

INTERNATIONAL SYMPOSIUM OF SPORTS MEDICINE 21 and 22 July 2015

The Symposium is chaired by Dr. André Monroche (France) – Chairman of the Symposium, and Mrs Liliane Laplaine-Monthéard (France) – President and Founder of the Medigames, and co-chaired by Pr. Michael Larvin (Ireland).

Tuesday 21 July 2015 – French session – 9h/12h40

➤ **9h/9h10**

Introduction by the Chairman and the moderators of the Symposium

➤ **9h10/10h05 – Nutrition and sports**

9h10/9h50 - **Pr Xavier BIGARD** (France), Physiologist and Nutritionist at the Army Biomedical Research Institute and Vice-President of the French Society of Exercise and Sports Medicine

Mrs Christiane GOUARIN MONROCHE (France), Sports Nutritionist
Nutrition and control of muscle mass in context of metabolic challenge

9h50/10h05 – Answers/Questions

➤ **10h05/10h55 – Ageing and physical activity**

10h05/10h45 - **Dr André MONROCHE** (France), Rheumatologist, in charge of the French Confederation of Fighting Sports
Ageing spine and sports activity - Monroche A., Bendib N.

Video: Practical approach to savate French boxing in spinal cord patients. Research by the Rehabilitation Department of the University Hospital of Nantes (subject to confirmation).

10h45/10h55 - Answers/Questions

➤ **11h/12h40 – Free communications**

- 11h/11h20 – **Dr Daniel GEOFFROY** (France), General Practitioner
Interest in dosage of coenzyme Q10 in athletes
- 11h20/11h40 – **Mr Philippe LECUYER** (France), Osteopath
Osteopathic clinic of the ageing patient
- 11h40/12h – **Pr Myriem ABADA BENDIB** (Algeria), Neurologist
Motor imagery and Sports
- 12h/12h20 – **Dr Aïmed CHAALAL** (Algeria),
Heart diseases and sports, what recommendations say?
- 12h20/12h40 - **Dr Alain SEYNAEVE** (France), Sports Physician
Cardiovascular accident and recreational tennis

Wednesday 22 July 2015 – English session – 9h/13h30

➤ **9h/9h10**

Introduction by the Chairman and the moderators of the Symposium

➤ **9h10/10h25 – Nutrition and sports**

9h10/9h40 - **Pr Xavier BIGARD** (France), Physiologist and Nutritionist at the Army Biomedical Research Institute and Vice-President of the French Society of Exercise and Sports Medicine

9h40/10h05 - **Pr Phil JAKEMAN** (Ireland), Principal Investigator for Food for health in Ireland and Professor, Department of Physical Education and Sports Science, University of Limerick

Healthy Ageing: What can be learned from the dietary strategies of athletes to defend against the age related decline in physical function

10h05/10h25 - **Mr Daniel DAVEY** (Ireland), Senior Performance Nutritionist, Leinster Rugby
Sports hydration in practice

➤ **10h25/11h05 – Ageing and physical activity**

10h25/10h45 - **Dr Jaroslav NOVAK** (Czech Republic), Traumatologist
-respiratory capacity in aged athlete and non-athlete
J. Novak, M. Stork, V. Zeman

10h45/11h05 - **Pr Billy O'CONNOR** (Ireland), Graduate Entry Medical School University of Limerick
Ageing and physical activity. 'Brain Motion and Emotion' – providing an understanding of the role of physical activity in the human brain evolution.

➤ **11h05/11h45 – Oral health and Sports**

11h05/11h25 – **Dr. Peter FINE** (Great Britain), Director of Sports Dentistry Programme - UCL Eastman Dental Institute
Oral health and impact on performance of athletes participating in the London 2012 Olympic Games: a cross-sectional study

11h25/11h45 – **Dr. Carlo FORNASERI** (Italy) - Maxillo-Facial Surgery Unit - Santa Croce e Carle Hospital, Cune
Does the presence or position of third lower molars alter the risk of sport-related mandibular angle fractures?
Fornaseri Carlo, Spada Maria Cristina, Nasi Andrea, Girauda Giovanni, Orto Daria, Bernardi Marco

➤ **11h45/13h30 – Free communications**

- 11h45/12h05 - **Dr. Juan TORAL SANCHEZ** (Spain), Emergency assistant, University Hospital of Gran Canaria Dr Negrin, Las Palmas
Does the use of emergency service decreases during important football games in Spain?
Toral-Sánchez J., De Ramón-Campiña I., Pérez-Buendía I., Pérez Rivas L, Porcel Marín E. and Soriano-Maldonado A.
- 12h05/12h25 – **Dr. Janis PUDULIS** (Latvia), Riga East University Hospital
Athletes with cardiovascular diseases: management and recommendations
- 12h25/12h50 - **Dr Elaine MURTAGH** (Ireland), Lecturer in Physical Education Mary Immaculate College University of Limerick
Physical Activity in Public Health.
- 12h50/13h10 – **Dr. Philip HEATON** (Great Britain), Consultant Orthopaedic Surgeon

NUBELLS technology in patients' rehabilitation

- 13h10/13h30 - **Dr. Jaroslav NOVAK** (Czech Republic), Traumatologist
Irish emigration to Middle Europe in 17th and 18th century.

➤ **Poster session**

- **Mrs Elaine O'DONOGHUE** (Ireland), Physiotherapist
Neuro- Functional Training Programme. An innovative Service-Development where suitable individuals with a neurological condition can exercise optimally and safely in a non-clinical community gym setting

The International Symposium of Sports Medicine is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists.

The EACCME is an institution of the European Union of Medical Specialists (UEMS), www.uems.net.

The International Symposium of Sports Medicine is designated for a maximum of 3 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

The International Symposium of Sports Medicine has also been awarded 4 CPD for each session by the Faculty of Sports and Exercise Medicine (RCPI & RCSI).