

Rising to the challenge – 2023 *BJSM*–AMSSM collaborative special issue

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Three years after the COVID-19 pandemic upended life across the globe, sports and exercise medicine (SEM) clinicians have shown resilience, strength, creativity and motivation to face the long-term societal, economic and cultural challenges from the pandemic. As we embrace a new ‘normal’, it is with extreme pleasure that the *British Journal of Sports Medicine* (*BJSM*) and the American Medical Society for Sports Medicine (AMSSM) present the 2023 *BJSM*–AMSSM collaborative issue. Our goal in developing this issue is to complement the annual AMSSM meeting and share some of the outstanding work from US and international experts.

STUDENT-ATHLETE MENTAL HEALTH AND WELL-BEING

Highlighting this edition is a consensus statement based on the recent NCAA Summit on Diverse Student-Athlete Mental Health and Well-Being which focuses on the mental health needs of National Collegiate Athletic Association (NCAA) student-athletes of colour (*see page 137*). In a related area, a systematic review explores whether cardiovascular preparticipation screening results are associated with psychological distress in athletes (*see page 172*).

ESSENTIAL SEM THEMES

Several editorials deliver an assortment of essential SEM themes, beginning with a piece from the in-coming AMSSM President (Dr Marci Goolsby) and the AMSSM 2023 Programme Planning Committee Chair (Dr Melissa Novak) reflecting on how the SEM clinician and AMSSM as an organisation can rise to the challenge to meet the needs of patients (*see page 130*). Editorials also address the recognition and prevention of mpox (monkeypox) in sport (*see page 133*), guidance on optimising health equity through parasport (*see page 131*) and considerations for use of

orthobiologics in patients with musculoskeletal conditions (*see page 179*). A compelling commentary also examines the difficult question of when exercise can be excessive and harmful, providing novel insights on how athletes engaging in unhealthy eating and exercise behaviours are easily overlooked (*see page 134*).

The original research studies are outstanding and include investigations examining training patterns in distance runners (*see page 146*), the consequences of distance running with respect to relative energy deficiency in sport in female cross-country athletes (*see page 153*), competition risk in wrestlers who attempt rapid weight loss prior to competition (*see page 160*) and the health span and associated chronic disease burden in former American-style professional football players (*see page 166*).

We are proud to present two service spotlights in this issue. The first highlights how two physicians in training created a specialty teaching clinic to care for the unmet musculoskeletal needs of the under-resourced population in their community (*see page 185*). The second is a brilliant example representing the importance of connecting our cultures through orthopaedic humanitarian initiatives (*see page 183*). This issue also includes an infographic focused on workload considerations in the throwing athlete (*see page 181*). Finally, our patient voice article is an inspirational journey of a high school volleyball athlete who embraced hope to conquer the many challenges of a prolonged recovery from concussion (*see page 186*).

Join us at the AMSSM Annual Meeting We look forward to the AMSSM Annual Meeting 28 April to 3 May 2023 in Phoenix, Arizona. We hope this AMSSM–*BJSM* issue introduces the theme and intent of the AMSSM Annual Meeting, ‘Rising to the Challenge.’ The AMSSM Collaborative Research Network is also holding a preconference research summit on Justice, Equity and Inclusion on 28 April. Other highlights include health equity, mental health challenges, the role of exercise in the recovery from injury, as well as the annual resident and medical student

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boot camp and a round robin session on caring for athletes involving 20 different sports.

As members of the global SEM community, the pandemic remains a catalyst for opportunity to positively impact patients while also implementing effective policy, public health and diverse perspectives through an international medium such as *BJSM*. We look forward to seeing you in Phoenix in anticipation for another stimulating and informative AMSSM Annual Meeting!

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