



DETAILED PROGRAMME



10TH

EF SMA

EUROPEAN FEDERATION OF SPORTS MEDICINE ASSOCIATIONS

CONGRESS

16-18 NOVEMBER 2017

CASCAIS, PORTUGAL

THURSDAY 16th NOV 2017

09:00 - 10:00 **Opening Congress & Keynote Lecture: Pitfalls ECG of Athletes**

Chair: André Debruyne (Bel)

Keynote Lecturer: Mats Börjesson (Swe)

10:00 - 11:15 **Athlete: EFSMA Strategy for a Better Health**

Chairs: Herbert Löllgen (Ger) & Marcos Miranda (Por)

- Standardisation of PPE in Europe: Is ECG in PPE Mandatory? – Herbert Löellgen (Ger)
- Arrhythmia – João de Sousa (Por)
- What can Echo and MRI add to ECG and Cardiac Examination – Juergen Sharhag (Ger)

11:15 - 11:45 **Networking Coffee-Break**

11:45 - 13:00 **EPH and Chronic Diseases**

Chairs: Joseph Cummiskey (Irl) & J.Fonseca Esteves (Por)

- Chronic Pneumological Diseases and Exercises – Joseph Cummiskey (Irl)
- EPH: Practical Application of EPH – Petra Zupet (Slo) & Rob Trousselot (Net)
- Chronic Cardiac Diseases and Exercises – Hélder Dores (Por)

13:00 - 14:00 **Networking Lunch**

14:00 - 16:15 **Brain and Sports**

Chairs: Yannis Pitsiladis (Gre) & Paulo Beckert (Por)

- Chronic Traumatic Encephalopathy, Risk and Prevention in Football – Rita Tomás (Por)
- CTE – Chronic Traumatic Encephalopathy: Boxing, Soccer, American Football – William Roberts (USA)
- The Problem of Sports-related Concussion – Can Rule Changes Solve the Problem – Tim Meyer (Ger)
- The Role of Biomarkers in Sport Related Head Injuries – Parmenion Tsitsopoulos (Gre)

16:15 - 16:45 **Networking Coffee-Break**

16:45 - 18:00 **Health Risks in the Life of an Athlete**

Chair: Nicolas Christodoulou (Cyp) & Luís Sousa e Silva (Por)

- Health Risks After Retirement – William Roberts (USA)

18:00 - 19:00 **Opening Ceremony**

19:00 **Welcome Reception**

FRIDAY 17th NOV 2017

09:00 - 10:00 **Nutritional Aspects in Recovery After Exercising**

Chair: Anca Ionescu (Rom)

Keynote Lecturer: Xavier Bigard (Fra)

10:00 - 11:30 **Precision Sports Medicine: Pragmatic of Nonsense?**

Chair: Kirill Micallef-Stafrace (Mal) & Maria João Cascais (Por)

Round Table I:

- Title TBA – Yannis Pitsiladis (Gre)
- Personalised Sports Medicine: From Principles to Tailored Implementations - Anne Hecksteden (Ger)

11:30 - 12:00 **Networking Coffee-Break**

12:00 - 13:00 **Screening for Physical Activity in Heart Diseases**

Chair: José Kawazoe Lazzoli (Bra) & Valério Rosa (Por)

- Cardiac Risk and Benefit in the Elderly – José Kawazoe Lazzoli (Bra)
- Recommendations of an Expert in ECG Reading – Mats Börjesson (Swe)
- Cardiomyopathy in Sports – Nuno Cardim (Por)

13:00 - 14:00 **Networking Lunch**

14:00 - 16:15 **The Female Athlete**

Chairs: José Pedro Pinho Marques (Por) & Anna Jegier (Pol)

- Prevention of Female Triad – Petra Zupet (Slo)
- Pregnancy and Sport – Ulrike Korsten-Reck (Ger)
- Women: Different Physiology during Physical Activity? – Maria João Cascais (Por)
- Pain and Performances : a Gender Difference – Anca Ionescu (Rom)
- Discussion

16:15 - 16:45 **Networking Coffee-Break**

16:45 - 18:00 **Team Physician's Care: Return to Play**

Chairs: Artur Pereira de Castro (Por) & Konstantinos Natsis (Gre) & Nicolas Christodoulou (Cyp)

Introduction:

- Paulo Beckert (Por)
- Henrique Jones (Por) – TP National Football Port NA Team
- Christian Schneider (Ger) – Head of the Olympic Wintergames
- Gil Rodas – TP Football Club Barcelona FC

FRIDAY 17th NOV 2017

18:00 – 19:00 **Practical Application in Monitoring Training**

Chairs: Kirill Micallef-Stafrace (Mal) & Maria João Cascais (Por)

Round Table II:

- Training Control – João Brito (Por)
- Laboratory Tests – Diana Ferreira (Por)
- New Biological Approaches to Muscle Injuries - Matiaz Vogrin (Slo)
- Platelet-Rich Plasma and Skeletal Muscle Healing: Biological and Experimental Principles - Matej Drobnic (Slo)
- Return to Play after Cartilage Repair – Terzidis Ioannis (Gre)

21:00 **Gala Dinner & Awards**

SATURDAY 18th NOV 2017

09:00 - 10:00 **Wearable for a Healthier Life**

Chair: Norbert Bachl (Aut)

Keynote Lecturer: Christian Stammel (Ger)

10:00 - 11:15 **Examples in the Healthcare Landscape**

Chairs: Christian Stammel (Ger) & Sonja Sulzmaier (Ger)

- Connecting Physical Activity and Insurance – Speaker TBA
- Polar Team Pro Shirt – Speaker TBA
- Heart Thriller Cardio Secure – Speaker TBA
- Discussion

11:15 - 11:45 **Networking Coffee-Break**

11:45 - 13:00 **Beyond Fairness: The Biology of Inclusion for Transgender and Intersex Athletes**

Chairs: Fabio Pigozzi (Ita) & Yannis Pitsiladis (Gre)

- Performance Analysis on Transgender Athletes – Joanna Harper (USA)
- Are Controls Necessary in Women's Sport? Where is the Limit? – María José Martínez Patiño (Esp)
- Transgender Athletes, Fairness and Doping – Yannis Pitsiladis (Gre)
- Discussion

13:00 - 14:00 **Closing Ceremony**

Conclusion: João Pereira de Almeida & André Debruyne

Transfer to EFSMA Congress 2019

15:00 **Active Fun**

16:00 **Press Conference EPH and EDS**

Presentation: Joseph Cummiskey

Press Map: Joseph Cummiskey, Herbert Löellgen, Petra Zupet, Norbert Bachl, André Debruyne.

WORKSHOPS

16th NOVEMBER

Afternoon

WS 1. TBA

17th NOVEMBER

Morning

WS 2. TBA.

18th NOVEMBER

Morning

WS 3. TBA

MEETINGS & COURSES

16th NOVEMBER

09:00 - 12:00 EFSMA Sc & Ef Co

12:00 - 16:00 EFSMA Ex CO Meeting

17th NOVEMBER

12:30 - 15:30 FIMS Ex Bo Meeting – Part I

14:30 - 17:30 EFSMA – Council of Delegates

17:30 - 20:30 FIMS Ex Bo Meeting – Part II

18th NOVEMBER

13:00 - 13:30 Closing Ceremony

15:00 Active Fun

16:00 Press Conference EPH & EDS



Organised by:



Institutional Support:



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Come Celebrate
20years
of EFSMA

For more information please contact
the congress secretariat by email: secretariat@efsma2017.org
Or visit the congress webpage: www.efsma2017.org