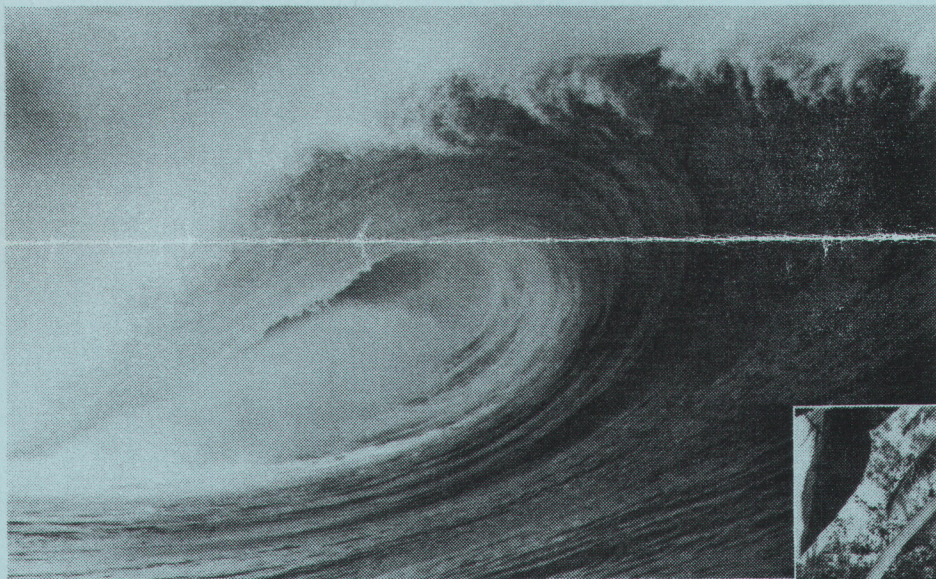


The
SURFER'S MEDICAL ASSOCIATION
NEWSLETTER



Tavarua, June, 1987. One nobody made. Photo: Sato



Tavarua treehouse/lookout, where we would check the waves at cloudbreak. Photo: Sato

SURFING WITH THE SMA **-the first nine months-**

1. THE TAKEOFF (September, 1986): 1st SURF MED conference took place in Fiji, the sixteen health professional-surfers attending found the Surfer's Medical Association. The SMA is then presented at the World Sports Medicine Mtg. in Australia.
2. STANDING UP (October-November): 2nd meeting of founding members, in San Francisco - priorities set: The Handbook of Surf Medicine and developing membership.
3. DROPPING IN (December) Craig and Kevin Starr create SMA brochure, mail it out, and formal membership begins - many join as Charter (\$50) and Life Members (\$250), allowing the SMA to pay for the mailings and frequent long-distance phone calls.
3. OVER THE LEDGE (January): Geoff Booths' Tracks article in Australia and Linda McCreney's series of articles on the SMA/Surfer's Health begin in SURFER magazine, creating a tremendous response - mainly from fellow surfer-health professionals around the world. Mail/phone calls for info average 2 to 3/day - all very stoked people!
4. SET AN EDGE (February): Craig and I go to Family Practice Annual Mtgs. in Honolulu and present a talk on Surfing Medicine, and generate nice article about SMA in Honolulu advertiser.
5. BOTTOM TURN (March-April): Eddy Rubin organizes an SMA work retreat at Asilomar, Monterey. One group works just on the Handbook, another on the development of the SMA. The plan for how the SMA will surf the rest of the wave is made: a big-sweeping bottom-turn, and to go for the ultimate ride.

continued next page

Surfing With The SMA, cont.

6. PULLING INTO IT (May): Craig and I have finished planning the next SMA Tavarua Mtg. for June only to have all our planning thrown into chaos by the coup in Fiji - endless hassles. Rym puts it together for the SMA T-shirt, decals, wall diploma, and pins. Brian generates a nice SMA article in Santa Barbara.

