



**12<sup>TH</sup> EFSMA CONGRESS OF SPORTS MEDICINE 19 -21 OCTOBER 2023**  
**WROCŁAW, POLAND**

**Preliminary scientific program of plenary sessions.**

**Current from 28.03.2023**

**Session. Exercise at 50 years old and beyond (90 min)**

Chairs: Norbert Bachl (Austria), Yannis Pitsiladis (UK), Tomasz Kostka (Poland)

1. Exercise over 50 years old: risks and benefits. Tomasz Kostka (Poland)
2. Sarcopenia - a needless health threat. Norbert Bachl (Austria)
3. Genomic research in exercise performance and adaptation to training at an older age compared to a younger one. Yannis Pitsiladis (UK)
4. Electrical stimulation for muscle weakening. Joanna Kostka (Poland)

**Discussion (10 minutes)**

### **Session. Aging and Sport (90 min)**

Chairs: Wojciech Drygas (Poland), Herbert Löllgen (Germany)

1. Life expectancy, longevity and sport. Herbert Löllgen (Germany)
2. Does competitive sport have a positive effect on longevity? Wojciech Drygas (Poland)
3. The power of exercise to prevent or reverse frailty of the elderly. Chiara Fossati (Italy)
4. Atrial fibrillation and sports. Iwona Cygankiewicz (Poland)

**Discussion (10 minutes)**

### **Session. Selected problems of the knee injury in children and adolescents (90 min)**

Chairs: Thomas Patt (Netherlands), Peter Schober (Austria), Bülent Ülkar (Turkey)

1. International aspects of ACL (anterior cruciate ligament) prevention. Thomas Patt (Netherlands)
2. Treatment of anterior cruciate ligament injuries in children and adolescents. Wojciech Widuchowski (Poland)
3. Rehabilitation of children and adolescents after anterior cruciate ligament reconstruction (ACLR). Andrzej Czamara (Poland)
4. Cartilage and meniscus injuries. Why is it worth saving them? Matej Drobníć (Slovenia)

**Discussion (10 minutes)**

### **Session. Exercise and immune health (90 min)**

Chairs: Barbara Wessner (Austria), Agnieszka Zembroń-Łacny (Poland)

1. Managing pain and inflammation associated with musculoskeletal disease. Bernd Wolfarth (Germany)
2. Is there a role for microRNAs in exercise immunology? Barbara Wessner (Austria)
3. Lifestyle exercise attenuates immunosenescence. Anna Tylutka (Poland)
4. Reversing the road to dementia by addressing preventable risks: the role of hearing loss and physical activity. Agnes Szczepek (Germany)
5. Impact of regular exercise on vaccine efficiency; Meta-analysis. Agnieszka Zembroń-Łacny (Poland)

**Discussion (10 minutes)**

**Session. Clinical and legal problems of Sports Medicine in Europe. A synthesis, summary and analysis (90 min)**

Chairs: Anca Ionescu (Romania) Nicolas Christodoulou (Cyprus)

1. Sports medicine around Europe. Peter Jenoure (Switzerland)
2. Preparticipation medical evaluation and sports eligibility - EFSMA recommendations. Anca Ionescu (Romania)
3. Child is not a small adult- do we need sport and physical activity recommendations for pediatric population in Europe? Anna Turska- Kmiec (Poland)
4. Early specialization in sport. Sandra Rozenštoka (Latvia)
5. Recognition of sports medicine as primary specialty in European Union. Nicolas Christodoulou (Cyprus)
6. Preparticipation medical evaluation - the results of research on the standards in European countries. Good practices in sports federations and the possibility of their harmonization in the Member Federations. Katarzyna Wita (Poland) & Paolo Emilio Adami (Italy)

**Discussion (10 minutes)**

**Session. Sudden Cardiac Death in Sports (90 min)**

Chairs: Elena Cavaretta (Italy), Alessandro Biffi (Italy)

1. Sudden Cardiac Death in Sports. Domenico Corrado (Italy)
2. Role of echocardiographic screening in the context of pre-participation screening to prevent sport related sudden cardiac death. Elena Cavarretta (Italy)
3. How to best stratify the risk of sudden cardiac death in sports: the role of guidelines. Alessandro Biffi (Italy)
4. The risk of sudden death in hypertrophic cardiomyopathy in young athletes. Lidia Ziólkowska (Poland)

**Discussion (10 minutes)**

**Session. From rehabilitation to Paralympics - challenges and threats in the sport of people with disabilities (90 min)**

Chairs: Bartosz Molik (Poland), Osnat Fliess Douer (Israel)

1. Sport performance monitoring of elite athletes in Paralympic sport. Bartosz Molik (Poland)
2. Handcycling: rehabilitative, medical and exercise physiological aspects. Thomas Abel (Germany)
3. Classification challenges in Paralympic sports. Jolanta Marszałek (Poland)
4. Technology in Paralympic sport - Innovation controversy. Osnat Fliess Douer (Israel)

**Discussion (10 minutes)**

**Session. Biological therapies in musculoskeletal sport injuries (90 min)**

Chairs: Stefan Nehrer (Austria), Andrzej Czamara (Poland), Wojciech Widuchowski (Poland)

1. Regenerative Aspects of cartilage treatment. Stefan Nehrer (Austria)
2. Biomaterials in treatment of joint injuries. Wojciech Widuchowski (Poland)
3. Rehabilitation in biological therapies after musculoskeletal sport injuries. Andrzej Czamara (Poland)
4. The use of PRP injections in the management of sports injuries. Facts and Myths. Szymon Dragan (Poland)

