

IRONMAN MEDICAL SYMPOSIUM-AGENDA

Date: October 2-7, 2022. All lectures held at the Keauhou Ballroom at the Outrigger Kona Resort

Time	Sunday October 2, 2022 Environmental Issues and Beyond	Speaker
6:30 AM	Breakfast in the Exhibit Hall	
6:30 AM	Exhibit Hall	
7:25 AM	Opening Remarks by the Chairman	Robert E Sallis, MD
7:30 AM	Preventing Exertional Heat Stroke in Athletes: Updates	Larry Kenney, PhD
8:10 AM	Managing the Athlete with Sick Cell Trait	Francis G. O'Connor, MD
8:50 AM	Emergency Medical Preparedness: Lessons from the NFL	Allen Sills, MD
9:30 AM	Refreshment break in Exhibit Hall	
10:00 AM	Hydration and the Older Athlete	Larry Kenney, PhD
10:40 AM	Return to Play after Exertional Illness	Francis G. O'Connor, MD
11:20 AM	Special Session on Leadership in Medicine	Taylor, O'Connor, Putukian, MD
12:00 PM	My Road to Kona- Ironman Race Slot Winner	Sam Sunshine, MD
12:15 PM	Adjourn	

Time	Monday October 3, 2022 Current Concepts in Sports Medicine	Speaker
6:30 AM	Breakfast in the Exhibit Hall	
6:30 AM	Exhibit Hall	
7:30 AM	Ironman Legends Series Guest Speaker	Michellie Jones
8:10 AM	Sports Specialization in Youth Athletes	Anastasia Fischer, MD
8:50 AM	UV Radiation and Skin Health in Outdoor Athletes: Myths Vs Reality	Larry Kenney, PhD
9:30	Refreshment break in Exhibit Hall	
10:00	Sports Nutrition; Considerations for the Adolescent Athlete Balance	Anastasia Fischer, MD
10:40 AM	Dealing with Sleep and Jet Lag: What to Tell Patients	Cindy Chang, MD
11:20 AM	Management of Acute and Chronic Pain in Elite Athletes	Allen Sills, MD
12:00 PM	CME Portion of Program Adjourns	
12:15 PM	Medline Lunch Presentation with Craig Alexander 2008, 2009 & 2011 Ironman World Champion	Craig Alexander

IRONMAN MEDICAL SYMPOSIUM AGENDA

Time	Tuesday October 4, 2022 Medical Issues and More	Speaker
6:30 AM	Breakfast in the Exhibit Hall	
6:30 AM	Exhibit Hall	
7:30 AM	Cardiac Pre-Participation Exam: What's New and What Not to Miss	Francis G. O'Connor, MD
8:10 AM	Mental Health Issues in the Athlete	Margot Putukian, MD
8:50 AM	Managing GI Issues in the Athlete	Robert Nied, MD
9:30 AM	Refreshment break in Exhibit Hall	
10:00 AM	The Effect of Exercise on COVID-19 Outcomes	Robert E Sallis, MD
10:40 AM	Care of the Pregnant or Postpartum Runner	Cindy Lin, MD
11:20 AM	The Aging Athlete; Staying Fit and Preventing Injury	Robert Nied, MD
12:00 PM	CME Portion of Program Adjourns	

Time	Wednesday October 5, 2022 Update on Injury Management	Speaker
11:45 AM	Gatorade Sports Science Institute Luncheon and Presentation	TBA
12:00 PM	Exhibit Hall	
1:00 PM	Concussion Recognition and Return to Play	Margot Putukian, MD
1:40 PM	State of the Art in Concussion Prevention	Allen Sills, MD
2:20 PM	Care of Athletes with Spinal Cord Injury	Cindy Lin, MD
3:00 PM	Refreshment Break	
3:30 PM	Diagnosis and Management of Upper Extremity Radicular Chang Pain and Tingling	Cindy Chang, MD
4:10 PM	Return to Play; Looking Beyond the Science	Margot Putukian, MD
4:50 PM	What You Need to Know to Work in the Ironman Medical Tent	Robert E Sallis, MD
5:30 PM	CME Portion of Program Adjourns	