7. TUBE RIDE (June): we manage to hold the conference in Fiji, and are rewarded bountifully - the surf is exceptional on the day we arrive (better than at anytime at last years' conference), with days more of quality surf through the two-week conference. Cloudbreaks as big and perfect as surf can get (3-5 times overhead), Tavarua Lefts like a dream wave. 25+ attendees about equally divided between Mainland US, Hawaii, and Australia go surf-crazy. Families and kids attend this conference, too. Professional photographer specializing in surf photography, Sato, commissioned by the SMA to document the conference and the surfing. "Executive Meeting" is held in which the majority strongly endorse the idea of having less - rather than more - structure, rules, and regulations in the SMA. If you want to do something for the SMA, do it - don't just talk about it or say that someone else should do it. Just try to run it by other SMA members to make it better. Outstanding presentations are made at the meetings, but, again, the highlight of the conference - surpassing the perfect surf - is continued cultural and medical interactions with the village of Nabila (led by Craig). SMA medically "adopts" the village, with a commitment for continued care and teaching in the future. Tavarua is felt to be the "spiritual" base for the SMA, and consensus is to hold an annual meeting there.

8. COMING OUT OF THE TUBE - SETTING IT UP FOR THE BOWL AHEAD (July): work on all fronts. Bodyboarding Magazine commissioned me to do an article on Medical Aspects of Surfing (now out), then in planning to do an article on stretching and workouts for bodyboarders say "let's ask the SMA to do it" - reflecting the trend that we hoped for of becoming an expert counsel to the surfing world on health and disease aspects of surfing [Brian and I wrote the article while on Tavarua, to come out soon]. SURFER magazine accepts SMA plan to offer a "Dear Abby" like column in which surfers with health questions can write to the SMA for a free written consultation, and SURFER will publish a monthly column of the best letters with the most informative replies. SMA members will be asked to take turns answering letters and as it relates to their expertise. Final negotiations still in progress with SURFER. Also, Physician and Sports Medicine solicits a two-part feature article from me on Medical Aspects of Surfing (completed, about 8000 words - heavy mention of SMA and its members' work. And I've sent in a letter to the New England Journal of Medicine describing surfing medicine and the SMA (wait and see?). Craig has received a go-ahead from Alan Ryan, a major figure in Sports Medicine, to led the SMA in writing a full-monograph on surfing medicine. More on that in the future. Sarah Dixon (and Peter) jamming on a Surfer's Health Video - more to follow. Finally, Geoff Booth, a co-editor on the Handbook from the start, offers to come to San Francisco in October to just work on the Handbook. This dovetails nicely with Eddy's work group from Asilomar. A small, local group will be convened to spend a week straight of doing nothing but work on the book (Geoff, Peter Dixon, Eddy Rubin, Tony Peckham, Craig Wilson, and me). Any of you out there who have yet to finish writing what you promised to write, get it in by October 1st (LAST CHANCE). Should have a rough 1st draft by November, and have our 1st edition by March, 1988.

9. SHOULDER HOPPERS? - total money taken in from memberships and donations has just topped \$3000, with about \$250 per month in expenses - which means we're still slightly in the black. Anyone reading this who hasn't sent their money in and formally joined is considered a shoulder-hopper.

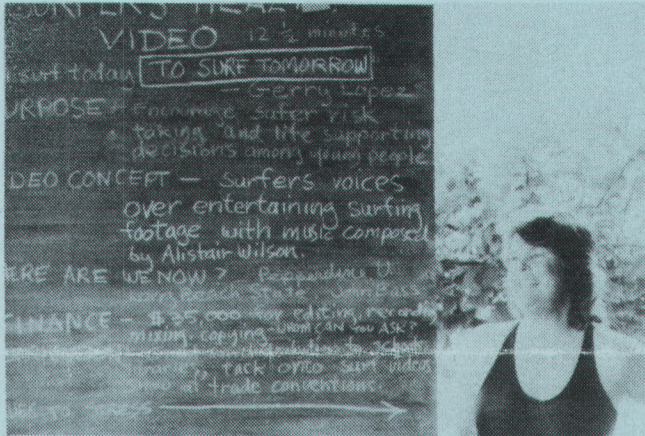
10. CAN OUR BOARD HANDLE THE SECTION AHEAD? - Hugh Greenup in LA has volunteered to be the SMA lawyer, and over the summer the formal papers will be filed to be a Non-Profit Organization (and all donations will be tax-deductible). We need a volunteer CPA to be the official SMA Accountant. Know of anyone? If you ever want an official Treasurer's Report we need one!

continued next page

Surfing With The SMA, cont.

