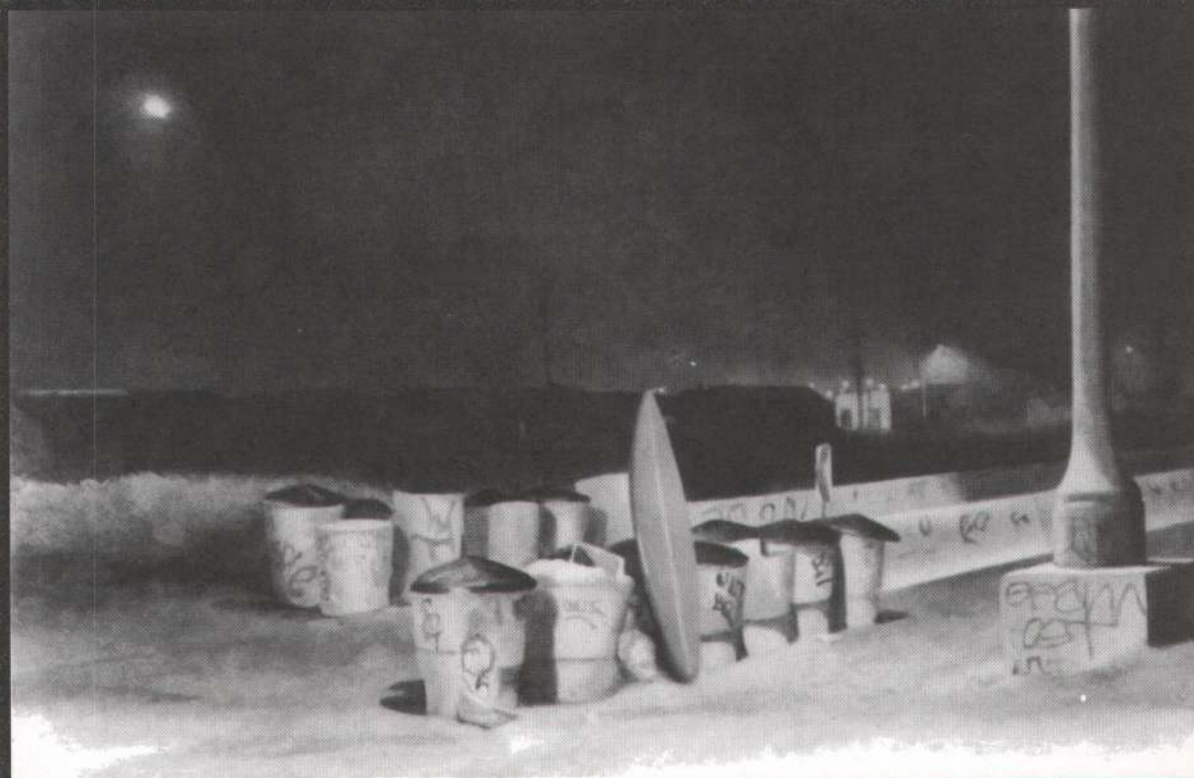
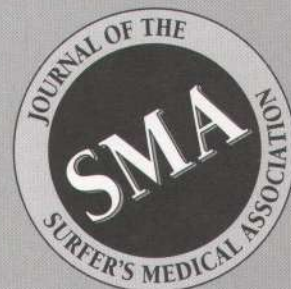


# SURFING MEDICINE

Issue #19: Winter (North) 1999-2000



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**Greetings:**

Ok, so the last issue of this journal was called the "Y2K" issue, but you might have noticed there was nothing about that scare included inside; we were just warning you so as to practice preventive awareness. In the end, it all seems to be just like life itself: Who really knows what's really gonna happen? Maybe for our next issue, any willing SMA member can send in a short piece on "Where I was when Y2K came and went." Assuming, of course, we're all still around...

Now, in this edition, comes the REALLY scary stuff: Injuries, shots, a whole load of SMA conference reports and announcements (read'em and sign

up!), rumours of an aborted renegade SMA succession movement, and some ever-alarming environmental reports. But this time, in our "Green Room," column, we present something we each might actually work for in our own backyard, as it were: Cleaning up hospitals and healthcare in general.

Check the column out, check the website and other info for the organization Healthcare Without Harm, and see what you can get going where you work. You'll likely get some resistance, but also a lot of support, and if you make any headway, you'll feel good and we'll all have to swim in less garbage, both figuratively and literally. Now THAT would be worth celebrat-

ing, and we might postpone the slow-motion apocalypse that so many knowledgeable experts are trying to warn everyone about.

Not to end/begin the millennium on a gloomy note. Life is a gift, as surfers and surf docs probably should know as much as anyone. Enjoy what's left for you and yours, and have a wonderful 2000. Stay in touch, electronically or otherwise - see Paula Smith's "Notes from SMA Central" on how to join the SMA's online virtual world. But stay in touch one way or another, regardless. The new Postmillennial Apocalypse When Era needs the SMA!

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## SURFING INJURIES: AN INTERNET-BASED SURVEY

**Andrew Nathanson, M.D.,  
Philip Haynes, M.D., Ph.D.,  
Kelly Tam Sing, M.D., and  
Daniel Galanis, Ph.D.**

Department of Emergency Medicine, Rhode Island Hospital/Brown University School of Medicine (Nathanson, Haynes, Sing); Hawaii State Department of Health (Galanis).

### ABSTRACT

**Objectives:** We sought to catalog the type, mechanism, and frequency of surfing injuries.

**Methods:** We analyzed consecutive responses to an interactive, Internet-based survey ([www.surfstudy.sitehosting.net](http://www.surfstudy.sitehosting.net)) obtained from surfers world-wide from 5/98 to 12/98. Incomplete and illogical responses were excluded. The survey included questions about surfer demographics, injury date, type, anatomic location, mechanism, and severity.

**Results:** 451 surfers from 24 countries responded to the survey, and 25 (6%) were excluded. 426 individuals reported 458 acute injuries and 178 chronic injuries. Laceration (40%) was the most common acute injury followed by contusion (12%), sprain (11%), and fracture (6%). 37% of acute injuries involved the lower extremities, 35% the head and neck, 16% the trunk, and 12% the

upper extremities. 55% of acute injuries resulted from contact with the surfer's own board, 11% from another surfer's board, and 18% from the ocean floor. Fins (40%) were the most common cause of injury from the surfer's own board while the nose (48%) was the most common cause from another's board. Recoil of the surfboard on its leash occurred with 13% of all acute injuries. Shoulder strains (16%) were the most common chronic injury.

**Conclusions:** Laceration is the most common type of acute surfing injury. 66% of acute surfing injuries result from contact with a surfboard, particularly the sharp fins and nose. Although subject to selection and recall biases, this injury surveillance system may encourage improvements in equipment design and lead to recommendations for use of protective gear.

### INTRODUCTION

Surfing is an ancient sport believed to have originated in Polynesia or Micronesia. Currently there are more than 1.7 million surfers in the United States and over 18 million surfers world-wide.<sup>(1)</sup> The popularity of surfing is growing rapidly, especially among women and internationally, and surfing-related injuries have become more commonplace as more surfers take to the waves.

Studies aimed at determining the type and cause

of surfing-related injuries are sparse, and most are limited to small sets of surfers in a particular geographic location. Hartung et al.<sup>(2)</sup>, for example, studied 74 injured surfers who presented to emergency departments in Oahu, HI while Lowdon et al.<sup>(3)</sup> surveyed 346 members of the Australian Surfriders Association. Each of these studies found that laceration is the most common surfing-related injury and that most injuries involve the head and neck.

We sought to catalog the types, mechanisms, and relative frequencies of surfing-related injuries among surfers world-wide using an interactive, Internet-based survey. We hoped to identify the most common injuries and injury mechanisms in order to identify associated risk factors, to encourage improvements in equipment design, and to recommend use of protective gear.

