. The Family Medicine Residency Curriculum Subcommittee has completed its revision of the sports medicine curriculum for FM residencies.
- **Internal Medicine:** David Liddle, MD. The Internal Medicine Sports Medicine Curriculum for residencies was formally endorsed by the AMSSM Board of Directors and is available for IM residency program directors interested in developing or revising their sports medicine curricula.
- **Pediatrics:** Mark Halstead, MD is outgoing chair, in process of approving new subcommittee chair. The Pediatric Sports Medicine Curriculum for residencies was formally endorsed by the AMSSM Board of Directors and is available for pediatric residency program directors interested in developing or revising their sports medicine curricula.
- **PM&R:** Jason Zaremski, MD. Musculoskeletal and Sports Medicine Physical Medicine and Rehabilitation Curriculum Guidelines have been published in PM&R, the official scientific journal of the American Academy of PM&R. [https://www.pmrjournal.org/article/S1934-1482(17)30730-X/abstract](https://www.pmrjournal.org/article/S1934-1482(17)30730-X/abstract)
- **Medical student:** Kristina Wilson, MD. This is a new subcommittee, and members seeking involvement in the Education Committee, including resident members, are encouraged to join and contact Dr. Wilson. ■

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**Research Committee Short**
*By Alison Brooks, MD, MPH and Joel Brenner, MD, MPH*

The Research Committee oversees the research abstract submission selection process, AMSSM research grants and supports the research efforts of our members. We would like to thank the efforts of all our committee members over the past year. The quality of research presented at the Annual Meeting continues to be outstanding, and the committee would like to thank all of the members who submit and present their research.

Congratulations to all of this year’s Research Award winners: Jason Zaremski, MD - Best Overall Research presentation; Andrea Kussman, MD – Young Investigator Award; Steven Carek, MD – NCAA Research Award.

The number of abstract submissions continues to grow, exceeding 150 each year, and so reviewing and scoring continues to be a large and important task. We would like to thank Kyle Nagle, MD and his Abstract Review Subcommittee, continued on page 16
Having served on the AMSSM Foundation Board of Directors since 2009, I have witnessed tremendous growth in resources available for the support of our programs. This growth is a tribute to our members and leadership. Your contributions enable an array of benefits, the most important of which is the funding of meaningful clinical research and supporting our annual educational meeting.

Financial support for the Foundation has many sources – corporate sponsorship, a presence at our annual meeting. The most important source should be contributions from our membership. Currently, 17% of our members contribute. I would like to see this number grow for two reasons. First, our industry partners are reassured of the vitality of the AMSSM when a significant percentage of the membership supports our research and educational efforts and, more importantly, your practice of sports medicine “is what it is” because of the foundation built by its members. A measure of gratitude is your support of AMSSM and the Foundation’s initiatives.

Having witnessed the start and growth of AMSSM reinforces the impact we/you have had on the practice of sports and exercise medicine. Let’s continue the momentum.

2018 Corporate Support
Our corporate partners provided $424,100 for our education and research initiatives. This represents a significant increase over their support from 2017.

2017-2018 Member Support
Thanks to you, AMSSM members, we reached a new high in member contributions totaling $129,187, which is a record amount received from member contributions.

2018 Foundation Auction
The Silent Auction during the AMSSM annual meeting continues to contribute to the Foundation coffers with a total of $26,000.

2018 Service Project. Over 60 members volunteered for a morning or afternoon at an Orlando Boys and Girls Club site. We were involved in the following projects: removed planters, removed dugout seating and replaced it with new wood benches, raked clay and sand onto the baseball field, built a bocce ball court, assembled and placed new soccer goals, repainted football/soccer field lines, built and filled volleyball court, mulched existing landscaping

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AMSSM Foundation Leadership
OFFICERS
Rob Johnson, MD ......................... President
Bob Dimeff, MD .................... Vice President
Kim Harmon, MD ............... Secretary/Treasurer
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News from the Board

RESEARCH COMMITTEE SHORT
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who organize the research abstracts, organize the scorers, and collate and summarize the scoring. These individuals donate significant time and energy to help make this a highly rigorous evaluation process. We will continue to work on faculty development training focused on critical review of abstracts and grants as we strive to maintain a rigorous scientific review process.

The Fellows Research and Leadership Conference was held in Philadelphia, PA this year, chaired by Raj Deu, MD. This continues to be a great resource and experience for incoming sports medicine fellows, and we would like to thank the entire faculty who contributed their time and expertise. Jovauna M. Currey, MD has been selected as the Fellow Liaison for the Research Committee this year, and we look forward to having her involved in many aspects of the processes within the Research Committee.