11. WALLING UP AHEAD (August-March plans): North Shore All Members Meeting honcho'ed by Bill Petersen planned for Oct. 3-18 - we have an unreal house rented at Sunset Beach on the water that can hold 28, overflow to other houses and the Kuilima. Should be outstanding. Galapagos Mtgs., honcho'ed by Greg Raymond in Feb/March should top anything we've ever done. And then back to Tavarua in May or June. Meetings after that are up to who wants to volunteer to coordinate them: Biarritz, Java, Rottneest Island (Aust)?

GET READY - RIDE THIS WAVE WITH THE SMA. GO BROKE, BUT GO FOR IT!



Sarah Dixon. Surfer's Health Video planning session. Tavarua, June, 1987. Photo: Sato

- Mark Renneker (Prez')
July 8, 1987



Nabila Villagers, June, 1987. Photo: Sato



SMA FLEW THE COUP TO FIJI

With a veritable coup de grace of their own, Mark Renneker and Craig Wilson by-passed the Fijian landing restrictions and got special permission for the SMA to go to Fiji, back to Tavarua, for the "Second International Conference on Surf Medicine" (June 6-20, 1987). It should be noted that due to the recent Fijian coup and subsequent trade embargo, no tourists were allowed to disembark at the airport, and, in fact, many airlines had discontinued flights to Fiji.

With less than 48 hours to go, we, the SMA, had no place to go. Yes! No where! All 28 SMA conference participants slated for the meetings were only names on a list. Scrambling, an entire backup plan to shift the conference to Huahine, Tahiti was developed. But again, the typical of stress-loving big wave surfers, Craig and Mark pulled it out for us to go to Fiji in the 11th hour. They worked their way up to the top of the Quantas corporate ladder, and got the top executive to realize that the SMA wasn't a sham, and got us classified as a "compassionate cause" with special permission granted to go to Fiji. Harrah!

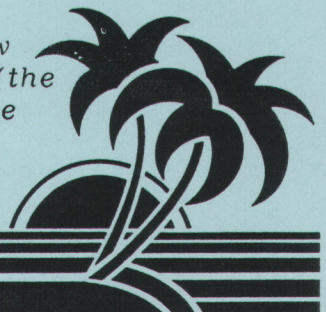
What really made the coup fly with Quantas exec's was the medical care relationship established from the last SMA Tavarua conference with the local village, Nabila. We helped them out with some medical problems, and in appreciation they bestowed upon us a sacred whales' tooth necklace, and it's magic has been working ever since.

We are writing this while en route to Fiji, with feelings of anticipation-visions of glassy Pipelinesque Cloudbreak tubes pouring over us on our biggest boards (stowed on this plane is Mark's 9 foot full-on gun and I only have my 8 footer). Mark says the surf is always best during a coup.

Our other motivation for traveling to the SMA Tavarua Conference are the friendships to be renewed or begun. For us civilized Americans, the chance to meet a true Aussie doctor-bloke face-to-face in his natural state (thrashing about, dancing with huge Fijian girls) is one chance in a lifetime.

So, veni-vidi-vici, we are on our way and will let you know in the next SMA newsletter what went down, and what came up (the surf, blokes!). Until then, Doctor Rym (bone) "Painless" Partridge signing off.

"Lets heal some people and go surfing!"



PRESENTATION TOPICS AT THE
SECOND INTERNATIONAL CONFERENCE ON SURF MEDICINE
JUNE 6 -JUNE 20, 1987

G. Booth (Australia)
SURFING WITH A DISABILITY

J. Bradley (Australia)
SCHOOL SURFING, SURF SURVIVAL,
AND THE SURF SHELL

B. Bullock (S. Calif.)
HYPOTHERMIA, HYPOXIA,
AND HYPERVENTILATION

G. Cromack (Hawaii)
THE SURFER AND NUTRITIONAL
SUPPLEMENTS

P. Dixon (S. Calif.)
SURFING: THE SPORT

S. Dixon (S. Calif.)
HEALTH VIDEO - SURFERS STYLE

F. Fong (Hawaii)
HEPATITIS TRANSMISSION AND
PRECAUTIONS IN SURF CAMPS

S. Funk (Tavarua)
OCEAN WILDERNESS SURVIVAL

"The Science of Surf Medicine"