### METHODS

We conducted an observational, retrospective study of acute and chronic surfing-related injuries. We analyzed consecutive responses to an interactive, Internet-based survey (located on the world-wide web at [www.surfstudy.sitehosting.net](http://www.surfstudy.sitehosting.net)) obtained from surfers world-wide during the period May, 1998 through December, 1998. Incomplete and illogical responses were excluded. We advertised the survey in surfing-related periodicals and on Internet websites to maximize responses from bona fide surfers.

# Notes from Sumatra

By Joe Hall

## Day 1

It's 3:00 AM, local Singapore time and I'm finally sitting down to write my first journal entries for this year's surfing adventure. Bart Edwards, Jason Brown, John Caamano, and myself are scattered in the waiting area for Silk Air's flight to Padang, Sumatra, where we're scheduled to pick up a boat for 10 days sailing in the Mentawai Islands.

Jason, John, and I are really stoked. We were lucky in that we enjoyed a 747 from L.A. to Singapore, with only 250 passengers aboard. Each of us had access to plenty of space; add that together with the Xanax, and we've arrived rested and relaxed. Bart flew in from San Francisco, and was kind enough to bring along a liter of pre-mixed mai-tai's which we consumed in a 2:00 AM impromptu happy hour. We enjoy each other's company, reminisce about last year's Tavarua trip, and fantasize about what the Mentawai's will hold for us.

We left Singapore around 8:00 AM, arriving in Padang around 9:30 AM or thereabouts. Similar to Fiji, everyone is here to greet us! Street vendors, hustlers, taxi drivers, beggars, you name it, we're back in the third world and loving it.

Our host from Good Sumatra Surf Charters (Ernest Egan) met us at the airport, and handled all transfers...we just grab the cab and head for the hotel. The first thing one notices, unlike Fiji, is the oppressive heat and humidity. Within the first 5 minutes on the ground, we are soaking wet. We later coined the term 80/80/80 meaning 80 degrees air temp, 80 degrees water temp, and 80 percent humidity.

## Day 2

The Bumi Minang hotel is the nicest one in Padang. It is a modern 4 star resort with all amenities you would expect stateside. We

opted to combine our resources and scored the princess suite with ocean and pool views for about US \$100 per night. Not bad when you consider the hardwood floors, mini bar, tv, huge bathroom, etc...It is definitely an eerie feeling to leave the hotel, which is surrounded by a huge concrete and steel fence. You definitely get the impression of being on your own out here, no real presence of police or other security, nor does there appear to be a real-need for such a presence. It's not bad, just different. When you realize that you're the only westerner around, you feel like you really stand out in the crowd, and you do.

Due to scheduling issues, our charter operator required that we arrive at least a day early, we opted for two. Our first day we spent hanging out at the hotel, doing some shopping in town, and laying by the pool. We did take a short taxi tour to a beach that supposedly had surf, but that proved to be just a fun diversion, no real surf to speak of. As usual the children are the real highlight, running out to meet and greet us wherever we went. The local people are really curious as to our presence, and very warm and accommodating.

We've planned a whitewater river trip, which proved to be a real team building event for our group. We've been joined by three surfers from northern California (Bodega Bay), who turned out to be wonderful people. Our rafting experience was great, we really bonded, experienced some fun rushes in the rapids, and took in some exciting scenery on our journey through the rain forest. Birds, monkeys, water buffalo, dot the landscape of rice paddies, dirt/mud roads, and thick jungle along the way.

At the end of day two, we're exhausted, and ready to depart for surf. Unfortunately we had to wait until the evening of day 3 to set sail. We departed around 10:00 PM after a wonderful dinner of chili crab (hot but good). Our journey

began about a mile or so up river from the ocean. Ernest took time to give us the "road rules", he was very serious and firm with instructions regarding boat and water safety. It was most reassuring to see that these issues are thought through, and addressed proactively.

## Day 3

Our crossing to the Mentawai's took all night, and as we awakened around 7:00 AM, we could see the first of the islands on the horizon. We are stoked! We arrived at our first break called Yang Yang (pardon my spelling), which was a right hander closely resembling Nias. It was breaking right along the jungle, couple feet overhead, about 100 yards long, and absolutely perfect! There was another boat at anchor, and 5 guys in the water. Bummer, we thought, but paddled right out. Our 7 made 11 total, but since we had already spent several days together, everyone was extremely mellow and polite. The shift changed pretty soon, and we were left with the break to ourselves for the entire day. Everyone's surfing ability immediately improved due to the adrenaline and perfect conditions, and we burnt out pretty quickly. Finally, Tim and I ended up alone, surfing 6-8' perfect waves, for about two hours. As I paddled in at sunset, I told the crew my trip had been paid for with this session alone.

Over dinner, Ernest categorized today's surf as "mediocre". If this is mediocre, I can't wait to see good! I'm fantasizing about what lies ahead. Today was not only one of the best surf days of my life, but simply stated, one of the best days of my life, period. I can't wait for tomorrow.

## Day 4

Last night we motored to a safe anchorage, and after a great meal we settled in for the night. We awoke today to a beautiful sunrise, and the swell was still holding. After about an hour's sail we anchored off a small island with what appeared to be a mediocre right hander named Burger World, or Hamburgers. Luke was first out and it soon became apparent that the wave was well overhead and of course, perfect! We're all falling into a routine of eat, surf, eat, surf, eat, sleep (sounds like an SMA trip, eh?). This wave was much different than yesterday in that it was like a point break (e.g. 200 yard long rides) as opposed to yesterday's reef wave. Everyone rode 8-10' faces all day, from sunrise to sunset. In the Mentawais, that translates to 14 hours of daylight!

All the guests and crew are getting along fine. I think our group (the more mature 40 something SMAers), saw in the other group (the 20 something freespirits), the adventure and drive

that we've so enjoyed over the years. Conversely the fact that Luke, Tim, and Russell are awesome surfers, yet extremely humble, made them a joy to be around. Naldi, Capt. John, and Des (crew) were treated like family, and by the third day, reciprocated in kind.

We surfed in shifts until sunset, had dinner, and once again motored to safe anchorage. Jason, Russell, and I decided to camp out on the roof of the boat. The stars were so close and the moon full, I actually found it difficult to sleep due to the beauty of the setting. Once again, the perfect ending to a perfect day.

## Day 5

Motoring back to Yang Yang it became apparent that a new swell was running. It was really big and difficult to line up, having moved out to the 2nd reef. We all took numerous bombs direct on the head. I gave up after about an hour, and half a dozen outside sets cleaned me up, I was wiped out.

Luke and Ernest on the other hand, opted for a right handed cloudbreak wave outside Yang Yang, and got insane cover ups. No exaggeration, these waves were easily 12-15' on the face, and thick and hollow. Ernest broke a board after a longboarder snaked him (yup, it happens out here too!).

We pulled anchor around 10:30 and cruised through various islands before crossing the strait some 20-25 miles through open seas, cresting at 10' plus. The four hour journey was one of the most exhilarating experiences of my life. Out here you really appreciate just how helpless you are; a hundred nautical miles from phones and civilization, you are definitely on your own: be wise.

Upon our arrival at the next island chain we immediately headed out for our 1st taste of lefts. Ernest said "its 3-4' and breaking in deep water (about a mile offshore), so no need to worry". Right. I quickly realized that when you're standing atop a boat, 15' above the water, and you see a wave that looks to be head high, that it's head high at 15' on the face! This wave was called Iceland, and was similar to Cloudbreak in thickness, speed, and sheer power. We all caught several waves, and I made the mistake of riding one too far inside (it's deep water, remember!). On the way back out I was hammered by a good 8' (island style) set with 15' faces. Two wave hold down, ouch. Once again, I need to remember the rules "surf within your limits, and surf to surf tomorrow".

Went fishing this evening and caught our 1st fish, a small barracuda which was great after

being battered with Bintang and flour, then deep fried.

## Day 6

Pulled anchor at 5:00 AM and motored to Lance's left. Beautiful sunrise, and we arrived at 10:00 AM. At 1st it appeared to be 4-6' faces so off I go with Jason. Once on the peak we realize that it's 8-10'+ faces and we immediately get caught inside by a huge rougue set. Not the way I want to start my day! Managed to nut it up and caught some great set waves, but stayed mostly inside for head high plus leftovers.

