Serum urate, which is the most important intrinsic antioxidant, and serum lipids in male athletes after three weeks of exhaustive training.

We measured fasting serum lipids and urate in 11 male athletes (mean (SD) age 21.2 (2.2) years; height 168.3 (4.2) cm; body weight 65.4 (3.7) kg) before and after three weeks of exhaustive training. All the subjects performed the same intensity exercise, which consisted of a 20 (3) km run and isotonic training for two hours every day for three weeks. The daily diet provided 9802 (209) kJ and consisted of about 12–15% protein, 55–65% carbohydrate, and 25–30% fat over the study period. None were taking drugs known to affect lipid and lipoprotein metabolism. Special care was taken to exclude athletes using anabolic drugs, vitamins, or other antioxidants or who were smokers. Serum lipids were measured by automated enzymatic means using Determiner TC (Kyowa Medex Co, Tokyo, Japan) for total cholesterol, AutoSera S TG-N (Daiichi Pure Chemicals, Tokyo, Japan) for triglycerides, Determiner HDL-C (Kyowa Medex) for HDL-C, and Cholestest LDL (Daiichi Pure Chemicals) for LDL-C. Serum urate was measured using the uricase calorimetric method (Fuji Co, Tokyo, Japan).

After three weeks of training, serum HDL-C levels increased in six subjects, and decreased in five (fig 1A). As expected, the changes in serum LDL-C levels were inversely associated with the change in serum HDL-C levels (data not shown). However, serum triglyceride levels were not significantly different after training in all participants (data not shown). Unexpectedly, serum urate levels decreased in all subjects with increased HDL-C levels, but increased in all with decreased HDL-C levels (fig 1B). The change in serum urate levels correlated significantly and inversely with the change in serum HDL-C levels (fig 2).

Physical activity is a widely accepted means of increasing serum high density lipoprotein cholesterol (HDL-C) levels. However, how exhaustive training influences serum HDL-C levels remains unknown. Intense exercise increases oxygen consumption and free radical formation, and induces oxidation of low density lipoprotein (LDL). HDL plays an important protective role in LDL oxidation. An imbalance between free radical production and antioxidants is considered to lead to oxidation of LDL and subsequent alterations in serum HDL metabolism. This study investigates changes in serum urate, which is the most important intrinsic antioxidant, and serum lipids in male athletes after three weeks of exhaustive training.

PostScript

Rapid responses

If you have a burning desire to respond to a paper published in Br J Sports Med, why not make use of our “rapid response” option?

Log on to our website (www.bjsportmed.com), find the paper that interests you, click on “full text” and send your response by email by clicking on “eletters submit a response”.

Providing it isn’t libellous or obscene, it will be posted within seven days. You can retrieve it by clicking on “read eletters” on our homepage.

The editors will decide, as before, whether to also publish it in a future paper issue.

Significant association between fluctuations in serum urate and high density lipoprotein cholesterol during exhaustive training

Physical training is generally considered to increase serum high density lipoprotein cholesterol (HDL-C) levels. However, how exhaustive training influences serum HDL-C levels remains unknown. Intense exercise increases oxygen consumption and free radical formation, and induces oxidation of low density lipoprotein (LDL). HDL plays an important protective role in LDL oxidation. An imbalance between free radical production and antioxidants is considered to lead to oxidation of LDL and subsequent alterations in serum HDL metabolism. This study investigates changes in serum urate, which is the most important intrinsic antioxidant, and serum lipids in male athletes after three weeks of exhaustive training.

We measured fasting serum lipids and urate in 11 male athletes (mean (SD) age 21.2 (2.2) years; height 168.3 (4.2) cm; body weight 65.4 (3.7) kg) before and after three weeks of exhaustive training. All the subjects performed the same intensity exercise, which consisted of a 20 (3) km run and isometric training for two hours every day for three weeks. The daily diet provided 9802 (209) kJ and consisted of about 12–15% protein, 55–65% carbohydrate, and 25–30% fat over the study period. None were taking drugs known to affect lipid and lipoprotein metabolism. Special care was taken to exclude athletes using anabolic drugs, vitamins, or other antioxidants or who were smokers. Serum lipids were measured by automated enzymatic means using Determiner TC (Kyowa Medex Co, Tokyo, Japan) for total cholesterol, AutoSera S TG-N (Daiichi Pure Chemicals, Tokyo, Japan) for triglycerides, Determiner HDL-C (Kyowa Medex) for HDL-C, and Cholestest LDL (Daiichi Pure Chemicals) for LDL-C. Serum urate was measured using the uricase calorimetric method (Fuji Co, Tokyo, Japan).