IRONMAN MEDICAL SYMPOSIUM-AGENDA

Time	Thursday October 6, 2-22 No Lectures scheduled. IRONMAN World Championship Women's Race and Medical Tent		Speaker
	Friday October 7, 2022 Musculoskeletal Issues		Speaker
12:00 PM	Exhibit Hall		
1:00 PM	Evaluation and Care of Common Foot and Ankle Problems		Cindy Chang, MD
1:40 PM	Anterior Crucial Ligament Injuries		Dean Taylor, MD
2:20 PM	Management of Common Elbow Injuries		Robert Nied, MD
3:00 PM	Refreshment Break and Race Slot Entry: Pick up entry card for 2023 Ironman World Championship Race Slot Drawing		
3:30 PM	The Role of Exercise for Treating Low Back Pain		Cindy Lin, MD
4:10 PM	Caring for Shoulder Dislocations and Instability		Dean Taylor, MD
4:50 PM	Managing Apophyseal Injuries		Anastasia Fischer, MD
5:30 PM	Final Conference Adjourn		
5:35 PM	Race Slot Drawing for the 2023 Ironman World Championship		

Saturday October 8, 2022 IRONMAN World Championship Men's Race and Medical Tent

CONFERENCE FACULTY

Bob Sallis, MD, FAAFP, FACSM

Conference Chairman
Co-Director, Sports Medicine Fellowship
Kaiser Permanente Medical Center, Fontana, CA
Clinical Professor of Family Medicine
UC Riverside School of Medicine
Team Physician, Pomona College
Past-President; American College of Sports Medicine

Cindy Chang, MD

Clinical Professor
Primary Care Sports Medicine
Departments of Orthopaedics and Family & Community Medicine
UC San Francisco School of Medicine
Past president of the American Medical Society for Sports Medicine

Anastasia N. Fischer, MD, MA, FAAFP, FACSM

Associate Professor of Pediatrics Division of Sports Medicine
Nationwide Children's Hospital
The Ohio State University College of Medicine
President-Elect, American College of Sports Medicine

W. Larry Kenney, PhD, FACSM, FAPS

Marie Underhill Noll Chair in Human Performance
Professor of Physiology and Kinesiology
Penn State University
Past-President; American College of Sports Medicine

Cindy Lin, MD, FACSM

Clinical Associate Professor; UW Sports & Spine Medicine
Department of Rehabilitation Medicine
Assistant Director of Clinical Innovation
The Sports Institute at UW Medicine
University of Washington Medical Center

Robert J Nied, M.D.

Family Medicine Physician
Medical Director for Specialty Care
Family and Sports Medicine
Kaiser Permanente, Santa Rosa, CA

Francis G. O'Connor, MD, MPH, FACSM

Medical Director, Consortium for Health and Military Performance

Professor, Department of Military and Emergency Medicine
Uniformed Services University of the Health Sciences
Past President, American Medical Society for Sports Medicine

Margot Putukian , MD., FACSM, FAMSSMC

Chief Medical Officer, Major League Soccer
Team Physician, US Women's National Soccer team, U-20 Women's National Soccer team
Senior Advisor, NFL Head, Neck & Spine Committee
Past President, American Medical Society for Sports Medicine

Allen Sills, MD, FACS

Professor of Neurosurgery and Orthopedic Surgery,
Vanderbilt University Medical Center
Chief Medical Officer
National Football League (NFL)

Dean C. Taylor, MD

Professor of Orthopaedic Surgery
Director, Duke Sports Medicine Fellowship
Chairman, Feagin Leadership Program
Department of Orthopaedic Surgery
Duke University Medical Center