Headed to HT's (Hollow Trees) around 1:00 PM, Bart and Jason paddled for waves that were overhead breaking on dry reef. These guys are nuts. Tim and I went ashore and spent the afternoon exploring the villages and visiting with locals. Gum, candy, and power bars are most welcome, and enjoyed by young and old alike.

By now, the absence of a delivery infrastructure for healthcare needs is readily apparent. Kids have chronic cough, sores, scabies, etc. The aged have similar maladies, including needs for dental and vision care. I can definitely envision an opportunity for the SMA to partner with (local and stateside) sponsorship to improve the quality of these peoples' lives. In spite of the maladies, everyone seems to be well adjusted, display wonderful humor and strong human spirit.

## Day 7

Today Ernest helped me by acting as a coach. As a goofy footer, the hollow rights at HT's were extremely intimidating. Ernest offered advice on how, where, and when to paddle, then how to setup once you're in the wave. This proved invaluable to me, and immediately I began to realize some serious backside tubes.

We surfed all day, and with the sun setting behind us, and the full moon rising out of the jungle, several of us opted to continue our session into the night. What a trip it was catching head high, hollow rights, with nothing but the full moon to illuminate the way. I felt as if I'd died and gone to surfer's heaven.

## Day 8

Headed back to Lance's, which had 4 boats and 17 people in the water. We opted to pass on the agro scene, and surfed a secret right hander not too far away. Later in the day we headed back over to Lance's, and surfed for a couple of hours before dark.

## Days 9 - 11

We decided last night to motor to Macaroni's (another left) starting around 2:00 AM. Jason and I were awakened around 3:00 AM with a

howling rain storm absolutely soaking us. We managed to get into the cabin, close up and sleep a few hours before anchoring.

The surf was perfect at dawn, but within 15 minutes the wind changed and the conditions completely dissolved. Back to H.T.'s for two days of great surf and great conditions.

## Day 12

Little did I know that this would be my best day of the trip. Jason loaned me a 6'10" squash tail and finally I began to connect top to bottom moves, with lots of tube time at Macaroni's. We surfed from 6:00 AM until 1:00 PM nonstop. Some of the best action I've seen, not too big, but pure perfection. Nice tubes, nice long wall, and a total of about 150 yards of pure delight. I can only imagine this place at double overhead!

## Day 13

Back to H.T.'s again, and this time it's the real deal. Hawaii style (backdoor) rights, easily double overhead, with some triple overhead sets. Realizing my previously learned lessons, I opted to surf within my limits, today that would be vicariously! Stayed on the boat and watched the pros, and our experienced crew get some of the biggest, most hollow, spitting tubes, that I've ever seen. Given that Surfing Magazine senior photog Jim Russi was out there, I'm certain that some of his pictures will appear in future issues.

On our nighttime crossing back to Padang we enjoyed calm seas, and arrived ahead of schedule (e.g. 3:00 AM instead of 7:00 AM). Rounded up a taxi and back to the hotel, warm showers, soft bed, and AIR CONDITIONING!

## Day 14

Spent the final day hanging out at the pool, shopping, and checking out the film that we developed from the trip. Our friends from Bodega headed on to a week in G-land, the four of us headed home to California.

## Epilogue

The Mentawai Islands are so beautiful and unspoiled, it is difficult to put into words. I have a deep concern that the growth of surf charters (15 operating today), and surf camps (2 under construction, how many more to come?) will undoubtedly bring the ills of our western civilization to these unsuspecting people. We should admire their culture, protect them if possible, and serve them if feasible. This is, in my opinion, a final frontier of our sport and passion, let's do our best to work together to preserve its special beauty and treasures.

# 1999 Reef @TODOS

## Clive Bridgham, DC

Ten miles off the coast of Ensenada, Mexico, 1.5 hours drive south from San Diego, California, and accessible only by boat is the deserted island of Todos Santos. The northern section of the island has a submerged reef known as "Killers" which focuses the large North Pacific swells to its deep water shoal, creating some of the most dramatic and challenging surf to be found anywhere in the world. This has been the site of the last two Reef Big Wave Championships, the only big wave team event in the world.

In 1998 during this event, Taylor Knox (USA) rode a 52 foot wave winning \$50,000 for his spectacular feat. This year the waves were in the 20 foot range. The contest this year was won by Team South Africa, with 21 points, composed of two Rastafarian Surfers, Ian Armstrong individual third place, and Cass Collier individual fifth place. They had never been in a major competition prior to this; however, both surfers felt very much at home in these waves as they noted they were very much like their home break, cold, windy, and uncompromising. The second place team with 20 points was composed of two Australians, Paul Patterson who won the individual title, and his teammate in seventh place Cheyne Horan. The third place Tahitian team with 15 points was composed of Vetea David, second, and Manca Drollet, tie for 13th.

I had the pleasure of being the chiropractic physician for this International Surfing Association's premier event. Dr. Mark Bracker is the Medical Director for the ISA and organized the Emergency Medical part of the event. The evening before the start of the competition was a required meeting about ocean safety and ocean rescue by a group called K38, who are Americans specializing in this area. They would perform emergency rescues of the surfers on their personal watercraft, waverunners, with specially designed boogieboard attachments for the athletes to hold onto if necessary.

This year there were 11 countries plus the state of Hawaii challenging each other for gold, silver or bronze medal awards. This day before



the competition was Mexican Constitution Day and the entire city decided to celebrate all night with a never ending parade of cars, trucks, horns blaring, sound systems all trying to be louder than the next until 3 am, directly outside our hotel. Even earplugs couldn't drown out the noise. Our day began 1 1/2 hours later at 4:30 am with breakfast and the loading of the emergency medical equipment onto the ferry boat taking the competitors and staff on the 1 1/2 hour ride to the North shore of Todos Santos. Media and judges were on two other smaller boats.

The waves were already tossing our boat and we were only halfway there with numerous people feeling nauseous from the rocking. Dr. Bracker dispensed the Dramamine. We arrived and anchored. I set up my adjusting table in the rocking stern of the boat and the two South African surfers, Cas Collier and Ian Armstrong, came over for some adjustments and soft tissue work prior to their heat. Several others followed. Prior to this, for 2 days, I had been set up in the hotel and given treatments to most of the other athletes. One of the Mexican competitors, had suffered a dislocated shoulder 2 weeks prior to this event. His shoulder fortunately was well healed and stable. I showed him exercises to strengthen the rotator cuff, and cleared him to compete.

Once the competition was underway, I closed up my boat office and watched the surfers. One of the K38 crew came by our boat and asked me if I would like a close-up view. This year their work was much easier as no 50 foot waves were predicted, only 20 footers. Putting on my wetsuit I went over the side and onto the wave runner. We were able to go right into the impact zone and watch the action "close up

and personal." The American coach, Kevin Grondin, who was on a 20 foot boat with the American Team invited me to join them. So returning with camera and video I spent the next two hours traveling in their boat right at the edge of the waves. This was awesome. I cannot imagine what it must have been like the previous year with 50 foot waves! Taylor Knox, one-half of the American Team, ended up fourth overall, and with Mike Parsons tied for 13th, Team USA ended up in fourth.

What does it take to be a big wave surfer? Having lunch one day with the members of the Portuguese team the topic of conversation was what do you do for fun. Antonio Gama volunteered that he liked to stop bulls. "Stop bulls, you mean full grown, head down charging horned bulls," I asked. "Yes, but I have given that up," he replied. Before I could ask why, he had already pulled up his shirt to reveal a long abdominal scar. The bulls can win in Portugal. He and his pals would enter the bull ring and let the bulls charge them, with Antonio at the head of a line. "Why were you at the head of the line", I asked. "Well, I was the smallest and could fit between the horns!" I guess it doesn't matter whether its 2 tons of charging bull or two tons of water crashing down on you.

The heats ended. The competition was over and we had the 1 1/2 hour ferry boat ride return to shore. Unloading the emergency medical equipment of: back boards, neck stabilization equipment, oxygen, splints, and first aid supplies, I reflected on the good fortune that none of it was needed. The celebration began with of course some rounds of tequila and beer, with a Mexican Fiesta dinner at the hotel. Later that evening the awards ceremony was held and the partying continued late into the night.