**Discussion (10 minutes)**

**Session. Athlete's heart (90 min)**

Chairs: Anna Jegier (Poland), Günther Neumayr (Austria)

1. Athlete's heart. Michael Papadakis (UK)
2. Diagnostic of Athlete's heart. From Henchen's to 21st century. Anna Jegier (Poland)
3. The athlete's ECG. Dimitra Antonakaki (UK)
4. Cardiac Magnetic Resonance (CMR) in sports cardiology. Łukasz Małek (Poland)
5. Heart damage in endurance sport. Can strenuous endurance exercise damage a healthy heart? Günther Neumayr (Austria)

**Discussion (10 minutes)**

**Sessions. Physiology of bed rest and detraining (90 min)**

Chairs: Andrzej Ziemba (Poland), Herbert Löllgen (Germany)

1. Simulation weightlessness via bed rest (Head down tilting). Herbert Löllgen (Germany)
2. Physiological consequences of bed rest and detraining. Andrzej Ziemba (Poland)
3. Physiology of the autumn of the athletic career. Tomasz Mikulski (Poland)
4. Disturbances in the training process caused by acute respiratory infections. Hubert Krysztofiak (Poland)

**Discussion (10 minutes)****Session. Relative energy deficiency in sport (RED-S) as a challenge for modern sports medicine (90 min)**

Chairs: Theodora Papadopoulou (UK), Jarosław Krzywański (Poland)

1. RED-S - an overview, pathophysiology and evolution. Theodora Papadopoulou (UK)
2. RED-S - endocrine changes. Nadia Sawicka-Gutaj (Poland)
3. The bones victim of RED-S. Marek Krochmalski (Poland)
4. RED-S - prevention, diagnostics, and management at the nutritional level. Zofia Piotrowicz (Poland)

**Discussion (10 minutes)****Session. Diagnosis and monitoring of treatment of selected musculoskeletal injuries (90 min)**

Chairs: Silvana Giannini (Italy), Bogusław Sadlik (Poland)

1. Correlation between Clinical, MRI and Arthroscopic Findings in sports knee injuries. Bogusław Sadlik (Poland)
2. Diagnostic imaging and fast recovery in athletes with posterior micro instability of the hip. Silvana Giannini (Italy)
3. CT and MRI in the diagnosis of sports injuries. Where are we in 21st century?

**Discussion (10 minutes)**

### **Session. Physical activity for people with chronic diseases (90 min)**

Chairs: Tomasz Zdrojewski (Poland), Katarzyna Szmigielska (Poland)

1. Current recommendations of physical activity for people with hypertension. Tomasz Zdrojewski, Iwona Szadkowska (Poland)
2. Physical activity in metabolic diseases. Katarzyna Szmigielska (Poland)  
[katarzyna.szmigielska@umed.lodz.pl](mailto:katarzyna.szmigielska@umed.lodz.pl)
3. Physical exercise for people with asthma bronchiale and chronic obstructive pulmonary diseases. Adam Białas (Poland)
4. The impact of regular guided physical activity on body composition, muscular strength, cardiovascular fitness and disease relapse in patients with newly diagnosed polymyalgia rheumatica Janja Lavbic (Slovenia)

**Discussion (10 minutes)**

### **Session. Altitude training (90 min)**

Chairs: Petra Zupet (Slovenia), Miłosz Czuba (Poland)

1. Enhancing endurance performance by high altitude training – a “Challenging Chance”. Petra Zupet (Slovenia)
2. Chronic exposure to normobaric hypoxia increases testosterone levels and testosterone/cortisol ratio in athletes. Miłosz Czuba (Poland)
3. Altitude training in practice - live-high train-low in elite athlete. Tomasz Mikulski (Poland)
4. High altitude training physiological insight. Olga Surafa (Poland)

**Discussion (10 minutes)**

**Session. Power of Exercise. Health benefits and their monitoring in project “Exercise Prescription for Health” (90 min)**

Chairs: Herbert Löllgen (Germany), Wojciech Drygas (Poland)

1. The magic power of exercise. The ten-pillar model. Herbert Löllgen (Germany)
2. How to promote physical activity in adult population? Polish experiences: successes and failures. Wojciech Drygas (Poland)
3. Current physical activity recommendations for the population.
4. How to promote physical activity? Hubert Krysztofiak (Poland)
5. Swedish experience.

**Discussion (10 minutes)**

**Session. Drugs, doping and antidoping in sports (90 min)**

Chairs: Yannis Pitsiladis (UK), Andrzej Pokrywka (Poland), Michał Rynkowski (Poland)

1. TBC Francesco Botre (Italy)
2. The different modules and confounding factors of the Athlete Biological Passport. Jonas Saugy (Switzerland)
3. Technological doping in 2023. Pedro Manonelles Marqueta (Spain) & Yannis Pitsiladis (UK)

**Discussion (10 minutes)**

**Session. Digital wearables in sports medicine and sports (90 min)**

Chairs: Rudiger Reer (Germany), Yannis Pitsiladis (UK)

1. Wearable and telemedicine innovations for Olympic events and elite sport. Yannis Pitsiladis (UK)
2. Sports Heart Rate Monitors as reliable diagnostics tools detecting arrhythmias in athletes. Is there a need for more sophisticated Digital Devices? Robert Gajda (Poland)

**Discussion (10 minutes)**

**Session. Rehabilitation in sports medicine (90 min)**

1. Use of Shockwave Therapy in the management of Morton's Neuroma and Sesamoiditis. Kirill Micallef Stafrace (Malta)

**Discussion (10 minutes)**