

DAILY PROGRAM

1 OCTOBER 1997

Arrival Of The Delegates

18⁰⁰-19⁰⁰ Meeting of the Executive Committee of Balkan Association of Sports Medicine (Sports Medicine Institute)

20⁰⁰ Opening Ceremony - Cocktail (1st floor of the Sports Hotel)

2 OCTOBER 1997

**9³⁰-10⁰⁰ Opening Ceremony (Casa Universitarilor - 46 Dionisie Lupu St., District 1);
Transportation from the Sports Hotel to Casa Universitarilor: 8⁴⁵-9⁰⁰.**

10⁰⁰-10¹⁵ - Break

10¹⁵-11³⁰ Food and Drugs in Top Athletes

Chairperson: Prof. I.Dragan (Romania) - Ph.M.D.

Co- Chairperson: Prof. M.Toteva (Bulgaria) - Ph.M.D.

1.Prof. M.Toteva (Bulgaria) - Nutrition and Sport (Report)

2.Prof. V.Stroescu (Romania) - Ergogenic aids in elite athletes

3.Prof. S.Dumitrache (Romania) - Naturally antioxidants in alimentary products and their role in sustaining physical effort

4.Zeky Ustuner et al. (Turkey) - The effect of iron deficiency on adolescent athletes exercises capacities

5.Stanojevic et al. (Yugoslavia) - Team work in athletes nutrition

11³⁰-12⁰⁰ - Coffee Break - Exhibition

12⁰⁰-14⁰⁰ - Round Table: Biological Preparation for High Level Competition

Moderators:

Prof. M.Toteva (Bulgaria)

Prof. V.Stroescu (Romania)

Prof. S.Dumitrache (Romania)

Prof. I.Dragan (Romania)

14⁰⁰ - Transportation from Casa Universitarilor to Sports Hotel

14³⁰ - Lunch (Sports Restaurant)

15³⁰-19³⁰ - Physical Rehabilitation in Sports Traumatology (11nd floor Sports Hotel)

Chairperson: Prof. C.Christodoulakis (Cyprus) - Ph.M.D.

Co-Chairperson: Prof. N.Teleki (Romania) - Ph.M.D.

6.Prof. C.Christodoulakis (Cyprus) - Report: Physical rehabilitation in sports traumatology

7.Prof. N.Teleki (Romania) - Co-Report: Rehabilitation in sports traumatism

8. Petar Smiljanic, Branislav Goldner, Zoran Mijovic (Belgrade) - Ultrasonographic diagnoses of Achilles tendon lesions during recreation

9. R.Stevic, M.Dodic, B.Goldner, I.Lukac, V.Gotovac (Belgrade)- Ultrasonography of most common sports injuries of tendons

10. R.Stevic, M.Dodic, J.Petrovic-Rajkovic,G.Rodic (Belgrade)Ultrasonography of muscle sports injuries

17⁰⁰-17³⁰ - Coffee break - Exhibition - I-st Floor Sports Hotel

17³⁰-19³⁰

11.Stergioulas,A., Dabos,J., Tripolitsioti, A., Soulas,D. and Gogos, G. - (Thessalia University)- Lateral epicondylitis of the elbow: three treatments protocols. What kind of therapy can we to choose ?

12. I.Kouvaras, A.Liougas, N.Zaharakis, M.Beltsios, Th.Grivas, D.Polyzois (Athens) - Arthroscopic treatment of meniscal lesions

13. Psillaki D., Theodosiu A., Bader A., Maragoudaki E., Ntabos I., Kontulakos P. (Athens) -The use of soft lasers in traumatic injuries of the musculoskeletal system

14. Gogos G., Stergioulas A., Tripolitsioti A. and Soulas D. (Greece)- Sprains: the most common injuries in greek recreational alpine skiers

15.Psillaki D., Ntabos J., Banter A., Kontulakos P.(Athens)- Conservative treatment in athletes with anterior cruciate ligament tears

16.Ntabos J., Psillaki D., Kontulakos P. (Athens)- Rehabilitation program for rotator cuff injuriesin hand-ball athletes

20⁰⁰ - Dinner

3 OCTOBER 1997

9³⁰ - Free Communication

Chairperson: Dr. M.Baroga (Romania) - Ph.M.D.

Co-chairperson: Prof. P.Kontoulakis (Greece)- Ph.M.D.

17. Ozenci AM M.D., Akyildiz FF, M.D., Aydin AT M.D. (Turkey) - Avulsion of the tibial tuberosity in the adolescents. A report of two cases
18. G.Untea, M.Anghelescu, I.Costeschi, (Romania) - Study regarding traumatic morbidity in Romanian top athletes during the Olympic cycle 1993-1996
19. Ileana Rindasu, Gheorghe Untea, Ionel Costeschi, Octavian Ailoe (Romania) - Study about the efficiency of acupuncture in the rehabilitation of the traumatic affections in high performance sportsmen
- 19a.Ovidiu I.Pecurariu, Oana Falup- Pecurariu, Cristian Falup- Pecurariu (Romania) - Considerations about the traumatic pathology at 3 football teams from national league from Brasov in the competition season 1996-1997
20. Ioan Straut (Timisoara) - Aspects about the utility of antioxidants in sports medicine
21. Atanasescu Rene, Geanta Gabriela, Moresanu Elena (Romania) - Study of morbidity on Romanian top athletes in the Olympic cycle 1992-1996
- 11⁰⁰-11³⁰ - Coffee break - Exhibition**
- 11³⁰-14⁰⁰ - Round Table: Sports Heart**
- Moderators:**
- Prof. Costin Carp (Romania) - Ph.M.D.*
- Prof. E.Apetrei (Romania) - Ph.M.D.*
- Dr. Elisabeta Pufulete (Romania)*
- 14³⁰ - Lunch - Sports Restaurant**
- 15⁰⁰-16⁰⁰ - General Assembly of the Balkan Association of Sports Medicine**
- 18⁰⁰-22⁰⁰ - Social program and dinner for guests**
- *P.S. For Romanian Doctors:*
- 16³⁰-20⁰⁰ a VIII-a Conferinta Nationala de Medicina Sportiva (Sala etaj II Hotel Sportiv), a XXXV-a Aniversare a Institutului de Medicina Sportiva**
36. Anca Ileana Gurau, Maria Mihai (IMS) - Unele consideratii privind starea de nutritie la copii si adolescenti cu deficiente fizice-scolioze
37. Pintilei Sergiu, Anca Ionescu, Luminita Popescu (Chisinau)- Studii privind nivelul lipidelor serice totale la sportivii de inalta performanta