# NOTES FROM SMA CENTRAL

Paula Smith, Aptos, CA, USA

## TAVARUA 2000!

Make this conference your gift to yourself for surviving the 1900's! What an awesome experience for the year 2K! The dates are July 1 - July 15. This conference has been filling up early in recent years! Send in \$350 as deposit to hold your spot SOON!

## SMA on ABC NEWS!

In '98 Mike Lee of ABC News accompanied the SMA on the annual Tavarua conference. He had read about our efforts to help Nabila Village quit smoking and it sparked his interest. He came with us, spent many hours filming our activities, and put together a piece that aired on "ABC World News with Peter Jennings." It aired during the '99 Tavarua conference! With some forewarning we were able to have the piece recorded and good quality copies are now available to members. The price per tape is \$12 if sent within the U.S., \$15 if sent outside the U.S. This price covers the tape with a jacket, the recording, and the shipping. It is a great piece and definitely worth viewing! Order a copy!

## NOTES FROM THE EXECUDOME:

There's been a lot going on with the SMA since the last issue of Surfing Medicine: conferences new and old, more SMA press, new communi-

cation capabilities, even a succession movement. Here are some of the highlights:

We had another very successful Tavarua conference in June/July '99. We had fun, accomplished a lot in the villages, and of course there was the surf! The SMA's connection with the Fijians and with Tavarua Resort management grows stronger each year. I'm now beginning to work on our Tavarua 2000 conference. Wow! Year 2000 will mark the SMA's 14th Tavarua conference!

Our Todos Santos conference, which has been out of the lineup for a few years, is back on! Mark Gillett and Norm Vinn are organizing a December '99 conference.

A brand new SMA conference, a boat charter in the Mentawais, is scheduled for summer 2000 and it will have a clinical component. See the "Upcoming Conferences" section for details.

There is also in the works, under the auspices of the SMA, a conference in... ANTARTICA?

The SMA received some good press again, this time on ABC World News with Peter Jennings! And resulting from that piece there is a Kansas State Speech Team student who is focusing a project on the communication tactics used by

the SMA in Nabila! This project will culminate in a speech to be used in intercollegiate competition with students from across the nation.

The SMA now has a surfdocs email group up & running - to the delight of some and the consternation of others. ("One man gathers what another man spills.") The egroup has been an incredible means of communication for those who are on it. If you are missing out because we don't have your email address, email SMACentral@aol.com and let me know what it is. Our website has gone through many changes (thanks to Dire Wolff). Have you checked it out lately? The site is resulting in a growing awareness of the SMA. I get emails on a daily basis wanting to know more about us and/or wanting to know if we want to collaborate on various surfing/health projects. Many new members are also dropping in as a result of the website.

Finally, there was one quite interesting new chapter in "As SMA Turns". A small group of Aussies wanted SMA Australia to succeed from the SMA. What's more, they wanted their succession costs paid for by the existing Australian branch of the SMA! Luckily, our revered longtime SMA'er from down under, Simon Leslie, set them straight. He not only told them there was no way the SMA was going to pay for their succession, but he also said of the SMA, "It has an amazing array of individuals that you will have the opportunity to meet while surfing great waves around the planet. It can only enhance your surfing and medical life." Well said, Simon!

I am pretty stoked to be involved with the SMA. From SMA Central I talk regularly to some of the world's truly interesting people!

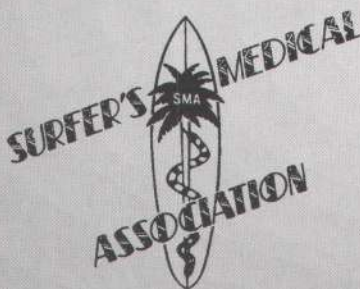
*stay in touch, Paula*

## Surfing Medicine: A Pier-Reviewed Journal

Here's your chance to add a significant publication to your resume: consider making a submission to the Journal of the Surfer's Medical Association. Send us your surfing related case reports, research, proposals for upcoming trips or projects, stories, pictures, and anything else you feel is relevant to surfing and medicine.

### Rules for Submission:

1. Send material in early — next deadline April 1st 2000.
2. Include pertinent references.
3. We'll love you forever if you put your material on a Mac disc, using Microsoft Word.
4. Include any graphics and photos (especially surf pics, particularly if they are of you).
5. Proof-read your stuff a couple of times — have your kids correct your spelling and punctuation.
6. We'll publish anything sent in that looks good and passes peer-pier review (we pass it around to SMA members and other derelicts hanging out under the pier; if it meets their rigorous standards, it's in).
7. Mail to: Editor, Surfing Medicine, 2396 48th Ave., San Francisco CA 94116 USA



# HEALTH CARE WITHOUT HARM: CLEANING UP HEALTHCARE'S ACT

Michael Lerner, PhD interviewed  
by Steve Heilig, MPH

*(Note: This is the SMA's "environmental" column, if you haven't noticed yet, and we try to provide important but not boring topics relevant to SMA members' work and lives. Here's a prime example - an effort to remove the toxic byproducts of the healthcare industry itself. So not only is this relevant to our "professional" lives, but since much of the nasty stuff generated by industry ends up in coastal water sooner or later, we can't escape this one. So look into seeing what can be done at your own workplace...)*

"Health Care Without Harm" is a new campaign devoted to reducing the environmental harms - namely, pollutants and unnecessary waste - generated by the health care industry. One of the leading local proponents of this effort is Michael Lerner, founder of Commonweal, a Bolinas, California - based health and environmental institute best known for its innovative programs for cancer patients and clinicians. Lerner is author of *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*, published by the Massachusetts Institute of Technology Press in 1994, and the recipient of a MacArthur Prize Fellowship (the well-known "genius grant").

**SH:** You've recently become active in the environmental side of the healthcare equation. Why is this an important issue?

**Lerner:** We live in an era in which environmental factors are known to be growing contributors to a wide variety of health problems, including cancer. For example, we are pumping enormous amounts of 75,000 industrial chemicals into the environment, hundreds of which we carry trace levels of in our bodies, and for most of which we have no safety data on at all. Some of these chemicals are carcinogens and, even more troubling, some are endocrine disrupters, implicated in a wide range of diseases. We are engaged in a great

uncontrolled toxicological experiment with our children and grandchildren as the subjects. We don't really know at this point to what extent these chemical exposures are involved in the incidence of various cancers. Traditional estimates are considered low by many authorities. We do know that endocrine disrupting chemicals are being implicated in a very wide range of deleterious health outcomes, so a single-minded fixation on cancer can actually distract us from the more serious threat of these chemicals.

**SH:** So it seems you would support the contention that we are in the midst of an environmental crisis. How does healthcare fit into this?

**Lerner:** We're now living in the midst of the fifth great spasm of extinctions in the history of the planet. The diversity of species is being driven back to its lowest level since the end of the age of the dinosaurs - the extinction rate is roughly 10,000 times background level. Healthcare professionals are becoming increasingly aware that extinction is not something that happens just to spotted owls, but that the degradation of the biosphere is affecting human health. There are four widely recognized drivers of this degradation of the biosphere - climate change, ozone depletion, toxic chemicals, and habitat destruction. Three of those four are related directly to our flagrant abuse of the precious treasure-house of carbon fuels. So a fundamental issue for us is coming to terms with the fact that since World War Two we have rebuilt our civilization on a

petrochemical backbone in a rather thoughtless way.

We now have to reconstruct an advanced industrial system that does not destroy the precious envelope in which all life on earth must exist. To accomplish this, we must reform the existing industrial system industry by industry. Recognizing that, a growing number of us involved in healthcare felt that it would be useful to clean up our own house - the healthcare system - so that hospitals are no longer a source of dioxin and mercury exposure. So we've helped to start a national (and international) initiative called Health Care Without Harm to reduce the iatrogenic toxins in the medical waste stream. We now have over 150 member organizations, and the American Hospital Association and Environmental Protection Agency have just signed an agreement to remove virtually all mercury from medical waste in five years. That agreement does not have enforcement provisions, and it does not yet include dioxin, which comes from burning of PVC plastics, so another major effort is to encourage hospitals and materials suppliers to replace PVC materials with other less harmful plastics that can be disposed of safely.