After three weeks of training, serum HDL-C levels increased in six subjects, and decreased in five (fig 1A). As expected, the changes in serum LDL-C levels were inversely associated with the change in serum HDL-C levels (data not shown). However, serum triglyceride levels were not significantly different after training in all participants (data not shown). Unexpectedly, serum urate levels decreased in all subjects with increased HDL-C levels, but increased in all with decreased HDL-C levels (fig 1B). The change in serum urate levels correlated significantly and inversely with the change in serum HDL-C levels (fig 2).

Physical activity is a widely accepted means of increasing serum HDL-C levels, and it represents a metabolic adaptation that contributes to a reduced risk of coronary heart disease. However, the influence of exhaustive training on serum HDL-C levels remains obscure. Our data show that the effect of the same conditioned exhaustive training on serum HDL-C levels varies greatly among individuals.

Furthermore, we identified a significant inverse correlation between the changes in serum urate, which is the most important intrinsic antioxidant, and HDL-C levels, indicating the close association between urate and HDL metabolism during exhaustive training. However, we should mention that the number of participants was limited and the detailed mechanisms underlying this phenomenon remain to be elucidated.

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Are Reliable Change (RC) calculations appropriate for determining the extent of cognitive change in concussed athletes?

Reliable Change (RC) indices are a group of statistical techniques used in many areas of

Figure 1 Changes in serum high density lipoprotein cholesterol (HDL-C) (A) and urate (B) levels in athletes with increased or decreased HDL-C levels after training. * Significant difference; p<0.05 by Wilcoxon signed rank test.

Figure 2 Correlation between percentage change in serum urate and high density lipoprotein cholesterol (HDL-C) levels. Statistical analysis was performed by Fisher’s Z transformation.

References
Step 3: Calculate the RC score

$$ RC = \frac{(x_2 - x_1) \pm 1.65}{SE_{diff}} $$

$x_1$ is the participant's baseline score, $x_2$ is the participant's follow-up score, $SE_{diff}$ is the standard error of measurement ($SE_m$) for the difference in the scores, $x_1$ is the standard deviation of the control group at baseline, and $r_{12}$ is the test-retest reliability.

Clinicians, neuropsychologists, and statisticians working with RC techniques soon realised that "true" changes in test scores could be obscured by performance changes due to practice—that is, prior exposure to a test leads to improved performance on a subsequent assessment—and also by statistical phenomena such as the reliability of the test itself and the related regression to the mean. This has led to the description and application of various variants of the basic RC index. These variants have sought to provide more accurate guidance to decisions about change caused by an event by incorporating corrections for practice effects, test reliability, and regression to the mean.

The interpretation of RC analyses may be interpreted statistically as a z score, with changes greater than 1.96 indicating that true change has occurred. Such RC scores are often interpreted on an individual basis, which makes them applicable to clinical situations such as sports related concussion.

RC analyses were designed in accordance with conventional models of neuropsychological assessment—that is, to determine the normal variation in performance on a specific cognitive measure. Most efficient way of determining whether an individual is true by comparing it with change that occurs normally in some matched normative data set. The problem with currently applied RC calculations is that the normal amount of variation in change over time within individuals is estimated on the basis of differences between individuals assessed at a single time point! There is no reason to believe that variation between individuals at one time point accurately represents the variation in individuals between two time points. A related problem with current RC analyses is that the normal variation represented in the denominator is the standard deviation of the scores (SD) and is computationally the standard deviation of the individual's scores at one time point. A true estimate of change requires the standard deviation of difference scores (SD_{diff}) in the denominator.

