

**2021 Ironman Sports Medicine Conference Agenda  
as of 3-5-21**

**Sunday October 3, 2021 Cardiac Issues**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>
10/3/21	6:30 AM	Breakfast in the Exhibit Hall
10/3/21	6:30 AM	Exhibit Hall
10/3/21	7:25 AM	Opening Remarks by the Chairman
10/3/21	7:30 AM	Sudden Cardiac Death: Fact Vs Fiction
10/3/21	8:10 AM	Incidence and Epidemiology of Sudden Cardiac Death in Athletes
10/3/21	8:50 AM	Cardiac Pre-Participation Exam: What's New and What Not to Miss
10/3/21	9:30 AM	Refreshment break in Exhibit Hall
10/3/21	10:00 AM	Exercise Induced Cardiac Fatigue/Damage
10/3/21	10:40 AM	Shared Decision Making for Return to Play in Athletes with Heart Disease
10/3/21	11:20 AM	Return to Play after Exertional Illness
10/3/21	12:00 PM	CME Portion of Program Adjourns

**Monday October 4, 2021 Musculoskeletal**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>
10/4/21	6:30 AM	Breakfast in the Exhibit Hall
10/4/21	6:30 AM	Exhibit Hall
10/4/21	7:30 AM	Evaluation and Care of Common Foot and Ankle Problems
10/4/21	8:10 AM	Common Knee Injuries in Runners
10/4/21	8:50 AM	Anterior Cruciate Ligament Injuries
10/4/21	9:30 AM	Refreshment break in Exhibit Hall
10/4/21	10:00 AM	Consideration and Care of Athletes with Spinal Cord Injury
10/4/21	10:40 AM	Caring for Shoulder Dislocations and Instability
10/4/21	11:20 AM	Management of Acute and Chronic Pain in Elite Athletes
10/4/21	12:00 PM	CME Portion of Program Adjourns

**Tuesday October 5, 2021 Environmental**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>
10/5/21	6:30 AM	Breakfast in the Exhibit Hall
10/5/21	6:30 AM	Exhibit Hall
10/5/21	7:30 AM	Performance in Extreme Environments (Heat/Cold/Altitude)
10/5/21	8:10 AM	Common Heat and Hydration Issues in Endurance Athletes
10/5/21	8:50 AM	Preventing Exertional Heat Stroke in Athletes: Updates and Controversie
10/5/21	9:30 AM	Refreshment break in Exhibit Hall

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10/5/21	10:00 AM	Managing the Athlete with Sickle Cell Trait
10/5/21	10:40 AM	Hydration and the Older Athlete
10/5/21	11:20 AM	Emergency Medical Preparedness: Lessons from the NFL
10/5/21	12:00 PM	CME Portion of Program Adjourns

**Wednesday October 6, 2021 Update on Head and S**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>
10/6/21	12:00 PM	Exhibit Hall
10/6/21	1:00 PM	Head and Spinal Injuries in Sports
10/6/21	1:40 PM	Sideline Concussion Testing: An Evidenced Based Decision or Best Guess?
10/6/21	2:20 PM	State of the Art in Concussion Prevention
10/6/21	3:00 PM	Refreshment break in Exhibit Hall
10/6/21	3:30 PM	Diagnosis and Management of Upper Extremity Radicular Chang Pain and Tingling
10/6/21	4:10 PM	Back Pain in Cyclists: Diagnosis and Management
10/6/21	4:50 PM	The Role of Exercise for Treating Low Back Pain
10/6/21	5:30 PM	CME Portion of Program Adjourns

**Thursday October 7, 2021 Current Concepts**

<b>*Date</b>	<b>*Time Start</b>	<b>*Session Title</b>
10/7/21	12:00 PM	Exhibit Hall
10/7/21	1:00 PM	Ironman Legends Series Guest Speaker
10/7/21	1:40 PM	Masters Athletes: Cardiac Concerns and Management
10/7/21	2:20 PM	UV Radiation and Skin Health in Outdoor Athletes: Myths Vs Reality
10/7/21	3:00 PM	Refreshment Break and Race Slot Entry: Pick up entry card for 2021 Ironman World Championship Race Slot Drawing
10/7/21	3:30 PM	Update on Altitude Training
10/7/21	4:10 PM	Dealing with Sleep and Jet Lag: What to Tell Patients
10/7/21	4:50 PM	What You Need to Know to Work in the Ironman Medical Tent
10/7/21	5:30 PM	2022 October Race Slot Drawing
10/7/21	5:45 PM	Conference Adjourns

**Friday October 8, 2021 Free Day to expl**

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**Saturday October 9, 2021 Ironman World**

10/9/21	5:00	Ironman Medical Tent
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<b>es and More</b>					
<b>Speaker</b>					
Robert E Sallis, MD					
Aaron Baggish, MD					
Kimberly Harmon, MD					
Francis G. O'Connor, MD					
Greg Whyte, PhD					
Aaron Baggish, MD					
Francis G. O'Connor, MD					
<b>letal Issues</b>					
<b>Speaker</b>					
Cindy Chang, MD					
Ben Tan, MD					
Dean C. Taylor, MD					
Cindy Lin, MD					
Dean C. Taylor, MD					
Allen Sills, MD					
<b>ntal Issues</b>					
<b>Speaker</b>					
Greg Whyte, PhD					
Robert E Sallis, MD					
Larry Kenney, PhD					

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Francis G. O'Connor, MD					
Larry Kenney, PhD					
Allen Sills, MD					
<b>Spine Injury Management</b>					
<b>Speaker</b>					
Cindy Lin, MD					
Kimberly Harmon, MD					
Allen Sills, MD					
Cindy Chang, MD					
Ben Tan, MD					
Cindy Lin, MD					
<b>in Sports Medicine</b>					
<b>Speaker</b>					
Michellie Jones					
Aaron Baggish, MD					
Larry Kenney					
Greg Whyte, PhD					
Cindy Chang, MD					
Robert E Sallis, MD					
Andrew Messick- CEO of Ironman					
<b>ore the island</b>					
<b>Championship</b>					

