Within the Research Committee, we have 5 subcommittees and chairs: Education – Hamish Kerr, MD; Grants – Katie Rizzone, MD, MPH; Resources (Surveys) – Paul Gubanich, MD, MPH; Website – Brent Messick, MD, MS; Abstracts – Kyle Nagle, MD, MPH. A very big thank you should also go to Bob Kiningham, MD for his service as the Sub-Committee Chair for Education, and please welcome to Hamish Kerr, MD, MPH, who will be assuming this role. Please contact any of the Research Committee Chairs or Sub-Committee Chairs if you are interested in getting involved with the work of the Research Committee.

The Research Committee continues to work closely with CRN Research Director Stephanie Kliethermes, PhD and the AMSSM-led Collaborative Research Network (CRN) to achieve its stated mission to foster collaborative multi-site research among our members, with the goal of advancing the practice of sports medicine. The first Research Summit presented by the CRN on Youth Athlete Development and Sports Specialization will be taking place in April at the start of the Annual Meeting.

DON’T FORGET – There are a variety of AMSSM sponsored (Foundation Research Grant $50,000/yr, Young Investigator $15,000/yr) and co-sponsored (AMSSM-ACSM $20,000/yr, USBJI Young Investigator) grants available to our members. Visit the research section on the AMSSM website for more information on how to apply. We encourage all members to consider applying as we are always looking to increase the number of applicants for these important mechanisms of funding.

IMPORTANT DEADLINES –
• Young Investigator Grant - Oct. 3
• Foundation Research Grant - Nov. 7
• Research Abstracts - Dec. 4 (11 a.m. CST)
• AMSSM-ACSM Grant - Feb. 9, 2019

If any member is interested in joining the Research Committee, please email us at research@amssm.org.

AMSSM FOUNDATION

FOUNDATION PRESIDENT
Continued from page 16
areas as well as stained and sealed garden beds and benches.

The Foundation’s support for last year:

Education including support of the Annual Meeting, the Fellows Research and Leadership Conference, AMSSM Traveling Fellowship program, Fellows Starter Kits, Sports Ultrasound training.

Research to support the launch of the AMSSM Collaborative Research Network, the first AMSSM Research Director and the Foundation Research Grant program – including the Young Investigator Grants, AMSSM/ACSM Clinical Research Grant Award, the AMSSM Research Grant Awards and the first CRN Multi-Site Research Grant Award.

Humanitarian in support of the Annual Meeting service project and ongoing humanitarian/sports medicine projects in our local communities.

On behalf of the AMSSM Foundation, I thank you. Let us do better in 2019.
**AMSSM FOUNDATION**

**Foundation Auction Raises $26,000**

Thanks to the generosity of our members, the 2018 AMSSM Foundation Auction raised more than $26,000 in funds that will go to support Foundation initiatives. To date, the AMSSM auctions have raised more than $240,000.

AMSSM would like to thank members who purchased items and those who made donations to the auction, as well as to all the organizations that provided auction items for this year’s event. We also want to extend a thank you to those members who received auction item donations from their teams/employers. The silent auction continues to be a viable source of funding for the Foundation. We encourage all members to become part of this experience by donating and bidding on items. Visit the AMSSM Foundation page for more information about the 2019 Foundation Silent Auction at the 2019 Annual Meeting, and please consider what item, package, or service you, your team or university/company might consider donating for next year’s auction in Houston, TX.

**2018 Award Winners Announced at Annual Meeting**

AMSSM presented the following awards during its 27th Annual Meeting at the Swan and Dolphin Resort.

**Best Overall Research Award** – Jason Zaremski, MD – An Unaccounted Workload Factor: Pitch Counts in High School Pitchers, An Observational Study

**Harry Galanty Young Investigator Award** – Andrea Kussman, MD – The Female Athlete Triad Cumulative Risk Assessment Score Implemented at the Preparticipation Physical Exam Correlates with Risk of Bone Stress Injury in Collegiate Distance Runners: A Four-Year Prospective Study

The Harry L. Galanty, MD Young Investigator’s Award is presented at the Annual Meeting for the most outstanding research presentation by a member who is a sports medicine fellow or who has recently completed fellowship training. The award was established in 2003 to honor Harry Galanty, MD, a Charter member of the AMSSM, who passed away in 1999 at the age 36. Dr. Galanty’s contributions to sports medicine combined service and a commitment to teaching and research.

