Quality International Education and Academic Prizes: SMA’s Annual Conference in Perth has it all!

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The recent 2018 XXI Commonwealth Games held on the Gold Coast showcased remarkable sporting performances by athletes from around the world. Over 4000 athletes from 71 teams competed for 275 sets of medals. Australia made history for hosting the first major multi-sport event with equal numbers of events for males and females athletes. 1500 medical volunteers with backgrounds in elite and community based sport manned over 50 medical facilities across Games venues amassing 84,000 medical volunteer hours. Sports Medicine Australia (SMA) is extremely proud many volunteers were SMA members and we want to take this opportunity to thank the team behind the team! Much like the background of these volunteers and our members, we want to showcase a diverse range of papers within this SMA issue of the British Journal of Sports Medicine (BJSM).

ADVANCES IN THE LOWER LIMB
Despite advances in sports medicine, the battle to reduce the incidence of hamstring injuries is yet to be won. Joshua Ruddy and colleagues from the Australian Catholic University found an association between running exposure and subsequent hamstring strain injury (HSI) but unfortunately these absolute and relative variables don’t predict HSI at the individual level (see page 919). Prakash’s group from Melbourne have used these sports medicine advances to develop a novel MRI grading system that examines the integrity of connective tissue to help us more reliably estimate and guide the return to play of connective tissue to help us more reliably estimate and guide the return to play (see page 929). Staying with MRI, Andreas Serner and colleagues have created a fantastic infographic based on their research that tested whether standardised clinical examination of athletes have created a fantastic infographic based on their research that tested whether standardised clinical examination of athletes

FOOD FOR THOUGHT
This SMA issue of the BJSM contains some thought provoking reviews. Sydney’s Maryanne Demasi explores the history behind statins and questions whether there is the evidence to back their widespread use in heart disease (see page 905). There is a growing perception that sugar intake is a larger public health risk than cholesterol levels. James DiNicolantonio states that sugar can be considered an addictive substance similar to drugs of abuse such as opioids, from the standpoint of brain neurochemistry as well as behaviour (see page 910).

PHYSICAL ACTIVITY POLYPILL
We are all aware at each clinic visit, we should aim to prescribe the physical activity polypill to patients. Mitchell Duncan’s group share how and why the 10,000 Steps Australia programme has been such a success at improving community wide physical activity levels (see page 885). In his review, Urho Kujala explains that the undisputed health benefits of physical activity are yet to translate into any proven casual relationship for longevity if this activity is only started in adulthood (see page 914).

INVITATION TO THE 2018 SMA CONFERENCE
Fantastic sceneries. Packed scientific programme. Vibrant social calender. The 2018 SMA Conference has it all! On 10th-13th November at the Perth Convention and Exhibition Centre we will be showcasing the most influential researchers and practitioners across the various disciplines within Sport & Exercise Medicine (figure 1). We are also excited to announce that this year there is over $23,000 worth of funds to be awarded to papers of excellence in clinical sports medicine, sports and exercise science, physical activity and health promotion, and sports injury prevention. Head to the website - smaconference.org.au to find out more. We look forward to seeing you there!

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