In sports medicine, we are in the fortunate position of having many healthy young subjects enrolled in longitudinal studies of concussion, as opposed to the few neuropsychological measures administered in these studies. There should be no reason why the normal change in performance over time within individuals cannot be determined directly from such control groups of data rather than using inappropriate estimates of variation. In fact, many researchers have obtained serial data for inclusion in RC calculations for corrections for the effects of practice observed in normal populations, including some working in sports concussion. Although such serially acquired data are adequate for directly estimating the SD_{diff} from a normal sample, these authors have chosen to use the "estimated" SD_{diff} rather than calculating the SD_{diff} for inclusion in the RC calculation.

Some minor alterations to previous RC calculations produce an RC calculation that is mathematically and theoretically correct, yet retains all the virtues of previously proposed RC calculation. The alterations are as follows. Step 1: Calculate the difference scores for each individual in a control group assessed at an appropriate test-retest interval.

$$ A_{diff} = (A_2 - A_1) $$

$$ B_{diff} = (B_2 - B_1) $$

$$ N = |N_2 - N_1| $$

Step 2: Calculate the sum of the squared (SUM_{sq}) deviations from the mean difference score. This will be included in the calculation for the standard deviation of the difference score.

$$ SUM_{sq} = \sum (A_{diff} - \mu_{diff})^2 + (B_{diff} - \mu_{diff})^2 + \ldots + (N_{diff} - \mu_{diff})^2 $$

Step 3: Calculate the standard deviation of these difference scores (SD_{diff}). This becomes the denominator in the RC equation.

$$ SD_{diff} = \sqrt{(SUM_{sq}/(N-1))} $$

Step 4: Calculate the RC score for the individual athlete by placing the individual athlete's change score in the numerator of the RC equation, and the SD_{diff} score in the denominator.

$$ RC = \frac{(x_2 - x_1) \pm 1.65}{SD_{diff}} $$

$A_{diff}$ is the test-retest difference score for person A, $B_{diff}$ is the test-retest difference score for person B, $N$ is the total number of paired observations, $x_1$ is the concussed athlete's baseline test score, and $x_2$ is the concussed athlete's test score after concussion.

This RC technique can be interpreted as a z score, with a change of greater than $\pm 1.65$, indicating significant decline from baseline using a one tailed hypothesis. Such RC scores may also be interpreted as "effect size" calculations, very similar to Cohen's d scores as described by Zakian. Our research group applies this calculation to neuropsychological test data gained in concussed athletes in many sports world wide and in many other medical applications where issues of change in an individual's cognitive status are pertinent.

Corrections for practice effects and other confounding variables may also be included in this calculation as per current RC techniques.

Summary

RC analyses have the potential to inform return to play decision making in cases of sports related concussion, when applied to serially acquired neuropsychological test data. However, to be applied appropriately, such calculations should endeavour to assess the magnitude of change in an individual's test score relative to change in a control group assessed at similar test-retest intervals. Previous described RC calculations do not meet this basic criterion, despite such control data being available.


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References


www.bjsportmed.com
Accessory nerve injury during amateur wrestling: silent but not overlooked

A 17 year old youth presented complaining of vague chest and back pain. His medical history was unremarkable except for a sports injury three to four months previously. The injury occurred during wrestling when his opponent had fallen on his chest and neck region. On physical examination, we noted an asymmetric neckline on the right, the result of injury three to four months previously. The patient did not present with a trapezius palsy; it was a late silent physical finding that we uncovered. Secondly, as in a few of the cases in the above series, only the upper trapezius atrophy was present which did not preclude shoulder function. This is usually because there are other innervation sources or because of the presence of a divided accessory nerve.

Thirdly, we believe that our case implies the likelihood of a relatively benign course in younger patients. Lastly, together with another case report of a wrestler, the possibility of this type of injury occurring during sporting activity is highlighted. We therefore alert sports physicians to such a clinical scenario, for which prompt evaluation and management should always be the prerequisite.