**NCAA Research Award** – Stephen Carek, MD – Interventricular Septum Measurements in Pre-Participation Screening of Collegiate Athletes: Understanding the Grey Zone

The NCAA Award for Best Research presentation addresses the health and safety issues of college athletes.

**Best Overall Case Presentations**

- Karl Reisig, MD for his case titled, Stopping Superman – A Kryptonite Pylon to the Abdomen Shatters a Season.
- Amy Rabatin, MD for her case titled, Recurrent Right Ankle Pain in 15 Year-Old Basketball and Football Athlete.

**Resident Scholarship Award Winners**

- Xiaoning Yuan, MD, PhD
- Aloiya Earl, MD
- Amy West, MD, MEd
- Jordan Knox, MD
- Marc Gruner, DO, MBA, RMSK

**Student Scholarship Award Winner**

- Emma Cronk, BSc

**2018 AMSSM Foundation Auction Donors (and Amount Raised from Gift)**

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<td>Ann Grooms, MD</td>
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**Dr. Hamish Kerr Named the Recipient of 2018 AMSSM-ACSM Clinical Research Grant**

Hamish Kerr, MD has been named the 2018 recipient of the American Medical Society for Sports Medicine (AMSSM) Foundation-American College of Sports Medicine (ACSM) Foundation Clinical Research Grant for his research titled, “Prospective Investigation of Prevention of Concussion in Sports.”

In its 6th year, this collaborative project between the AMSSM and the ACSM funds a single research award of $20,000.

Dr. Kerr and his research group presented some preliminary data at the 2018 AMSSM Annual Meeting in April, and said he is excited to be able to continue the study.

“This award will allow us to continue investigating the factors that may play a role in re-injury after sustaining a concussion in sports,” Dr. Kerr said.

The research group Dr. Kerr is part of has partnered with Balance Engineering to allow pre-participation and post-injury balance assessment with their prototype Equilibrate. They have also partnered with Gatherer Systems to assess neck strength and endurance.

Dr. Kerr also expressed his gratitude to Dr. Richard Blinkhorn, the Department Chair of Medicine at Albany Medical Center, for his guidance and support.

“The pilot data collected through [continued on page 19]
AMSSM FOUNDATION

2018 AMSSM-ACSM CLINICAL RESEARCH GRANT
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departmental funding was essential for our successful application for the AMSSM-ACSM Foundation Clinical Research Grant,” Dr. Kerr said. “This funding will permit another year of data collection through our protocol.

“We are enthusiastic that our research coordinators will be able to enroll sufficient patients to meet our anticipated targets during this time.”

“Assessing the risk of re-injury in those who have had sports-related concussions is a common dilemma to those caring for athletes,” said AMSSM and ACSM member Steven Stovitz, MD, who chaired the joint organization review committee. “Dr. Kerr’s project aims to identify differences in objective finding such as balance, strength and other factors such reaction time in those who do and do not suffer from a recurrent injury. Our committee was impressed with Dr. Kerr’s proposal and hope that the results will be useful for clinical sports medicine.”

Dr. Aurelia Nattiv Honored with Founders’ Award

Aurelia Nattiv, MD received the Founders’ Award on April 27, 2018 at the 27th AMSSM Annual Meeting in Lake Buena Vista, FL. The award is bestowed when AMSSM leadership determines that a member exemplifies the best that a sports medicine physician can be and do.

A Charter member of the organization, Dr. Nattiv’s leadership and considerable contributions to AMSSM date back all the way to the very first AMSSM Annual Meeting, and remains involved in many crucial AMSSM initiatives, most recently with the Collaborative Research Network Leadership Team. She has been a role model in how leaders of sports medicine balance education, research, clinical practice and AMSSM involvement.

“Her commitment to education and research for more than 20 years at UCLA has inspired me, as well as others she mentored, in her tireless efforts to educate the future of sports medicine,” said Dr. Marci Goolsby, the current Chair of the Membership Committee who trained under Dr. Nattiv.

Dr. Nattiv was one of the early members of AMSSM, has served two terms on the Board of Directors and is a member of the AMSSM CRN Leadership Team. She is a Professor at UCLA and has served as the Director of the UCLA Metabolic Bone and Osteoporosis Center for over 20 years, with an emphasis on women’s sports medicine.

Her primary areas of research and publications have been in the area of the female athlete triad, stress fracture risk factors and prevention, as well as osteoporosis management. She speaks nationally and internationally, and publishes extensively in these areas.