M. Gillett (Australia)
SURFING INJURIES UPDATE -
ILLAWARRA AREA HOSPITAL

A. Kaliakin (Los Angles)
THE SURFER'S LUMBAR SPINE

M. Kliks (Hawaii)
THE TRAVELING SURFER -
TROPICAL DISEASES

S. Leslie (Australia)
SURFING AS PHYSICAL THERAPY
FOR RHEUMATOLOGICAL DISORDERS

B. Lowdon (Australia) PSHCHOLOGICAL
PSYCHOLOGICAL ANALYSIS
OF COMPETITIVE SURFERS

M. Lowdon (Australia)
WATER WATER EVERYWHERE,
WHY DO YOU NEED TO DRINK?

T. McLaughlin (S. Calif.)
MECHANISMS OF INJURY TO
THE KNEE IN SURFING:
A THEORETICAL BASIS

T. Moore (S. Calif.)
THE DARKER SIDE OF A
GOLDEN TAN

R. Partridge (N. Calif.)
SURFING ORGANIZATIONS
AND THE SMA

M. Renneken (N. Calif.)
THE SURFER IN HEALTH AND
DISEASE: THE SMA

G. Ryan (Hawaii)
THE SURFER'S CERVICAL
SPINE

H. Sato (Hawaii)
IN-WATER SURF SHOTS

R. Scott (N. Calif.)
EXTERNAL EAR CANAL AS
AFFECTED BY AQUATIC SPORTS

D. Wagner (East Coast)
SHARK ATTACK AND OTHER
EMERGENCIES

C. Wilson (N. Calif.)
HEALTH PROMOTION/DISEASE
PREVENTION THROUGH SURFING

ANNOUNCEMENT; NORTH SHORE OCT. 87 MEETINGS

*** ANSWER BY 8/15/87 ***

The Surfer's Medical Association invites all members to attend the First Annual SMA North Shore All Member Meeting, to be held on the North Shore of Oahu, October 3rd thru the 18th. This meeting, held at the international crossroads of surfing, will provide an opportunity for members to meet, exchange ideas, and surf together. The meetings will include:

- (1) Nightly seminars on surfing and health, i.e., on "Surfer's Ear and Other ENT Problems of Surfers," "Pterygium, Vision and other Eye Problems of Surfers," or "Life-saving in Surfing." Surfing health professionals from Oahu and other islands will be specially invited to attend the night relating to their specialty.
- (2) Work groups on SMA organizational matters and on further developing the Handbook of Surf Medicine.
- (3) Holding a public meeting and free ear/eye/skin screening session for surfers at the Haleiwa Community Center.
- (4) A full-day symposium on "The Medical Aspects of Surfing," on 10/17 at Turtle Bay Hilton for the general medical and surfing community. [CE credits pend]. BIG party after, per Rym & Doug.
- (5) Outrageous surfing and windsurfing in not-yet-crowded North Shore conditions (the masses don't show up until November).

All SMA members are eligible to attend. Spouses and family members are also welcome. We are arranging the lodging, meetings, transportation, and meals. The cost should be very reasonable compared to how much it usually costs to go to Hawaii. We will be arranging for several large houses on the North Shore between Waimea Bay and Sunset for us to stay in and meet in. Also condos at the Kui. When we know how many people are coming, we'll know better the total per person costs.

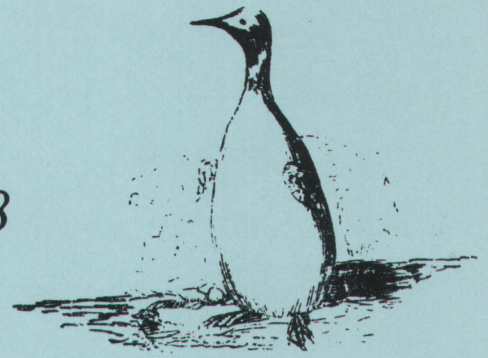
If you would like to attend for all or part of these meetings, call Bill Petersen RIGHT NOW, and send him your \$50 non-refundable per person deposit by Aug 15th (address below). Our thanks to Bill for offering to coordinate this extravaganza for all of us! Also, if you would like to give a presentation or seminar, let us know. We are anticipating a good turnout for this event from SMA members throughout the world. We'd love to see you there.