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References

Applying elite research to the general population

We are writing in response to the letter by Dr Webborn about our circadian research on competition swimmers.1 His first comment, namely that the media may wrongly slant a “take home message”, is understandable. Had we read our message more carefully, we would have seen that we noted that our observation—that there is a morning lowering of IGA and an increase in cortisol—“might not be acceptable to elite competitors” and that we strongly qualify it by considering the very valid point that trivial cases of illness, as might be investigated in elite athletes, should not deflect exercise for the vastly greater public good. However, our work was concerned with well trained competition swimmers, a point that we emphasised to the media. A major thrust of sports medicine is that it sometimes looks at clinically trivial conditions—for example, ankle or wrist sprains—which may be anything but trivial to the sports competitor. More specifically, modest levels of weekly exercise may be immunoenhancing, whereas there is much evidence that elite levels of endurance training may be immunosuppressive,2 so one always has to be careful which message applies to whom.

In his second comment, Dr Webborn reasonably queries the hydration status of our subjects. Naturally, on working with salivary flow, we had considered this also, in terms of subjective behaviour at 24, 12, and 8 hours before testing, as is indicated in our experimental design. There were no “dry mouths”.

However, overall, Dr Webborn has a possible point about media misuse of take home messages, and perhaps the editorial board could discuss this, if it is felt to be an issue.

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References

Editor’s response

The role of the Journal’s “take home message” had been under review for some time before this correspondence. It has already been decided that it will be changed to a highlighted box encapsulating “what is known about the topic” and “what this paper adds to our knowledge”. This will be similar to the current layout in the British Medical Journal, and our technical editors have been developing a format to suit the Journal style. This correspondence has simply highlighted an important consideration of the Journal, namely how we deal with the media in a clear, concise, and appropriate way.

Response to “Berger in retrospect: effect of varied weight training programmes on strength”

I would not have believed in 1962 that my study would have created such a brouhaha in...
the 21st century, Dr Carpinelli’s paper credits my study as “the genesis of the unsubstantiated belief that multiple sets are required for optimal gains in strength”. His opinion is complimentary in one respect, but I cannot take full credit for it. Most professionals in the field of strength training and therapy have already credited me and support to these works by employing multiple sets in their practice and research. In my opinion, most professionals train together with multiple sets because they have empirically discovered that multiple sets are more effective than one set. Some early research studies have compared different weight training programmes, but in practice, multiple sets were used in training. 1 I am hardly the “genesis” of an “unsubstantiated belief”. Historically, the medical applications of strength training for therapy involve multiple sets. One set is the exception. So Berger is not as one “crying in the desert”. There are many more therapists and coaches flinging down the gauntlet in support of multiple sets.

The probability level of 0.05, which academics hold so sacred in decision making, does not always supersede in importance common sense when considering the difficulties in experiments attempting to control numerous factors in strength research. One research problem is finding subjects who have, preferably, no experience in weight training and who are able to train for long periods of time. I too have multiple sets were used in training. If I had concluded in my study in 1962 that one set was as good as multiple sets, I would have had more than just Dr Carpinelli voicing criticism of my paper. The practitioner in the field would have confirmed my findings years ago to express their disagreement and would not have waited 40 years to do so.

A person who comes to my mind as one having a change in a single set in past years is Arthur Jones, the developer of the Nautilus machine. To my knowledge, he has never presented any acceptable scientific evidence supporting his belief. Furthermore, he has few adherents today of his training views, although one adherent is obvious. Of the 85 references in Dr Carpinelli’s paper, Mr Jones authored not one. Certainly his contribution to the body of knowledge in strength training should not be overlooked, if deserving.

I decided to deal with a limited amount of “evidence” in defence of my study. But I must preface my remarks by assuring the readers that my paper was reviewed by several researchers at the time of acceptance and was approved by them for publication. The conclusions I drew were substantiated and accepted by them. For Dr Carpinelli to refer to my study as “the genesis” of the unsubstantiated belief… I must consider the opinions of these reviewers.