In choosing this focus on "greening" healthcare in the service of public health, we were aware that historically the major public health advances have succeeded when physicians and nurses have joined with other concerned citizens in combating great dangers — infectious diseases in the 19th century, and nuclear weapons, lead in gasoline, tobacco and now handguns in recent decades. A primary purpose of Health Care Without Harm is to engage the health care community in leadership on the enormous threat to public health of endocrine-disrupting chemicals and other



*"So did the fair princess ever develop melanoma?"*



fetal contaminants that threaten the health of our children.

**SH:** A cynic might point out that the increasing focus on the "bottom line" of managed care would make environmental goals even less likely to be adopted.

**Lerner:** There's some good news there. Many healthcare leaders have found that adopting environmentally sound materials management processes actually save them a great deal of money - Beth Israel Hospital in New York is saving hundreds of thousands of dollars, for example. So it doesn't have to cost money. Major healthcare groups like Catholic Healthcare West and Kaiser Permanente are making serious commitments to ending mercury pollution and reducing their contributions to dioxin in the environment, and again, finding it makes financial sense to do so.

**SH:** Healthcare represents a drop in the bucket in the scale of environmental degradation - are you optimistic in the broader sense of turning things around?

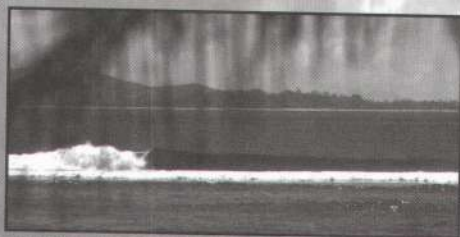
**Lerner:** Healthcare is a drop in the bucket, but a fairly significant one. I would not say that I am optimistic about the future, but I am deeply hopeful, because it seems to me that we have been able to re-engineer human society in the past - think of public hygiene in the 19th century - and there is no good reason, given our understanding of what's going on in the biosphere, that we cannot create a far more sustainable global system. History shows us that, as Margaret Mead said, important changes are only made by small groups of committed people. To me, Health Care Without Harm represents a powerful opportunity for physicians and other health professionals to engage with one of the greatest

threats to our families and communities by demonstrating our commitment to cleaning up our own house. If we "green" healthcare, we can help lead the effort to green other industries, and roll back the tide of toxic chemicals in which we are all immersed. That is the great promise that this initiative holds.

\*\*\*

Health Care Without Harm is headquartered at the Citizens Clearinghouse for Health, Environment and Justice in Falls Church, VA: (703)237-2249, and can be contacted on the web at [www.noharm.org](http://www.noharm.org).

(Adapted from: *Cambridge Quarterly of Healthcare Ethics* (1999), 8,561-563).



#### **TAVARUA 2000 July 1 to July 15**

Make this conference your gift to yourself for surviving the 1900's!

What an awesome experience for the year 2K! If you're interested you can call or email SMA Central. This conference has been filling up early! Send in \$350 as deposit to hold your spot SOON!



#### **MENTAWAI ISLANDS -2000**

The SMA Mentawai 2000 trip is almost filled with a few slots open as of Sept 30, 1999. The trip is July 16 to July 27, 2000. We have reserved the Sanssouci (a great boat several SMA types used in July '98) and will either have the 'Strictly Bussiness' or a new boat called the 'Pari Elang'. The trip will have 20 to 22 slots as of this date we have 16 registered and paying SMA members.

Conference fee is \$350.00, a boat deposit of \$550.00 is needed by Sept 30, 1999. The cost of the conference will be about \$3300.00 which will include most everything except adult beverages on the boats. We also have a photographer/videographer going with us so there will be plenty of your slashing and exciting moves caught for SMA posterity and critique. So join infamous SMA legends like Rym, Ethan, Mark and Mike, while there is still time.

Contact Bill Jones, Phone and fax: 831-373-2209  
Address: PO Box 51881 Pacific Grove, CA 93950  
email: [bjones@mpc.cc.ca.us](mailto:bjones@mpc.cc.ca.us)

## **UPCOMING CONFERENCES**

# LETTERS & EFFLUVIA

Including SMA On-Line Chatter

## SPORTS INJURIES SURVEY

Dr. Clive Bridgham is conducting a study of wave sports injuries unique to the sport of bodyboarding via the Internet. His web site has a series of questions about the athlete, their training, and acute or chronic injuries they may have suffered. If you are a bodyboarder or know any bodyboarders, please email him at [drclivebri@aol.com](mailto:drclivebri@aol.com), and he will send you the link to the site. Clive hopes to have 1000 responses that will be statistically analyzed as to body part injured and type of injury. He has already performed this type of survey with paper questionnaires at professional bodyboarding events, and presented his results at last year's FIMS meeting in Orlando. In addition to this paper he also presented a paper about a female professional bodyboarder with a cervical brachial plexus injury, who responded well to chiropractic therapy. He is currently the sports medicine director for the Global Organization of Bodyboarders, and is active in treating surfing, bodyboarding, and windsurfing competitors internationally.

## SMA FOLLOWS THROUGH IN FIJI

There is some good news about Peni Niuvou, a 45 year old villager from Plantation Island, whom some of us saw during the Tavarua Conference. Peni has a cerebellar tumour, which has not been treated since diagnosis in December 1998, due to lack of facilities in Fiji. I have approached Peter Dormann, an old friend of mine, who is a neurosurgeon in Melbourne. He works at the Epworth Hospital, a major Private Hospital in Melbourne. The Epworth Hospital and relevant doctors have agreed to treat him without charge! We are waiting to hear about diagnostic services, but hopefully they will also be provided free of charge to him. This is great news, though there remains much organising to be done.

Graeme Nelson

## G-LAND FOR FREE?

If interested in the following opportunity, email Bruce Lehnert at [Natorwill@aol.com](mailto:Natorwill@aol.com)

G-Land needs a two month supply of medical coverage. I can arrange for one or more docs to cover the upcoming season. Deal: free room and board. Could you send an email out to your readers? Thanks.

Bruce Lehnert, DPM  
SMA Member

## TOXICS - PSEUDOSCIENCE INDEED

Wall Street Journal

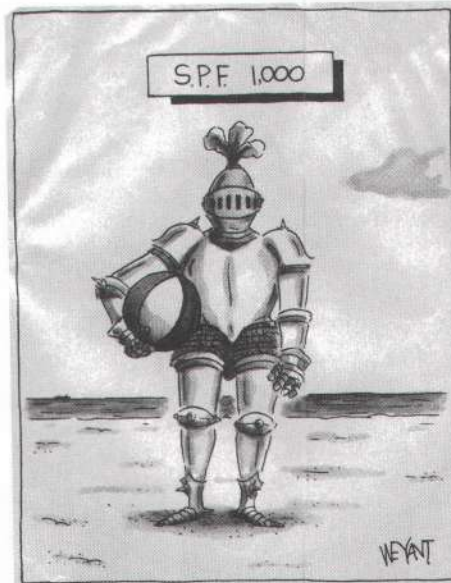
### To the Editor:

The editorial "Mud in Your Eye" from August 24, 1999 touched on several important issues regarding the economic and environmental health of the NY and NJ harbors. The role of Vice President Al Gore in mediating a compromise between the business and environmental interests in the region was indeed critical. Unfortunately your throwing around of the terms "fear mongering" and "pseudoscience" is possibly more damaging to scientific issues than any use of the term "toxic" by environmental activists. The current dispute over the legality of disposal of carcinogen-contaminated sediments from the Castle Astoria Oil Terminal in the Atlantic Ocean is based on real scientific issues. The Environmental Protection Agency sponsored a peer review of the so-called Historic Area for Remediation Site or Mud Dump last year. The purpose of the peer review was to determine exactly what the specific techniques and methodologies for determining the risk to human health of ocean disposal of dredge spoils contaminated with potentially cancer causing chemicals such as dioxin and polychlorinated biphenyls.