North Shore '87 SMA Meeting Planning Committee:

- * Bill Petersen, O.D. (Overall coordinator)
34127 Coast Highway
Dana Point, Calif. 92629 (714) 661-1181 M-W-F 2-5pm
- * Doug Middleton, M.D. (Medical conference coordinator)
- * Rym Partridge, D.D.S. (Ambassadorial activities)
- * Mark Renneker, M.D. (SMA coordination)
- * Rell Sunn, George Cromack, D.C., Ric Williams (Local coordination)
- * Tony Yee (Nutrition coordination)



GALAPAGOS -1988



Following in the wake of that pioneer surf explorer, Charles Darwin, and voyage to the Galapagos Islands for the 1988 Surfer's Medical Association Spring Conference.

The conference will focus on two aspects of surfing:

Surfing: Demands, Responses, and Adaptations - how surfers are changed by the experience of surfing; topics ranging from wetsuit design to the etiology of "ice cream headaches" to anomalous psychosocial or physiological aspects of the surfer.

A Status Report on the Ocean and Its Inhabitants - addressing the status of the waters around us and the animal and plant life we share it with, what's known about it today and what can be foreseen; potential topics include pollution, global warming, endangered species, and environmental action.

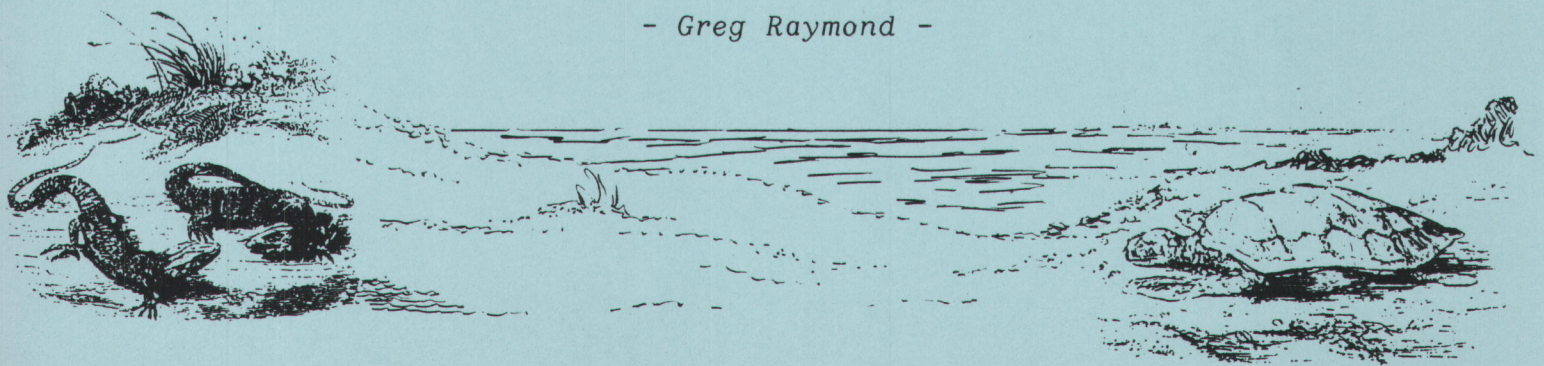
The Galapagos Islands are the natural choice for the location of this conference. Of volcanic origin (two of the islands have active volcanoes), the Galapagos consist of 15 (major) islands situated on the equator approximately 600 miles off the coast of Ecuador. The presence of the Humboldt current keeps the climate comfortable. Over 80% of the land has been designated as a national park, with access to limited areas restricted to small groups guided by accredited naturalists. Only 5 of the islands have human populations, totaling 6 - 7000. Under the close management of the Ecuadorian government and international conservation groups, the Galapagos remain the largely pristine home to unique and remarkable flora and fauna - including marine iguanas, Galapagos tortoises, penguins, lava lizards, flamingos, boobies, sea lions, albatross, and Darwin's finches. Of additional interest are classic right points, assorted left reefs, other surf spots of unknown characteristics, and no crowds.

