

Introducing the Keeping Young Athletes In The Game Initiative



www.jsmp.us

904.202.4332

Mark Your Calendar

MONTHLY LECTURE SERIES:

December 13, 2010 * 6:00

"An Inside Look at
Nutrition Supplements"

Presented By:

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The Jacksonville Sports Medicine Program (JSMP) has teamed up with the Jack Del Rio Foundation (JDRF) and Wolfson Children's Hospital to create the "Keeping Young Athletes in the Game" program. This program was created to help secure the safety of our young athletes through two main objectives:



1. Place Licensed Athletic Trainers (LAT's) into our Duval County Public Schools' athletic programs.

Some Duval County Public Schools were without the support of trained medical personnel for their athletic teams. With the growing number of injuries and medical emergencies that occur, our focus has been to place LAT's on site at our schools during practices and competitions. Initially, we have targeted 8 Duval County schools to receive part-time LAT's and are proud to report that we have placed trainers in 5 schools already. The long-term goal is to have a full time LAT in all our 17 schools within the next few years.

Thank you to our Partners helping to staff this initiative.



You can help. There are still 3 schools that remain uncovered: Lee High School, Raines High School, and Ribault High School. Please contact the JSMP to participate today.

2. Place life saving Automatic External Defibrillators (AED's) within community recreation organizations for on site athletic events.

Like our public school athletic programs, recreational programs have medical emergencies but often lack medical support. Having an Automatic External Defibrillator (AED) on site can literally save a life. To fill this need, our program will provide 24 AED devices to area recreational organizations.

The JDRF has committed \$80,000 over the next 2 years to support this program. Additional supporters are Nemours Children's Clinic and Brooks Rehabilitation. All involved are working hard to ensure children of the First Coast have the best resources available.

If you know of or are an organized community recreational program and have an interest in the AED grant, please apply at www.jsmp.us or contact the JSMP at 904-202-5320.

Get Involved Today

Want to learn you how you can make a difference by volunteering or becoming a member? Visit www.jsmp.us or call 904-202.4332 today.

Another Successful Annual Athletic Screening

Tips From The Field

Always apply ice to a fresh injury. Cold applications reduce swelling, pain and inflammation.



We had another incredible screening event this year with 1,112 High School & Middle School students participating. 207 students were directed to the special cardiology station where 136 Electrocardiograms and 48 Echocardiograms were performed. Several students had



some type of cardiac issue identified that precluded them from participating in athletics. These lives were saved through this program because these serious cardiac issues may otherwise have not been discovered until an emergency situation while playing sports.

A special thank you to all our volunteers and sponsors for your time and services:

Maggiano's • Nemours • Wolfson Children's Hospital

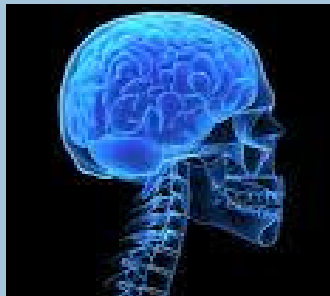
• Brooks Rehabilitation • BJ's • Chick-fil-A

New Sports Concussion Guidelines

Sports concussions are on the rise, particularly among younger players, and neurologists are standing together to address the ever-growing epidemic.

From 1997 to 2007, the number of emergency room trips for concussion-related symptoms doubled for youngsters aged 8 to 13 and increased three-fold for teens between 14 and 19.

According to the Centers for Disease Control, sports-related concussions occur in the United States three million times per year, and among people ages 15 to 24 are now second only to motor vehicle accidents as a leading cause of traumatic brain injury.



In the first update since 1997, the American Academy of Neurology released new guidelines for an advanced call to action. Under the new provisions, players suspected of sustaining a concussion should refrain from further athletic play until they can be properly evaluated by a physician. In addition, the AAN

recommends a certified athletic trainer be present at all sporting events, including practices, where athletes are at risk for concussion. Education efforts should also be maximized to improve the understanding of sports concussion by all athletes, parents and coaches.

JSMP Response

The JSMP is involved in several concussion based initiatives that will benefit our community including:

- ◇ Health Planning Council
- ◇ Brooks Rehab "Concussion Summit"
- ◇ FHSAA-Sports Medicine Advisory Committee
- ◇ Florida Concussion Task Force

Be sure to also visit our website for published guidelines for head injuries and other special concussion resources.

Founding Partners:

Wolfson Children's Hospital * Nemours Children's Clinic * Duval County Medical Society * Duval County Public Schools