Until the results of the peer review are made known, the public at large has every right to be informed of continued disposal of significantly contaminated dredge spoils at sea. This disposal is an issue because of the process of bioaccumulation of these toxins in the human food chain, and specifically in shellfish and lobsters caught in the NY bight. Until state-of-the-art scientific methods have been applied to assessing the risks to human health, and determining the associated economic costs of health care for cancer and birth defects, how can the public be sure that continued ocean disposal of these wastes is safe and cost effective? Indeed it is the EPA and the Army Corps of Engineers who are practicing bad science by failing to fully implement the recommendations of their hand chosen expert peer reviewers.

The question of potential long-term human toxicity is a valid scientific and economic issue, and the increased costs to industry of safer land disposal alternatives for dredge spoils could be more than offset by increased health care costs to society in the future.

Sincerely Yours,  
Kevin O'Driscoll, Ph.D.  
Assistant Professor, Dept. of Neurology  
Columbia University Earth Institute  
[ko3@columbia.edu](mailto:ko3@columbia.edu)



To: [SMACentral@aol.com](mailto:SMACentral@aol.com)

From: David Jenkins

Subject: ears

Could you please advise me on ear canal exostosis as the inevitable time has come for my rebore. I have heard that a laser can now be used with less damage and quicker return to the H2O with less tinnitus (what are the risks of tinnitus with the traditional drill?) Is there a resident expert on laser treatment and is it common outside USA as I am currently in Singapore. Could you please forward to the ENT expert or let me know which friendly member I should contact with my enquiries. Thanks so much.  
Dave Jenkins

## LIFE AFTER MED SCHOOL?

From SMA on-line Shana Jordan wrote:

Hello. I am a fourth year medical student at USC school of medicine. I am about to start applying for residencies in family medicine this fall. But to be honest, I feel terribly ambivalent about the whole idea of being a doctor. How will I ever have time to surf? I feel like I am wasting all my youth in a stinky old hospital. I am pursuing family med because it seems like a good way to maintain contact with the "real world" rather than only cloistered, unsettling doctor types. I also entertained the idea of psychiatry. Is there hope for a decent, fulfilling life in the world of medicine? I love my patients and I feel committed to filling a void in care for the underserved, Spanish-speaking people of California. But the rest of the heirarchical, money-hungry crap just upsets me. Can a family doc take a month or two off to travel? I am not worried about money (besides paying off my loans). It will all be more than I have ever seen or known. Could anyone out there give

me any advice or stories about balancing family/surfing and medicine?

SJ

Advice (from a Spanish-speaking child & adolescent psychiatrist on Maui):

It can be done. you have time to continue seeking guidance about this crap during your residency years. if you do something else, chances are you won't have any more time to travel, etc, than if you are a doc. try establishing yourself in a place that has the best possible surf. if you're not business savvy, avoid private practice, especially in Hawaii, where running a small business is hell... better off working for someone. if you like people, psych is not a bad way to go. if you have any kine gift with kids, child psych is definitely the way to go... there's more time demands than with adults because a child's world has more moving parts to deal with... but it can be infinitely satisfying. my advice = stay in school, read the oath again, and don't worry, be happy. Those fears are only that: fears. life = what you make it. Feel free to email me directly.

L8ers & aloha to all,  
Nelson Lugo, MD  
lugo@maui.net

## JELLYFISH IMMUNOLOGY

Anyone get allergic reactions to jellyfish stings? On certain days this summer, we're getting tons of them in RI, way more than usual. Must be the extra warm water temps. Anyway, during these swarms, I've felt little pains on my feet, ankles and legs that last for about 15 minutes. It feels like a needle sticking into my flesh, or like a small abrasion. This has only ever happened when the jellies are thick, so I assume they are stings. Then, for the past week or so, my lymph glands in my armpits have been swollen and a little sore. I can't think of what else it might be since I don't feel at all sick. Anyone else get this from jellyfish stings, or is my lymphatic system fending off some other toxin?

john webster  
jweb\_@tiac.net  
providence, rhode island

### John:

By the description of your symptoms, your immune (lymphatic) system is probably responding in its normal fashion to the injection of foreign proteins via the sting of the jellyfish. The device used by jellyfish is a specialized organelle called the nematocyst. The nematocyst is a small barb or stinger that pro-

motes the injection of toxins, many of them proteins, to inactivate their prey. Your immune system sees these as foreign and responds accordingly with inflammation and eventually antibodies. If the nodes don't subside within a couple of days you should visit your physician.

Carl F. Ware, Ph.D.  
Member and Head, Division of Molecular Immunology, La Jolla Institute for Allergy and Immunology and Professor of Biology  
University of California, San Diego  
carl\_ware@liai.org  
<http://www.liai.org>

## Rx: SURF HELMETS

50% of injuries in surfing are to the head. Makes sense to protect it. Most are lacerations but their have been many serious penetrating injuries to the brain. Most experienced surfers reflexively protect their face and eyes with their forearms during a wipe-out and it is good practice to get into this habit. Even with a helmet your face and eyes are still vulnerable. In surfing, impact velocities are relatively low and large amounts of energy absorbing polystyrene are not necessary and cause problems with extra volume and flotation in any case. Gath hats or similar provide reasonable penetration resistance and can protect most of the head from simple lacerations and perforated ear drums. Also great protection from sun. If you start surfing with them you won't feel comfortable without them. Because they lead to greater overall head volume they result in much greater forces on neck in a wipe out. People with neck problems, ie us older guys, may have problems and I don't use them because of this. Despite my concerns I haven't heard of any neck injuries from wearing a helmet. Has anybody?

Simon Leslie, OZ  
drdavel@ozemail.com.au

## SURF HELMETS 2

I have been a surfer for over 25 years, though I have only used a helmet for the last 6 years. I do not wear it every surf, but I do in shallow reef surf, big surf, if surfing close to rocks, and for warmth on winter days with cold winds.

If you are starting surfing, your threshold for using a helmet should be low, and you may wish to use it every surf. Also, if surfing in isolated places your threshold for using it should be low.

A surf helmet should be light in weight, and fit close to the head with minimal projections to

catch water. For these reasons, I prefer the model without a sun visor. Mine is a Gath, made in Australia. It has saved my head once.

Graeme Nelson  
nelsongp@acr.net.au

## HELMETS 3

GLSolomon@aol.com writes:

Does anyone have experience with any helmets?

### Answer:

I have a Gath helmet with a visor that I wear for head protection or sun protection (sometimes both!). Be careful duck diving through waves, though, keep your forehead down almost against the board, otherwise the wave can fill the helmet (it's called 'bucketing') and jerk your head back.

fringnut@aol.com

## HELMETS 4

In over 10 years of visored Gath use when surfing reef/rocky breaks, I've come to appreciate that every scratch on the helmet saves me stitches on the scalp. Haven't encountered a whiplash phenomenon with wipeouts, and have certainly tested this possibility to excess (OK, you Tavvy buddies can just pipe down) (Simon: that means stop the laughing). This may be a reflection of my bias toward how I hit the water: I tend to go fetal and flex my neck. I don't feel that the increased relative head size has been a problem. Summary: I think that they are a great idea when in shallow reef/rocky waters.

Ethan Wilson  
Oregon  
ethan@proaxis.com

## COMMERCIALIZED SURFING?

Dear SMA:

I have just read Issue #18 and am moved to question the apparent SMA support for the commercialization of surfing. I am referring to the article entitled "ISA - International Surfing Association" by Dr. Mark Bracker and Ryan Bracker. Dr. Bracker has chaired the medical committees for the United States Surfing Association and the ISA.

The article expresses disappointment at the failure of the IOC to include surfing in the 2000 Olympics in Sydney and discusses strategies for lobbying to get surfing into the 2004 Olympics in Greece (in a wave pool!). Dr. Bracker then lists the goals of the USSF

Medical Committee and his own goal of raising money to support the USSF/ISA Medical Committee activities.