Tentative plans call for arriving in Quito, Ecuador mid-afternoon sometime in mid-February, 1988. Next morning at 8:30 we'll board a plane to the Galapagos, arriving two hours later. It is likely that we'll then spend 4 days in the major port at a hotel/conference center, where the majority of the formal presentations will be given. From there we will move onto sailboats, each housing 6-10 people, for a 10 day tour of the islands. Ricardo Nunez, a leading local naturalist and the foremost expert on surfing in the Galapagos, will accompany us. The total trip will take approximately 16 days. Specifics are still under negotiation, but the approximate cost from L.A. or San Francisco is \$2500, everything included. For those originating from Australia, the cost is yet to be determined. Due to the shortage of local accommodations and sailboats for charter, a \$500.00 per person deposit is required by August 15 to guarantee space, with the balance due by December 1.

The Spring 1988 Conference differs from those previous in that participants will not be limited to wave-riding health professionals. We invite the participation of other organizations which focus on the ocean and of individuals with expertise in oceanography, marine biology, meteorology, geology, and other fields which relate to the marine environment, whether or not they can define "backside roller-coaster". The goal is a comprehensive educational experience on the Galapagos, the ocean, its inhabitants, and the factors affecting their future. Accordingly, we ask all who have expert knowledge in these areas, and a willingness to share it, to join us in the Galapagos.

Presentations on one of the two aspects covered above will be required of all attendees, with the exception of traveling companions. Abstracts must be submitted for their approval prior to the conference. The Conference Planning Committee consists of Ethan Wilson (scientific aspects), Kevin Starr (liason with South American participants), Mark Renneker (SMA coordinator), Craig Wilson (SMA coordinator), and myself (overall coordinator). If you're interested in participating, contact me at 2444 Great Hwy. #4, San Francisco, CA 94116, Telephone #: 415/681-0262.

- Greg Raymond -



**SMA MEMBERS - WE'RE NOW IN
SURFER MAGAZINE!**

Hey folks! The SMA has a monthly column in Surfer! The adjacent column is in the Sept. '87 Surfer, pg. 56. We are now public with our SMA health advice. Please encourage surfers whom you run into to take advantage of this free advice by writing SURFER magazine. (see address at bottom of article)



Co-Editor Elaine "Jungle Queen" Light and her husband Elliot Light MD had a baby, Robin Light. A beautiful little dark haired girl, her nickname is Tavarua.

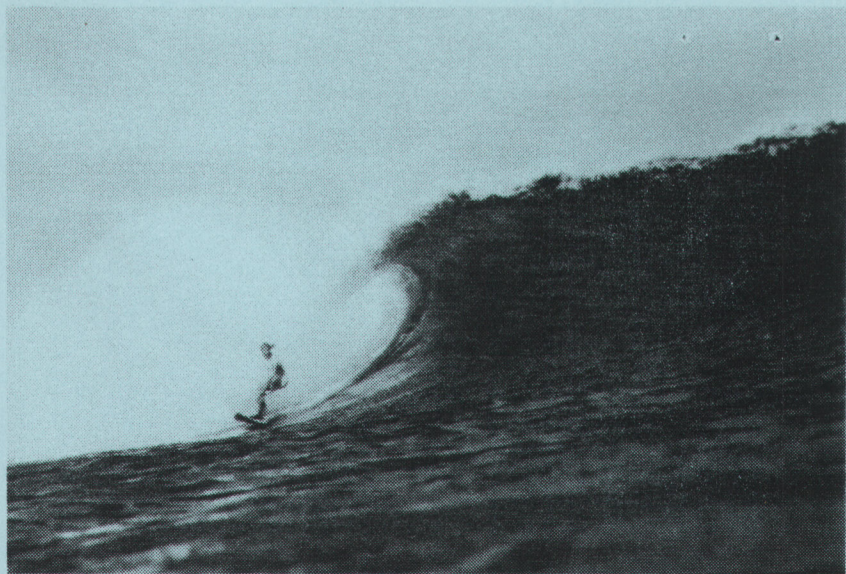
She was conceived at the Sept. '86 Tavarua conference during or after a huge swell.