The data in tables 1, 2, and 3 of Dr Carpinelli’s paper, which were used to critique my study, were appropriately used according to an acceptable statistical protocol. Comparisons between subgroups 1-2, 1-3, 2-3, 3-4, 4-5, and 5-6 were not valid for critiquing my study. When a factorial design is used, as in my study, and no significance level is found between factors of sets and repetitions, then the only legitimate analysis to make is on main effects—that is, comparisons among sets 1, 2, and 3 across all levels of sets and repetitions, and among repetitions 2, 6, and 10 across all levels of sets. When this was done, significant differences were found, with three sets and six reps resulting in the greatest improvement. I spoke to Dr Carpinelli earlier (1998 communication) about his misuse of statistics and suggested he consult a statistician. If this had been done, there would not have been a critique of my study, nor a need for one. I must admit, though, that I made the same mistake as Dr Carpinelli in my study. In table 4 of my study, I erroneously made comparisons among subgroups of sets and repetitions. However, as a neophyte in 1962 I accept the blame. Being wiser today than 40 years ago, and even considering Dr Carpinelli’s critique, I unequivocally support multiple sets over single sets for optimising strength. I would suggest to Dr Carpinelli that he conduct research of his own in the hope of gaining support for his position. If his zealotry, which is commendable, were redirected to research rather than to criticising old studies, his academic contributions would be more fruitful.

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References

Will the new field hockey rules lead to more injuries?

On 1 January 2003, the International Hockey Federation introduced a mandatory experimental amendment to the rules pertaining to the taking of short corners. The new rule now reads: “Penalty corner shall be made until the ball has travelled outside the circle”. This change means it will no longer be necessary for attackers to stop the ball before taking a shot at goal as was previously the case. The reason given for introducing the rule was to “simplify the game without altering the overall nature of something which is unique to hockey”. Short corners present a good opportunity to score a goal and are practised routinely in training. The new ruling was introduced on 1 March 2003 by the Ulster Branch of the Irish Hockey Association in whose leagues I play. I have now played three games under the new ruling, and the danger of this rule has been brought sharply into focus. In two of the three games, players required hospital attention because of knee and ankle injuries as a result of defending short corners. It is normal practice that the defenders advance from the goal line to prevent the attacking team shooting, once the ball has been hit. The twin effect of running towards the striker and the decreased time required to take a shot, as a result of the attacking team not being required to stop the ball, leaves defenders with very little reaction time to avoid being struck by an incorrectly hit ball which may rise off the ground. In lower leagues, hitting technique is often less well developed and it is common for the ball to be lifted during a shot.

Concern has been expressed at the number of facial injuries in hockey, and it is my belief that the rate of injuries (both facial and other) will increase as a result of this new rule, some of which may be severe.

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References

Complementary therapies for physical therapists


Public interest in complementary therapies has increased dramatically in the last few decades, with many of the new treatment methods of potential interest to physical therapists and their patients. This is therefore a timely volume.

It comprises some 23 chapters complemented by 11 extra chapters available via the internet. The authors are not well known to me, but they clearly each have a special interest in their chosen topic.

After an initial and intellectually challenging chapter on “Energy medicine”, which a physicist would have difficulty accepting, the authors present a primarily theoretical approach to a wide range of alternative therapies. Some, such as acupuncture, Feldenkrais, and myofascial release, have gained some acceptance among physiotherapists, whereas others, including therapies involving the Chakra system, reflexology, flower essences, and electro-crystal therapy, remain firmly on the fringe of modern practice.

In the foreword, we are asked to read critically and consider the evidence for the various approaches presented. An excellent suggestion but very difficult to do from the material presented! The authors cover the theory behind the techniques in some detail, but there is little to support their assertions. Those looking for an evidence based text will be disappointed. While reading each chapter, I spent much of my time peering at the reference lists. Most of the references were to
The 5th British Musculoskeletal ultrasound course
1–3 October 2003, Leeds, UK
Musculoskeletal sonologists from the UK and mainland Europe will cover all aspects of musculoskeletal ultrasound in lectures and tutorials. The course is open to radiologists, radiographers, and clinicians with a US imaging interest.
Further details: Gill Bliss, MR Department, Clarendon Wing, Leeds General Infirmary, Great George Street, Leeds LS1 3EX. Tel: +44 (0)113 392 3768; fax: +44 (0)113 392 8241; email: gillian.bliss@leedsth.nhs.uk

Back Pain Prevention and Rehabilitation
5 October 2003, Glasgow, UK
A study day with Professor Stuart McGill.
Further details: Yvonne Gilbert, BASEM Secretary, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW. Tel: +44 (0)131 527 3409; email: y.gilbert@rcsed.ac.uk. Organised by BASEM Scotland.