38. Fr.Schneider, S.Surdan (Timisoara) - Consideratiuni asupra alimentatiei de baza a sportivilor de performanta
39. Ioan Straut (Timisoara)- Necesitati si obiceiuri alimentare in handbal
- 40.Cristian Falup-Pecurariu, Oana Falup-Pecurariu, Ovidiu I. Pecurariu (Brasov)- Scavengerii de radicali liberi de oxigen - intre performanta si reclama
41. Anca Ileana Gurau, Denis Paduraru, Eduard Bejan (IMS) - Evolutia compozitiei corporale pe parcursul unui an de pregatire sportiva la lotul olimpic de canotaj feminin si masculin
- 42.Horia Vermesan, Fabian Tatu, Simion Surdan, Zeno Munteanu (Timisoara) Recuperarea post-operatorie a genunchiului dupa interventiile pe cale artroscopica
- 18⁰⁰-18³⁰ - Pauza de cafea - Expozitia medicala**
- 18³⁰-20⁰⁰ - Sedinta anuala a Comitetului de Medicina Sportiva - Consfatuirea Retelei de Medicina Sportiva**
- 4 OCTOBER 1997**
- 9⁰⁰ - Varia**
- Chairperson: Dr.Anca Rosetti (Romania)*
- 22.Simona Gusti, Alice Gusti, Mihaela Avramoiu, Serban Avramoiu (Craiova)- Stress cardiovascular reactions before contest to a lot of junior footballers
- 23.E.Duma, P.Orbai, M.Mazilu, P.Derevenco (Cluj) - Blood levels of some electrolytes and hormones during exercise in athletes
24. Anca Ileana Gurau, Denis Paduraru, Eduard Bejan (IMS) - The evolution of body composition during one year practice in the Romanian Olympic female and male rowing teams
25. I.Dragan, V.Stroescu, S.Pintelei (Romania)- Hormonal response to strenuous training in Romanian female Olympic gymnasts
26. M.R.Galesanu, C.Galesanu, I.Haulica, I.Apostol (Iasi)- Osteodensitometric investigations (qct) in sportswomen
27. P.Derevenco (Cluj) - Eustress and distress in atletes
28. C.Christodoulakis, M.Michaelides, M.Hadjigeorgiou (Cyprus)- Evaluation of the physical fitness and health related factors on the adult population of Cyprus

29. Ivan Lamber, Ivan Nakov, Vania Russanova (Bulgaria)- Earliest organized prophylaxis of the locomotory system
30. Nikolic Z., Ilic N., Djuracic M., Stanojevic S. (Yugoslavia)-Maximal aerobic power in male trained junior swimmers and adult runners
31. Kartsonas N., Psillaki D., Maragoudaki E., Kontulakos P. (Athens) - The heart of the athletes in the ancient Olympic Games' in the city of Olympia the 776 B.C.
32. Stergioulas A., Tripolitsioti A., Soulas D., Gogos G. (Thessalia University) - Circulating levels of prostacyclin in prepubescent children with different physical activity levels
33. Cengizhan Özgürbüz, Fikret Durusoy (Turkey) - The correlations between different anaerobic threshold (AT) methods: the 4 mmol/l lactate and respiratory quotient (RQ) methods
34. Vera Simovska (Skopje)- The programmed physical activity in the obesity treatment
35. Akin Turgut, Orhan Azboy, Nusret Köse, Fahrettin Akyüz, Mine Inan, Sinan Seber (Turkey) - The effect of aerobic and anaerobic exercises on the level of blood free oxygen radicals.
- 35a. Elisabeta Pufulete, Stoian I., Orha I. (IMS) - Sudden cardiac death in top athletes a 27 years study
- 35b. Pintilei Sergiu, Elisabeta Pufulete, Mariana Georgescu (IMS) - Study regarding the significance of the "infinite tone" in top athletes
- 35c. Anca Rosetti (IMS)- Study regarding the relationship between the absorption and the consumption of oxygen in top athletes

11³⁰-12⁰⁰ Coffee Break - Exhibition

12⁰⁰-14⁰⁰ Round Table: Doping

Moderators:

Vajiata Gratiela (Romania) Ph.D.

Prof. Dragan I. (Romania) Ph.M.D.

C.Christodoulakis (Cyprus)

14³⁰-16⁰⁰ Farewell Party. Swedish Buffet

16³⁰ - Departure Of Delegates