

Sports Medicine Australia media review November 2009

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Owning a dog improves the owner's health

Becoming a dog owner can be good for your health, new research presented at a recent Be Active '09 Conference in Brisbane showed.

Portland Observer, VIC, p.18, 28/10/2009

Circulation – 3,628

Obesity blamed on US

Anti-obesity campaigner Mark Fenton, from Tufts University in Boston, says the US is a source of 'disease-vectors' that are hastening a worldwide epidemic of obesity. "Currently in the US, 60 per cent of the adult population is overweight, with one third obese, and the problem is spreading worldwide with Australia and the UK two countries closely following the US trend," says Fenton, speaking at the Be Active '09 conference in Brisbane.

Herald Sun, VIC, p.77, 2/11/2009

Circulation – 518,000

Smartplay seminars

Funded through VicHealth, the Smartplay series of Active Club grants, aims to increase local club and community group awareness in regards to specific sport injuries and to put in place preventive planning measures to reduce future injuries occurring.

Valley Sport, Annual Report 2008/2009

Be fit and stay happy

Lower levels of physical activity have been linked to depression, according to research presented at the Be Active '09 Conference in Brisbane, held from October 14-17.

Atherton Tablelander, QLD, p.21, 3/11/2009

Circulation – 16,535

Solar Eclipse Marathon dubbed a health hazard

Plans to hold a marathon in north Queensland to coincide with a solar eclipse in November are "foolhardy" and a health hazard, doctors say. "I think it's foolhardy. Given the conditions in that part of the world, competitors are being put at an unreasonable level of risk," Dr John Brotherhood of Sports Medicine Australia (SMA) said.

Brisbane Times, 5/11/2009

Tough as titanium: pushing through the pain barrier

He might be the toughest man in sport. From the titanium pins which hold in his porcelain teeth to the more than two dozen broken ribs and a broken back, 24

hour solo racing champion Craig Gordon has a drive extraordinary even among endurance racers. Dr John Brotherhood of Sports Medicine Australia said competitors in endurance races needed to train to the conditions and use common sense before approaching sport which prides itself on pushing the human body to its limits.

Brisbane Times, QLD

Teaching kids to play smart

Teaching kids the importance of activity and how to approach it safely not only improves their health, but also combats injuries. Smartplay, Sports Medicine Australia's sports injury prevention program recommends parents undertake the following advice to ensure injury free and active kids.

Medibank Private Feelbetter magazine

Nutrition for active women

Basic dietary principles are similar for both sexes, but women have increased requirements for certain nutrients, especially if they participate actively in sport or exercise. For more information on women's nutritional requirements call 03 9674 8777 or visit www.smartplay.com.au

Medibank Private Feelbetter magazine

Eclipse marathon 'health hazard'

The Solar Eclipse Marathon has been dubbed a health hazard by a sports scientist, but Australia's premier marathon runner claims it is no sweat. Sports Medicine Australia heat stress expert John Brotherhood is questioning the wisdom of having potentially inexperienced athletes running in the hottest part of the year.

Weekend Post, QLD, p.14, 7/11/2009

Exercising in heat wave

Nova/Vega FM, VIC, 10/11/2009, Interviewed Dr David Bolzonello

Beat the spring swelter, doctors urge

Health authorities have urged people to try to escape the heat in Bendigo this week. Sports Medicine Australia Victorian President Dr David Bolzonello said the conditions meant people had to rethink the way they exercised. "Heat illness is a serious matter that can result in the life threatening condition of heat stroke, if left untreated," he said. "While people need to exercise regularly to stay healthy, they should take certain precautions if exercising in a hot or humid environment."

Bendigo Advertiser, VIC, p.6, 10/11/2009

Circulation – 14,582

Keep your cool in hot conditions

With predicted temperatures this week as hot as 41C across Greater Shepparton, those who are active need to know how to be prepared for the heat, said Sports Medicine Australia Victorian Branch. Sports physician and Sports

Medicine Australia Victorian president Dr David Bolzonello said heat injuries could be avoided if the right precautions were taken.

Y Weekly, VIC, p.5, 12/11/2009

Circulation – 21,636

Podiatrist can relieve foot pain

Tired of sore aching feet at the end of the day? Or first thing in the morning? Mr Lynch said he was a member of the Australian Podiatry Association, Sports Medicine Australia, and is the Podiatrist for the Cairns Base Hospital High Risk Foot Clinic.

Innsifail Advocate, QLD, p.11, 14/11/2009

Keep your cool

Clear skies and balmy days make outdoor exercise appealing in summer, but before you swap treadmill for track, you need a strategy to beat the heat. First, avoid exercising during the hottest part of the day advises Dr John Brotherhood, spokesperson for Sports Medicine Australia.

GoodHealth, ,p.105, December 2009

Circulation – 60,123

Heat's on for sport

After a series of heatwaves forced cancellations on the weekend, Sunraysia's sporting bodies will be looking forward to a return to moderate conditions this weekend. Sports physician and Sports Medicine Australia Victorian president, Dr David Bolzonello says heat injuries can be avoided, if the right precautions are taken. "While people need to exercise regularly to stay healthy, they should take certain precautions if exercising in a hot or humid environment.

Mildura Midweek, VIC, p.3, 17/11/2009

Circulation – 18,411

Prevent tennis injuries

Tennis players can reduce their risk of injury by following tips from Smartplay's Preventing Tennis Injuries Fact Sheet. Sports Medicine Australia's spokesperson, Dr David Bolzonello says every year people are inspired by the Australian Tennis Open and start playing tennis without appropriate preparation. Sadly, this is a recipe for injury.

Midland Express, VIC, p.46, 17/11/2009

Circulation – 21,425

More heat to come

The hot weather the Mid North experienced over the past week eased on Monday and Tuesday with mercury forecast to hit 41 Celsius today and tomorrow. With weather peaking in the high 30s at the weekend, several sporting events were cancelled or postponed, but some still went ahead. Sports Medicine Australia reminded sports players and associations about the importance of being smart and sun safe while exercising and completing activities in heat.

The Northern Argus, SA, p.3, 18/11/2009

Circulation – 4,715

Rugby league injuries

Geelong Advertiser, Interviewed Annabel Sides

Active equals happy

Lower physical activity participation has been linked to depression, research presented at the recent Be Active '09 conference in Brisbane showed.

Range News, QLD, p.29, 19/11/2009

Circulation – 14,481

Staying alert of health risks

With temperatures once again heading above 30 degrees, those who are active need to know how to be prepared for the hot conditions or run the risk of heat injury, Sports Medicine Australia Victorian Branch warns.

Benalla Ensign, VIC, p.29, 25/11/2009

Circulation – 3,878

First physical activity recommendations for older Australians

For the first time the Australian Government has developed physical activity recommendations specifically for older Australians. Information and suggestions of how older Australians can follow the new recommendations can be obtained in the Choose Health: Be Active booklet. It was first developed in 2005 for older Australians in conjunction with the Department of Veteran Affairs and Sports Medicine Australia.

Brisbane Seniors, QLD, p.58, November 2009

Circulation – 12,000

Keep your cool all summer long

If you were brave enough to venture out for a run or walk during Melbourne's recent heatwave, there is a good chance you ended up severely dehydrated. To help you get through what looks like being a long hot summer, here are a few tips from Sports Medicine Australia. For more visit www.smartplay.com.au

Herald Sun, VIC, p.33, 30/11/2009

Circulation – 535,000