Congratulations to the first Tavarua conceived baby and family. Any others?

EDITORS

Rym "Painless" Partridge DDS

Elaine "Jungle Queen" Light B.S.N. P.H.N.



Rym Partridge, DDS - Cloudbreaks, Fiji - June 1987 Photo:Sato

**Health Center
Annex**

**SMA Offers
SURFER Readers
Free Health
Care Info**

by Mark Renneker, MD
President, Surfer's Medical Association

The Surfer's Medical Association now has members from virtually every medical and health specialty, and there has been an explosion of research on surfing and health. The Second Annual Medical Conference on the Sport of Surfing will take place this June, again in Tavarua, Fiji. Conferences are also being planned for the North Shore in October, the Galapagos in March, and Australia soon thereafter. The purpose of these and future SMA conferences will be to present information and new research, and to draw together surfing health professionals from each of these regions.

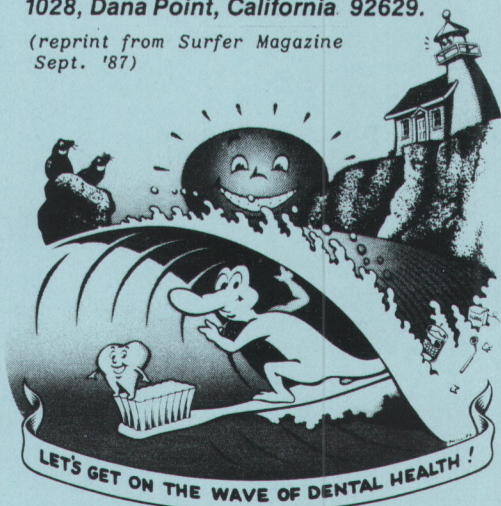
The SMA stands ready to begin directly helping surfers. Here's the plan: The SMA will provide free written consultations to each and every surfer who writes to us with a health problem or question—surf-related or otherwise. In your letter, try to provide as much information as possible. Give your age and how many years you've been surfing. Then, describe the problem in specifics. How long have you had this problem? If there is pain, where exactly does it hurt, what type of pain is it (sharp, dull, always there, only sometimes there, etc.), and what makes the pain worse or better? Describe how the problem relates to surfing—if at all—and what you think may have caused it. Finally, describe your attempts to treat or solve the problem.

Give us one month to answer you. We "surf docs" will take turns being "on-call" for these surfer consultations. When necessary, letters will be referred to specialist members. The "best of" these letters, along with our doctors' advice, will be published in SURFER each month. Anonymous letters are acceptable, as long as the requisite information is supplied. Also, surfers with health tips for other surfers can send that information to us, and we'll put it to use.

Okay, that's the offer. Now, take us up on it! Surf and be healthy.

**Address your letters to: Dear Surf
Docs, SURFER Magazine, P. O. Box
1028, Dana Point, California 92629.**

(reprint from Surfer Magazine
Sept. '87)



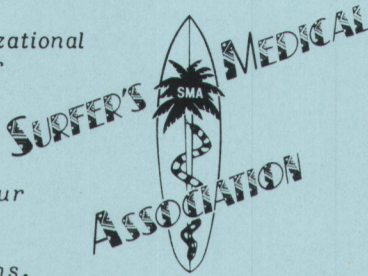
HEY! ORVILLE, WE GOT YOUR SMA T-SHIRTS!!!!

SMA T-Shirts now available with the logo pictured here. Bone color with 3 color logo on back and small logo on back. This shirt is you, doctor! It rivals any club or organization shirt found anywhere in outback.

SIZES: Med, large, x-large (short sleeve)
PRICE: \$14.00 (priced to sell for dudes or doctors)

All proceeds go to pay for SMA organizational costs. (ie. newsletter) Send your order with your check to: SMA, 2396 Great Highway/48th Ave. San Francisco, CA 94116.

