STUDENTS DAY

Swiss Sport and Exercise Medicine Conference

Sport and Exercise Medicine (SEM) is a broad medical speciality dealing with injury among elite and amateur athletes but also with prevention and treatment of Non-Communicable Diseases (NCDs). NCDs include cardiovascular and metabolic diseases, cancers, mental illnesses, etc.

To present this variety to Swiss medical students, the Schweizerische Gesellschaft für Sportmedizin (SGSM) / Société Suisse de Médecine du Sport (SSMS), organises, through its Students & Junior Doctors section, the fourth edition of the Students Day. Through various lectures and workshops, you will gain a broad understanding of what SEM really is. Last but not least, it will be a great opportunity to meet medical students from other universities through the social program at the end of the day! We look forward to meeting you in Interlaken!

Organizer
Schweizerische Gesellschaft für Sportmedizin (SGSM) / Société Suisse de Médecine du Sport (SSMS)

Date
23.10.2019

Place
Congress Centre Kursaal Interlaken
Strandbadstrasse 44, 3800 Interlaken

Fee
→ SGSM/SSMS Student Member*: free
→ Non-SGSM/SSMS Student Member*: 20.-
→ Resident & SGSM/SSMS Member: 40.-
→ Resident non-SGSM/SSMS Member: 60.-

Fee includes conference, coffee, lunch and the sport event (dinner and overnight stay are not included).

→ dinner: 20.- (members and non-members)

Please note that if payment is not made before 09.10.2019, your ticket will be given to a student on the waiting list.

Registration
online at https://bbscongress.ch/en/2019/registration-studentsday/ Please choose 1 workshop, specify if you take part in the sport event and/or in the dinner and choose one of the two menus (see below).

Refund
100% until 09.10.2019, 0% from 10.10.2019.

*Become a SGSM/SSMS Student Member now for 30 CHF a year, attend the Students Day for free and benefit from all the members advantages! https://sgsm.ch/die-sgsm/mitgliedschaft/
Program

09:00 – 09:15  Introduction
09:15 – 10:00  Advances in Sports & Exercise Medicine: from clinic to research back & forth
(Dr. B. Gojanovic)
10:00 – 10:30  Coffee break
10:30 – 11:15  Relative Energy Deficiency in Sport (RED-S)  (Dr. S. Matter Brügger)
11:15 – 12:00  Exercise Medicine and Cancer  (Dr. J.- M. Lüthi)
12:00 – 12:05  Active break
12:05 – 12:50  Anterior Cruciate Ligament Injury  (Dr. L. Weisskopf)
12:50 – 13:30  Lunch break
13:30 – 15:30  Workshop

Workshop 1 - ACL rehabilitation  (German: F. Zimmermann, French: S. Gard)
Workshop 2 - Introduction to musculoskeletal ultrasound  (English: Dr. M. Laupheimer, English: Dr. M. Schindler)
Workshop 3 - Triggerpoint therapy and Dry Needling  (German: Dr. E. Aschl, French: Dr. G. Clénin)

15:30 – 15:45  Meet your pairs!
16:00 – 18:00  Sport event
19:00 – 21:00  Dinner, Brasserie 17

Menu 1: potatoes sprinkled with chopped parsley, vegetables, Swiss cheese
Menu 2: vegetarian Bami Goreng, Indonesian noodles, yasoya, vegetables

21:00 – 24:00  Let's have a drink together, Brasserie 17

Speakers

Boris Gojanovic, MD, MER
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@drsportsante
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Sibylle Matter Brügger, MD
Sports Medical Center, Medbase Bern Zentrum
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Jean-Marc Lüthi, MD
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