



Medical Symposium Running and Heart Health



Date: Saturday October 18, 2008

Where: Toronto Hilton 145 Richmond Street West, Toronto Ball Room – lower level

Time: 1 pm to 4 pm.

Topics:

1: Endurance Events Medical Coverage, Risks and Rewards.

Dr. Chris Woollam

2: Sudden Cardiac Death in Endurance Events.

TBD

3: Distance Running and the Heart: How Much Is Too Much?

Dr. Jack Goodman

4: Fluid Replacement in Race Conditions.

Dr. Lawrence Spriet

5: The Heart of the Matter: Cardiovascular Health, Depression and Exercise.

Dr. Kate Hays

Panel:

Moderator: Dr. Bjug Borgundvaag

Mt. Sinai Department of Emergency Medicine

Dr. Bjug Borgundvaag completed his Ph.D. in Pharmacology (U of T) 1990, and received his M.D. from the University of Toronto in 1992. Following the completion of his residency training in Family and Community Medicine at Mount Sinai Hospital, and a subsequent fellowship in Emergency Medicine, he joined the Division of Emergency Services at Mount Sinai in 1995. Bjug was awarded a University of Toronto Department of Family and Community Medicine Research Scholarship in 2000, and that same year was awarded a scholarship from the Fogel Foundation through the Mount Sinai Hospital Foundation. He was appointed the Assistant Director – Research, of the Division of Emergency Services in 2001. He has successfully competed for several research awards, including funding for his primary research project from the Canadian Institutes for Health Research. He is currently involved in several local and national research projects, including studies related to the evaluation and management of heart attacks and chest pain in the emergency department.

Dr Borgundvaag has been involved in the Toronto Marathon

as a volunteer physician in the medical tent for the last 11 years, and as such has significant experience in managing medical conditions commonly encountered in individuals participating in distance running events.

Speaker: Dr. Chris Woollam

Toronto Marathon Medical Director

Diploma Sport Med.

Dr. Woollam brings a vast experience in running injuries to the table. As a sport physician since 1990, he has been personally active in running, triathlon and several sports.

He has been Medical Director to the Toronto Marathon since its inception. As such he has seen and treated thousands of runners for the various injuries endemic to running.

His current sport involvement includes:

- Medical Director for the Toronto Marathon
- Team Physician for the Mississauga Ice Dogs (OHL hockey)

His main interests are biomechanics of the lower extremities and treatment of sport- specific injuries in running and ice hockey.

His practice consists of diagnosis, investigation and management of the many and varied injuries seen in a sport practice. He works with a team of physiotherapists, chiropractors, athletic therapists, massage therapists, and sport psychologists. He is also specialized in the prescription and fitting of custom made orthotics for use with all types of shoes.

For further information about Dr. Woollam, please consult www.sportMD.ca

continued on page 2

Speaker: Dr. Jack Goodman PhD

Associate Professor, Faculty of Physical Education & Health
University of Toronto

Dr. Goodman obtained his PhD from the University of Toronto in 1987. He is currently a professor in the Faculty of Physical Education and Health, University of Toronto, with cross- appointments to the Toronto Rehabilitation Institute and research collaborations at various Toronto hospitals. During the past 20 years, Dr. Goodman has conducted various research studies involving the cardiovascular response to exercise and exercise training across the health spectrum, from healthy individuals to clinical populations such as those with heart failure, coronary disease and diabetes. His current research focus, funded by the Heart and Stroke Foundation of Ontario, looks at the effects of prolonged exercise on cardiac function, and in particular, the phenomenon of 'cardiac fatigue'. Dr. Goodman is also conducting research examining the effects of high- intensity exercise on cardiac function in middleaged recreational athletes. Dr. Goodman has a personal interest in physical activity and has completed 8 marathons, including the very first Toronto Marathon in 1979.

Speaker: Dr. Kate Hays PhD

Dr. Kate Hays, Ph.D., C.Psych., practices sport psychology and clinical psychology in Toronto, through her consulting program, The Performing Edge. She is Sport Psychologist for Athlete's Care. Dr. Hays is Founder and Director of the Psyching Team for the Toronto Marathon, having been a member of and trainer for the New York City Marathon Psych Team (1986 – 2000), as well as a member of the Boston Marathon Sweep Team. She is Past- President of the American Psychological Association's (APA) Division of Exercise & Sport Psychology. She chairs the Sport Psychology Council and is an active member of the Association for Applied Sport Psychology, Canadian Psychological Association, Ontario Psychological Association, as well as APA. Dr. Hays is a Fellow and Certified Consultant, AASP and a Fellow of APA. A frequent lecturer throughout North America, Dr. Hays has shared her research and knowledge on the interface between exercise, sport, and mental health in three books: Move Your Body, Tone Your Mood; Working It Out: Using Exercise in Psychotherapy; and Integrating Exercise, Sports, Movement and Mind: Therapeutic Unity. Dr. Hays has been an avid runner for the past 26 years.

Speaker: Dr. Lawrence Spriet

Dr. Lawrence L. Spriet is a professor in the Department of Human Health and Nutritional Sciences at the University of Guelph, Ontario. His major research focus examines the regulation of skeletal muscle metabolism during aerobic and sprint exercise in untrained and trained human beings. He also conducts practical research examining the efficacy of purported ergogenic aids in athletes during exercise and examines the hydration and nutritional status of athletes during practices and games. He has completed 4 marathons with a PB of 2:52.

Advisor: Dr. Joel Kirsh

Fees:

MD	\$175.00
RN/Physio, Trainer	\$125.00
Student	\$100.00

Fee includes Carbo Dinner / Runners Workshop at the Hilton 6 pm.

This educational activity has been approved for:

- The College of Family Physicians of Canada – 3 Mainpro- M1 credits