There is a quote in the article attributed to Tom Carroll: "The ISA works for a better surfing future, be part of it." I ask you fellow surfers, whose "better surfing future" is the ISA working for? You can bet it is not for you and me. The ISA is a lap dog of the big companies making a profit by exploiting surfing. This is corroborated by the line of company logos published at the end of the article. Professional surfers support the ISA and the sponsor companies because they are the hands that feed them.

Surfing competitions and the associated commercial sponsorships are a fact of life, loved by ultracompetitive individuals and those hoping to make a living from surfing - and despised by the majority when they are forced away from their home breaks by competitions.

If the SMA supports commercialized surfing you can count me out of the membership. But wait, I have a better idea - surfing SHOULD be made an Olympic sport, starting with a wave pool competition in Greece in 2004, and thereafter all competitive surfing should be confined to dedicated wave pools situated at least 250 kilometres from the coast.

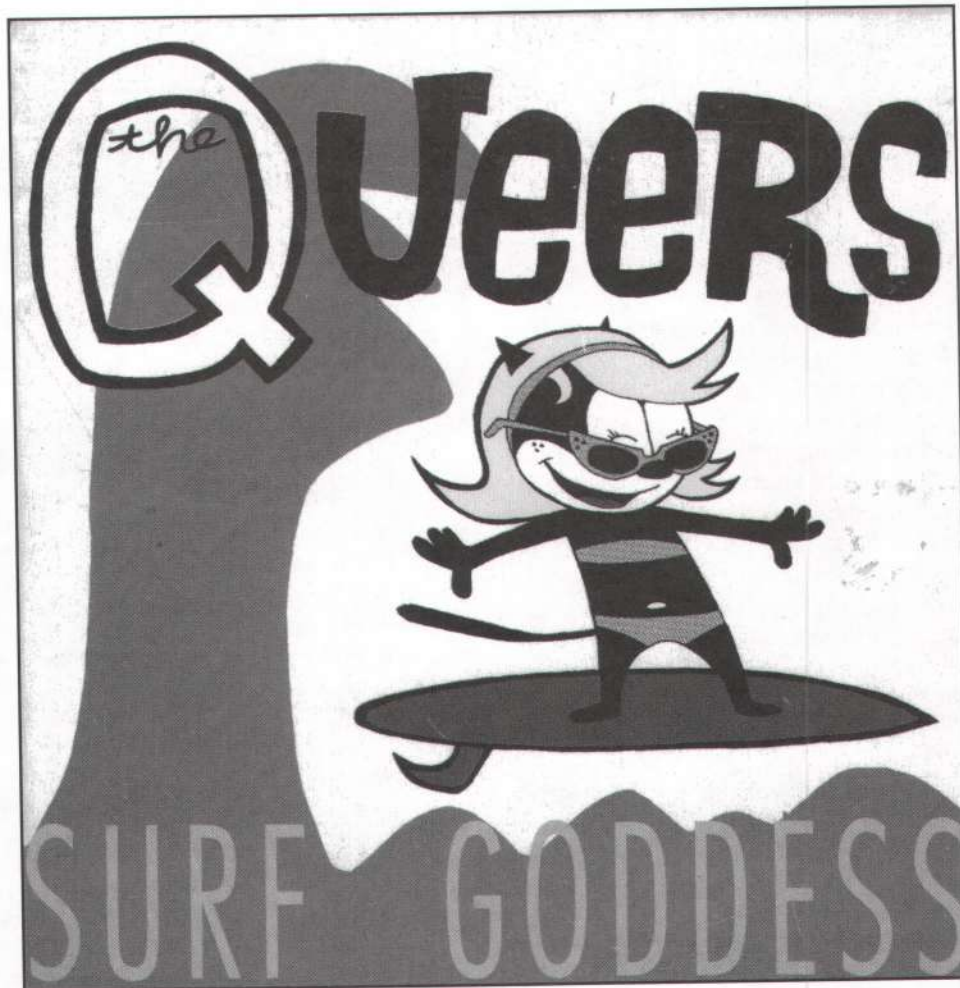
Bruce Campbell, MB  
Australia  
B\_Campbell@snp.com.au

## LIKE HAVING THE NORTH SHORE ALL TO YOURSELF

Dear SMA,

My neighbor's son Dan Sooy is a member of your organization, I am a member of the Midway Island Discussion Group. (to see what the discussion group is all about send an e-mail to [midway@accuski.com](mailto:midway@accuski.com) and ask to be put on the list. It's an e mail thing...no ads just talk about Midway.) Anyway the guy who runs the consession there, Mike Daak, posted a letter saying that they needed a doctor on Midway. I wrote hin and told him you guys might be able to help. Here's the deal.... Surfing, while not specifically prohibited on Midway which is a national wildlife refuge, is not encouraged.... but they need a doctor.....

I was stationed on Midway in '71-'72...and i had one of two boards on the island. The surf on Midway is Hawaiian surf...only nobody is out.... I think if you fellas knew of a doctor who might be willing to relocate to Midway it would be the opportunity of a lifetime. there are at least 20 breaks i am aware of..



I have been arguing with the fish and wildlife service for a long time now regarding letting me and my son go surfing on the reefs around the island.... the problem is an anti surfing mentality...nothing more....if rob shalenburger (midway Island national wildlife refuge manager) and mike daak (midway phoenix corp. guy) get it in their heads to permit surfing on the island it would be no problem. The refuge is new...and these two guys are struggling with alot of issues and really don't need me pestering them to let me go surfing.....But they need a doctor....

So I gave mike you guys' web address and e-mail address...and told him you might be able to help. Ya don't need a wet suit to go surf midway, and geezus the waves are a gift from god. Can you imagine having the north shore of oahu all to your self for two years...it was awesome....

Any way if yer interested...you can contact mike at [mdaak@aloha.net](mailto:mdaak@aloha.net)..... somebody's in for an unbelievable deal here if they let ya surf...you guys might even be able to set up a rotation...I shoulda been a doctor!!! hahahahahah .

David ([hotcoffee@prodigy.net](mailto:hotcoffee@prodigy.net))

## G-LAND VACANCY

Fed up with working in a stressful environment? GET A HOLIDAY and WORK IN A RELAXFUL ENVIRONMENT !

G-LAND JUNGLE SURF CAMP is a surf camp located in Grajagan Bay, East Java, Indonesia. G-land is one of the best surf spot in the world. We are currently seeking for doctors to work at the camp for 2 months in the year 2000. This is truly an exciting opportunity and the successful candidate will be offered 2(two) months free accommodation at G-land Jungle Surf Camp.

If this position is of interest to you, please write in strict confidence to :

ATTN: Marschelle Sunjoto  
E-mail: [g-land@rad.net.id](mailto:g-land@rad.net.id)  
Fax: +62-31-5313073  
URL: <http://www.g-land.com/>  
Address: G-LAND Jungle Surf Camp  
PT.SUPA SARANA WISATA  
Andhika Plaza Building  
Simpang Dukuh 38-40  
Surabaya 60275  
East-Java  
INDONESIA



# CUT OUT AND MAIL IN THE EASY WAY TO GET SICK SURFERS ASK THE SURF DOCS AND DR. GEOFF

Essential reading for all SMA members, health professional and barefoot doctor members alike. Sick Surfers is the essence of the SMA, the realization of our goals, methods, philosophies (and irreverence).

Here's the best of our Surf Docs columns from Surfer magazine and Dr. Geoff's Tracks articles, covering virtually the entire field of surf medicine - everything you should know as an SMA member: CPR and rescue techniques for surfers, the latest on Surfer's ear, identifying and treating skin cancers and other common dermatologic problems of surfers, comprehensive sections on back problems, up-to-date surf travel medicine - the latest on malaria prophylaxis, prescribing nutrition to surfers, dental health for surfers, what the SMA is and how to join.

Buy a stack of 'em, to give to friends or have in your office. It's a cool, inexpensive gift for friends who are surfers (non-surfers find the book fascinating, too). And, it's a for-real practice pleaser, especially for coastal primary care physicians, dentists, chiropractors, physical therapists, orthopedists, ENT'ers, ER docs. Prescribe it, sell it, or give it away to your patients. Or if you are in surf club or coach a team, get copies for everyone.