Congress of Sports Medicine of the AZ Sint-Jan AV
24–25 October 2003, Bruges, Belgium
Further details: Congress Centre, OUD SINT-JIN, Mariastraat 38, B-8000, Brugge, Belgium; email: brucosport@azbrugge.be; website: www.brucosport.be

International Conference on the Science and Practice of Rugby
5–7 November 2003, Brisbane, Australia
Further details: Kerry Williams, Conference Organiser, QUT, GPO Box 2434, Brisbane, QLD 4001, Australia. Tel: +61 7 3864 2220; fax: +61 7 3864 5160; website: www.rugbystudies.com/conference

The Fifth International Conference on Sport, Leisure and Ergonomics
19–21 November 2003, Burton, Cheshire, UK
A three day conference in affiliation with the Ergonomics Society.
Further details: Congress Secretariat, Sport, Leisure and Ergonomics, Research Institute for Sport and Exercise Sciences, Liverpool John Moores University, Henry Cotton Campus, 15–21 Webster Street, Liverpool L3 2ET, UK. Tel: +44 (0)151 231 4088; email: K.George@livjm.ac.uk

Medicare India
6–8 April 2004, New Delhi, India
This exhibition and conference will be held for the first time, following India’s ambitious ‘health for all’ programme launched in 2002. Further details: Congress Secretariat, Sport, Leisure and Ergonomics, Research Institute for Sport and Exercise Sciences, Liverpool John Moores University, Henry Cotton Campus, 15–21 Webster Street, Liverpool L3 2ET, UK. Tel: +44 (0)207 723 8020; fax: +44 (0)207 723 8060; email: rob.grant@kinexlog.com; website: www.medicare-expo.com and www.kinexlog.com

Science for exercise and sport

The basic scientific principles and working techniques relevant for science in the field of exercise physiology and exercise and sport sciences are described in this book. It is written for undergraduate students with more or no experience and knowledge in science.

The book is divided into three sections. The first section covers the physical states of gas, liquid, and solid. The second explains forces, energy, and electricity. The third addresses movements with respect to learning objectives but also to an adequate presentation to the targeted readership.

Further details: Congress Centre, OUD SINT-JIN, Mariastraat 38, B-8000, Brugge, Belgium; email: brucosport@azbrugge.be; website: www.brucosport.be
The 6th STMS World Congress on Medicine and Science in Tennis in conjunction with the LTA 2004 Sports Science, Sports Medicine and Performance Coaching Conference

Keynote speakers include Professor Per Renstrom (SWE), Professor Peter Jokl (USA), Professor Savio Woo (USA), Dr Carol Otis (USA), Dr Mark Safran (USA), Dr Ben Kibler (USA), Prof Bruce Elliott (AUS), and Professor Ron Maughan (UK).
Further details: Dr Michael Turner, The Lawn Tennis Association, The Queen’s Club, London W14 9EG, UK. Email: michael.turner@lta.org.uk

Intercollegiate Academic Board of Sport and Exercise Medicine Diploma Exam

The following were successful diplomates in the Intercollegiate Academic Board of Sport and Exercise Medicine Diploma Exam, the two exams held in 2001 and 2002:
• Dr Andrew J Adair
• Dr Abimola Afolabi
• Dr Sinead M Armstrong
• Dr Terence J R Babwah
• Dr Cateriona E L Boyle
• Dr Susan J Brick
• Dr Lawrence J Conway
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• Dr Shaun A Sexton
• Dr Jason E Smith
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• Dr Aravindhan Suppiah
• Dr James A Thomas
For further information contact: Mrs Yvonne Gilbert, Administrative Secretary, Intercollegiate Academic Board of Sport and Exercise Medicine, Royal College of Surgeons of Edinburgh, Nicolaon Street, Edinburgh EH8 9DW, UK; tel: +44 (0)131 527 3409; email: y.gilbert@rcsed.ac.uk