“Dr. Nattiv has committed her career to improving the health of the athlete through her focus on the Female Athlete Triad and bone health. Her passion for and dedication to primary care sports medicine is evident in every teaching moment and every patient interaction and I strive to emulate this in my practice,” Dr. Goolsby said.

Dr. Nattiv has served as a team physician for UCLA since 1994 and has been a consultant for USA Track and Field, USA Gymnastics and the United States Olympic Committee. She has served as Chair and first author of the American College of Sports Medicine Position Stand on the Female Athlete Triad and has also co-edited a book entitled The Female Athlete. She currently serves on the editorial board for the British Journal of Sports Medicine, and reviewer for multiple journals.

“Dr. Nattiv has been a leader in sports medicine and for our organization. She has been a role model since my initial year of membership,” said AMSSM President Katherine Dec, MD. “I continue to value her contributions to AMSSM, and she is very deserving of this recognition.”
AMSSM Foundation Service Projects Restores Playing Fields

The day before the 2018 AMSSM Annual Meeting, more than 60 AMSSM members volunteered to renovate and restore playing fields, landscaping and other portions of the Walt Disney World Clubhouse Branch of the Boys & Girls Clubs of Central Florida on Tuesday, April 24, 2018. Funded by the AMSSM Foundation, it was the fifth time a day of service has been incorporated into the beginning of the organization’s Annual Meeting. AMSSM partnered with the Boys & Girls Clubs of Central Florida, which has helped inspire hope and opportunity in those who need it most – at-risk children in their community. The organization provides safe places to learn and grow for nearly 14,000 children between the ages of 6 and 18 every year at each of its 31 clubs in Brevard, Nassau, Orange, Osceola and Seminole counties. AMSSM members worked alongside Boys & Girls Clubs representatives to restore several playing fields and outdoor activity areas that will help area youth pursue more active and healthy lifestyles. During the day-long project, members removed planters, removed dugout seating and replaced them with new wood benches, raked clay and sand onto the baseball field, built a bocce ball court, assembled and placed new soccer goals, repainted football/soccer field lines, built and filled volleyball court, mulched existing landscaping areas as well as stained and sealed garden beds and benches.
### AMSSM Donor List 2017-2018 & Founders’ Circle Recognition

*Only donations received after the 2017 Foundation Reception up to the 2018 Foundation Reception were counted.*

#### Founders’ Circle

A special recognition given by Founders for cumulative gifts or pledges of $10,000 or more made within five years.

<table>
<thead>
<tr>
<th>Gold $500 - $999+</th>
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#### Silver $250 - $499+

| Eduardo Garza, MD | Karim Khan, MD |
| David Glover, MD | Stephen Paul, MD |
| Marci Goolsby, MD | Luis Rodríguez, MD |
| Andrew Gordon, MD, PhD | William Meehan, MD |
| Jeffrey Greene, MD | Megan Meier, MD |
| Jason Hageman, MD | Jeremy Metzler, MD |
| Michael Hanna, MD | George Morris, MD |
| Suzanne Hecht, MD | Michael Murphy, MD |
| Diana Heiman, MD | Rebecca Myers, MD |
| Douglas Hoffman, MD | Melissa Nayak, MD |
| Eugene Hong, MD | Andrew Nichols, MD |
| Deborah Jacobson, MD | Michael Noble, MD |
| Carrie Jaworski, MD | Ruthina Nuti, MD |
| Nathaniel Jones, MD | David Price, MD |
| William Jones, MD | David Petron, MD |
| Hamish Kerr, MD | Tyler Petron, MD |
| Chitra Kodery, DO | Bryant Wallace, MD |
| Jennifer Koontz, MD, MPH | Justin McCoy, DO |
| Roger Kruse, MD | Bryant Walrod, MD |
| John Leddy, MD | Heath Rainey, MD |
| Bryan Li, MD | Meghan Raligh, MD, MS |
| Kelsey Logan, MD, MPH | Richard Okringly, Jr., MD |
| James MacDonald, MD, MPH | Leonardo Oliveira, MD |
| James Master, MD | Luis Palacio, MD |
| Dawn Mattern, MD | Andrea Pana, MPH |
| Ken Mautner, MD | Federick Parker, III, MD |
| Jennifer Maynard, MD | David Petron, MD |
| Elizabeth Barton, MD | Stephen Rice, MD, PhD, MPH |
| Benjamin Boswell, DO | Jason Robertson, MD |