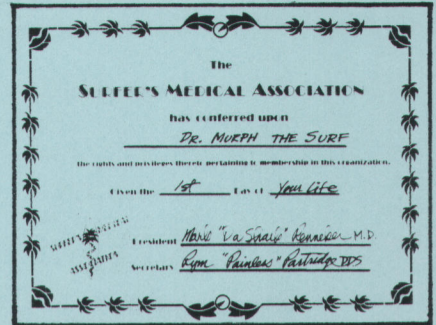
THANKS for your T-shirt order and your contribution. Soon to be ready - SMA mylar decals for cars, boards and enameled lapel pins. (Yes Orville, these babies are waaayyy rad!)



**SURFER'S MEDICAL ASSOCIATION
DIPLOMA WALL CERTIFICATES**

Certificates are ready for you members! Printed with your name and SMA logo on suave parchment for your office. To order send \$5.00 for printing and mailing to: SMA, 2396 Great Highway/48th Ave. San Francisco, Calif 94116

Show your friends and patients you are proud to be a surfer! SMA membership auditors will be making spot checks to insure you have this diploma on your



GOALS OF THE SURFER'S MEDICAL ASSOCIATION

First Wave:

The number one goal of the Surfer's Medical Association is to educate surfers so they can spend minimal time hassling with doctors and maximal time surfing.

Second Wave:

To conduct and support research and educational activities on surfing and health.

Third Wave:

To represent the sport of surfing in the fields of medicine and science.

Fourth Wave:

To teach physicians about the unique health problems of surfers, and how to better care for surfers.

Fifth Wave:

To create a network of barefoot doctors and surfing health professionals around the world.

Sixth Wave:

To protect and preserve the surfers' natural environment; the waves, the ocean and our beaches.

**ANNUAL MEMBERSHIP CATEGORIES
(includes decal and newsletter)**

CHARTER MEMBER (\$50.00) For those wanting to help influence the course of SMA.

HEALTH PROFESSIONAL MEMBER (\$25.00) For those who spent too much time going to school to get a degree and now want to return to surfing.

BAREFOOT DOCTOR MEMBER (\$10.00) The Surfers' Membership - for surfers interested in learning to take better care of themselves and others.

GREMMIES MEMBER (\$5.00) For beginning and young surfers.

OTHER MEMBERSHIP CATEGORIES

CORPORATE GUILT (\$500.00) For those who have exploited surfing for personal gain - you know who you are, now pay up!

LIFE MEMBER (\$250.00) Totally committed and has some bucks - pay once, and you belong forever.

SURF WIDOW (\$10.00) For spousal equivalents of surfers - the SMA can help.

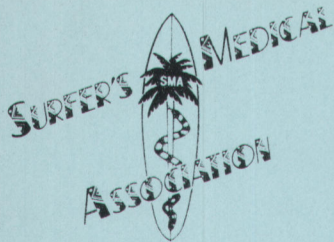
ORGANIZATIONAL (\$0.00) Let's trade memberships to keep each other up-to-date.

SURF PARENT (\$25.00) For those who want to see Johnny come home in one piece.

HELP US ACHIEVE THE GOALS OF THE SMA WITH YOUR DONATION. THEY ARE PROBABLY YOUR GOALS TOO:



PADDLING OUT WITH THE SURFER'S MEDICAL ASSOCIATION



HEY YOU!

**** SEND FOR FREE PROCEDURE ****
2396 Great Highway/48th Ave.
San Francisco, CA 94116

IF YOU HAVE JOINED - MAHALO

IF YOU HAVEN'T JOINED - PLEASE DO



TO JOIN: Choose your Membership Category, fill out this form and return with your dues to SURFER'S MEDICAL ASSOCIATION, 2396 Great Highway/48th Ave. San Francisco, CA 94116. (415)664-7027

Make checks payable to SURFER'S MEDICAL ASSOCIATION.

PLEASE SEND US THIS INFORMATION:

Name: _____
Address: _____
City/State: _____
Zip: _____ Phone: _____
Category: _____ Amt. _____

Years Surfing Experience: _____
Special Interests: _____
Work (or not) _____
What about the SMA stokes you the most? _____

SURFER'S MEDICAL ASSOCIATION
2396 Great Highway/48th Ave.
San Francisco, CA 94116