NOTES AND NEWS

The Paul West Memorial Grant for Sport and Exercise Medicine Research in Scotland
BASEM and the family of Paul West are pleased to announce the above grant which will be awarded annually. The award will be approximately £350. The research must be carried out in Scotland and concern the physically active population. Applications must be submitted to the Award Committee by 31 October 2003. The inaugural award will be approximately £350. The research must be carried out in Scotland and concern the physically active population. Applications must be submitted to the Award Committee by 31 October 2003 for the inaugural award in January. Further details: Yvonne Gilbert, BASEM - Scotland Administrator, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW, UK. Tel: +44 (0)131 527 3409; fax: +44 (0)131 527 3408; email: y.gilbert@rcsed.ac.uk

Intercollegiate Academic Board of Sport and Exercise Medicine
Professor Donald Macleod has completed his four year term as Chairman of the Intercollegiate Academic Board of Sport and Exercise Medicine. Professor Charles Galasko has been elected by the IABSEM Board to replace him. Professor Macleod has also been replaced as the representative of the Royal College of Surgeons of Edinburgh on IABSEM by Professor Angus Wallace.

Winners of the annual BASEM Prizes
Dr Eileen Mackie (Clodigdrol inhibits platelet activation and exercise induced ischaemia in stable coronary artery disease) and Mrs Eleanor Curry (Role of exercise in multiple sclerosis) (joint winners). The poster prize was won by Dr Stuart Reid (Injury patterns and injury prevention strategies in the winter sports population attending the English medical centre in Val D’Isere.

Diploma in Sport and Exercise Medicine for Great Britain and Ireland
Details for the above exam can be found on the Royal College of Surgeons of Edinburgh Website at http://www.rcsed.ac.uk alternative applicants can write to: The Royal College of Surgeons of Edinburgh, Eligibilities Section, Careers Information Services, 3 Hill Place, Edinburgh, UK; tel: +44 (0)131 668 9222 or Mrs Yvonne Gilbert, Intercollegiate Academic Board for Sport and Exercise Medicine, Royal College of Surgeons of Edinburgh, Nicolson Street, Edinburgh EH8 9DW, UK; tel: +44 (0)131 527 3409; email: y.gilbert@rcsed.ac.uk

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NCPAD NEWS
A monthly publication of the National Center on Physical Activity and Disability. NCPAD is the leading source for information about organisations, programmes, and facilities nationwide providing accessible physical activity and recreation. NCPAD also has a large and growing online library of fact sheets, monographs, and contact information on physical activity and recreation for people with disabilities. Sign up for this free monthly electronic newsletter by sending an email to: Listserv@listserv.ucd.ie, with this message in the body of the e-mail: SUBSCRIBE NCPAD-NEWS yourfirstname yourlastname. If you have any difficulty, you can also sign up for the newsletter by going to http://www.ncpad.org/signup

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www.basem.co.uk. The site provides information about the educational opportunities in sport and exercise medicine and advice to those wishing to become involved in this area.

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or the Postgraduate Certificate in Physiotherapy (Sports Physiotherapy of the Spine, Shoulder and Upper Limb).

The School of Physiotherapy at the University of Melbourne now has approval for these courses and applications are open to international students for full time study.

- Master of Physiotherapy by Coursework (Sports Physiotherapy) NOW CLOSED.
- Postgraduate Certificate in Physiotherapy (Sports Physiotherapy of the Spine, Pelvis and Lower Limb) NOW CLOSED.

Please check the website for updates and information about the courses: www.physioth.unimelb.edu.au/postgrad.html
Significant association between fluctuations in serum urate and high density lipoprotein cholesterol during exhaustive training

H Yanai and M Morimoto

doi: 10.1136/bjsm.37.4.370

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