#### Bronze $100 - $249+

| Kristin Abbott, MD | Fay (Emily) Casey, MD |
| Giselle Aerni, MD | Patrick Bourke, MD |
| Oluwaseye Alabi, DO | Robert Bowers, DO, PhD |
| Irfan Asif, MD | Barbara Brandon, DO |
| Chad Asplund, MD, MPH | Matthew Brennan, MD |
| Jonathan Aubry, MD | Susannah Briskin, MD |
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Member in the Spotlight

Matthew Taylor, MD

By Lauren M. Simon, MD, MPH

Through all four seasons in Oregon, you may spot our current Member in the Spotlight, Matthew Taylor, MD, exploring the great outdoors with his wife Mindy and their four children. However, before he became an AMSSM member and “mainland” Primary Care Sports Medicine (PCSM) physician he was often spotted enjoying some of his other favorite activities: hiking and cliff jumping off waterfalls in Hawaii.

Dr. Taylor was raised in Oahu, HI, after his family moved from Utah. In Oahu, he attended Kahuku High School where he played football, baseball and soccer. He reminisces that as a wide receiver on a “running team,” he did a lot of blocking! According to Dr. Taylor, high school football is “huge” in Hawaii and team loyalty runs deep. Dr. Taylor still roots for his alma mater even from the “mainland.” At one time, Kahuku High School had the largest number of players in the National Football League (NFL).

After high school, Dr. Taylor attended Brigham Young University-Hawaii. He spent 2 years in Santiago, Chile, doing mission work during college. The bilingual Spanish skills he learned in Chile have been very useful in his sports medicine practice and community work.

Following college, he attended Medical School at the University of Hawaii. As a medical student, he took a great sports medicine elective with Dr. Andrew Nichols (who was the team physician for the University of Hawaii). Dr. Taylor credits his decision to pursue a career in sports medicine from both this sports medicine elective and from his formative memories of the “local country doctor,” Dr. Marc Shlachter, who for years, cared for the athletes at his high school. At the completion of medical school, Dr. Taylor was looking for different perspectives on Medicine and made a major move from Hawaii to the far north of the continental United States for his Family Medicine Residency Program at Midland, MI. He completed his Primary Care Sports Medicine Fellowship (with mentorship from his Fellowship Director, AMSSM member, Robert Baker, MD, PhD, ATC) at Michigan State University-Kalamazoo Center for Medical Studies (MSU KCMS), now known as Western Michigan School of Medicine.

He spent several years after Fellowship working in a hybrid practice setting splitting his time between Primary Care Sports Medicine and Urgent Care in Midland, MI. He was the team physician at Alma College and provided sideline coverage at local high schools. In 2017, he moved to Oregon where he practices full time non-operative sports medicine in the Department of Orthopedic Surgery and Sports Medicine at The Corvallis Clinic, located about 1½ hours south of Portland, OR. He enjoys spending quality time with his family and in the Pacific Northwest enjoys numerous opportunities for engaging the family in healthy lifestyle activities, such as mountain biking.

In his PCSM practice, he has focus areas in the treatment of concussions and ultrasound-guided musculoskeletal procedures. When not in the office, you can find Dr. Taylor caring for athletes at a variety of venues, including the rodeo seeing a host of traumatic injuries sustained from “saddle bronc” competitions and other rodeo events. He and his colleagues serve as team physicians at Western Oregon University, as well as Philomath High School and South Albany High School. Dr. Taylor enjoys serving his community through events such as the seminar he is hosting for novice runners about running race skills and injury prevention.

We look forward to hearing about the best locations for family sporting adventures in Oregon and Hawaii at a future AMSSM meeting! Thank you, Dr. Taylor, for being our Member in the Spotlight. ■
Upcoming Conferences/Events

Now through 10/3/2018 (11 a.m. CT)
Young Investigator Research Grant ($15,000) Deadline

Now through 11/7/2018 (11 a.m. CT)
AMSSM Research Grant Awards ($50,000) Deadline

11/15/18 through 11/18/18
AMSSM/OHSU Diagnostic & Interventional Sports US &/or Introductory Sports US Course
Portland, OR

Now through 11/13/2018 (11 a.m. CT)
Call for Case Abstracts
Submissions are now being accepted for the 2019 AMSSM 28th Annual Meeting.

Now through 12/04/2018 (11 a.m. CT)
Call for Research Abstracts
Submissions are now being accepted for the 2019 AMSSM 28th Annual Meeting.

11/29/2018 through 12/2/2018
2018 Advanced Team Physician Conference
Charleston, SC
Marriott Charleston

4/12/2018 through 4/17/2018
2019 AMSSM Annual Meeting
Houston, TX
Marriott Marquis Houston

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