The publisher is radically discounting the books to SMA members in the U.S. (Oz and Kiwi members contact the NSW distributor; other countries write/call Bull Pub. for info). The book normally sells for \$12.95 (U.S.), which with tax and shipping costs would regularly come to \$17.02 per copy. Bull Publishing will sell it to SMA members for \$12 per copy, tax and shipping included. And if you buy 10 or more, it will be \$10 per copy, tax and shipping included. So, for \$100, you can have a stack of 10 copies to use as you please.

Remember, the largest share of royalties go to the SMA's Steve Baser Memorial Fund (for the health of village children), and the rest of the dough goes to Kevin, Geoff, and Mark to keep them from bumming wax from everyone else.

(Xerox, cut, or tear here-your choice)

To Bull Publishing. I'm a member of the Surfer's Medical Association and would like to order "Sick Surfers, Ask the Surf Docs and Dr. Geoff. As per the special discount you are offering to SMA members in the U.S., my order is as follows:

# \_\_\_\_\_ (indicate amount) 1 to 9 copies for \$12 each (covers tax and shipping)

# \_\_\_\_\_ (indicate amount) 10 or more copies for \$10 each (covers tax and shipping)

Enclosed is a check for \$ \_\_\_\_\_

Bill me (for more than 3 copies) \_\_\_\_\_ Date \_\_\_\_\_

Mail to (your Name/Address): \_\_\_\_\_

Send to: **Bull Publishing Company**  
PO Box 208, Palo Alto, Ca. 94302-0208  
Toll Free (800) 676-2855 Fax (415) 327-3300

In Australia/New Zealand, contact: Ozzie Wholesale Book Co., 5/5 Kaleski Place, Moorebank, NSW, Australia 2170

## SPRING IS COMING SOON!

Give YOURSELF and others SMA WINTER TIME GIFTS!!

(And be donating to the SMA at the same time!!!)

### SMA Memberships

A fantastic gift - join someone up to the SMA (or renew or upgrade your membership). See the listing of membership categories on the reverse of this page, and complete the membership form. Indicate if a gift membership on the membership form (don't worry if you don't have all the relevant information; just put the name, address, and type of membership - we'll have them fill in the rest later).

### T-Shirts

**New! White tank tops** with the SMA logo on back \$15.00 + \$2.39 postage each Large & XL.

**Tee Shirts** High-quality (Hanes), colorful SMA logo on back and front pocket, short-sleeve in bone color only. Medium - Large - Extra Large, include self-addressed, stamped (include weight of envelope!) envelope (they weigh about 8 oz. each, and one will easily fit into a 9 x 12 in. envelope). Classic gifts. The medium is fairly small, and reasonably fits children and smaller adults. \$15.00.

Number of shirts: \_\_\_\_\_ Size(s): \_\_\_\_\_  
\$ Enclosed: \_\_\_\_\_

Must include SASE.

### New! Decals!

New colors: fade-resistant red, blue, purple, hot pink SMA logo on white mylar, about 5 x 6 in., perfect for surfboards, car bumpers, windows, notebooks, and office doors. Include self-addressed, stamped envelope (1/2 oz. each, 7 x 10 in. envelope so they won't have to be folded). \$2.00 each.

Number of decals: \_\_\_\_\_

\$ Enclosed: \_\_\_\_\_

Must include SASE

### Wall Diplomas

To place alongside your other diplomas, whether from high school or medical school, this signed, slightly surf-motifed diploma officially confers upon whom-ever you indicate "the rights and privi-leges thereto pertaining to mem-bership" in the Surfer's Medical Association. Get it framed, and give it as a gift! Include self-addressed, stamped envelope (1/2 oz., 9 x 12 inch envelope, so they won't have to be folded). \$5.00 per diploma.

Diploma in what name(s): \_\_\_\_\_

Number of diplomas: \_\_\_\_\_

\$ enclosed: \_\_\_\_\_

### Books: The Collected Surf Medicine Works Volumes 1, 2, and 3

Each volume is about 300 pages, in a 3-ring binder with Collected Surf Medicine Works on the spine. They will look handsome on any bookshelf, and be a powerful reference and educational tool. Each volume costs \$35.00, plus \$3.00 postage (first class, U.S.), or \$18.00 foreign (if air mail) or calculate sea-mail foreign postage costs for two pounds per volume. Or, order all three volumes for \$100 and the SMA will throw in the postage for free (if U.S.). Vols. 2 & 3 ready now & Vol. 1 will be ready soon.

|   |             |       |
|---|-------------|-------|
| Volume 1: World Literature on Surfing and Medicine  | \$35 each # | _____ |
| Volume 2: The Complete Dr. Geoff and Dear Surf Docs | \$35 each # | _____ |
| Volume 3: Handbook of Surf Medicine -               | \$35 each # | _____ |

Complete set of all 3 volumes \$100 # sets \_\_\_\_\_

Postage amt. \$ \_\_\_\_\_

Total amount \$ \_\_\_\_\_

## Steve Baser Memorial Fund

To memorialize SMA member Steve Baser, who died May 3, 1993, the fund is devoted to supporting sustainable disease prevention and health education programs for village children in Fiji, and elsewhere. Independent of the SMA, but a cause that the SMA fully supports, overseeing the fund will be his twin-brother, Mike, and a small group of village-experienced SMA members who knew and admired Steve. Regular reports on the Fund's work will be in this journal. Make your (tax-deductible!) check payable to "Steve Baser Memorial Fund" and send care of the SMA.

### Instructions

Follow the above instructions per item ordered, and make your check out to the SMA.

Mail to:

Surfer's Medical Association  
P.O. Box 1210  
Aptos, CA 95001-1210  
USA

These items are only available to SMA members.

Total amount enclosed  
(all of above) \$ \_\_\_\_\_

# MEMBERSHIPS

Memberships are for one year unless otherwise specified, and include a decal, membership directory, a journal every 6-8 months, and invites to all SMA conferences. Membership is a way of both joining and contributing to the SMA. Choose your category accordingly.

**Charter Member:** Wants to be a Heavy Local in the organization. \$100

**Health Professional Member:** the Surf Doc Membership — for those who spent too much time going to school and now want to surf more. \$50

**Professional Member:** for non-health professionals with real jobs. \$50

**Barefoot Doctor Member:** Nonmedical members — for surfers interested in learning how to take better care of themselves and others. \$30

**Corporate Guilt Member:** for those who have exploited surfing for personal gain — you know who you are, now pay up. \$1000

**Gremmies Member:** for beginning or young surfers. \$10

**Silver Surfer Member:** for the elders of our sport (over 60) No charge, but donations welcome.

**Corporate Sponsor:** philanthropy has its costs...\$500 and up.

**The John Cherry "I Won't Join Anything" Membership:** for the truly hard-core non-joiner. \$109.95

**Life's A Beach Member:** for wealthy patrons who believe the surfer's life-style should be supported to the max. \$100

**Illegal Member:** \$100 cash or equivalent. Anonymity guaranteed (unless Newt wants to know).

**Surf Parent Member:** for those who want to see Johnny come home in one piece. \$30

**Surf Family Membership:** the family that surfs together, stays together. \$30 (\$60 if any family member puts a degree down after their name).

**Surf Widow Membership:** for spousal equivalents of surfers — the SMA can help! \$10

**I'll Join Anything Member:** for non-surfers who think it would be cool to join a surfing medical association. \$29.95

**Starving (med?) Student:** self explanatory. \$30.00

**Organizational Member:** let's trade memberships to keep each other up-to-date. \$0

**Surf Professional Member:** for career surfers — you endorse us, we endorse you. (the SMA supports pro surfing). \$0, and maybe an occasional favor.

**Hodad:** interested in joining, hasn't paddled out yet.

**Shoulder-hopper:** those who drop-in on the SMA without paying their dues.

**Snake:** a flagrant, chronic shoulder-hopper (always promising to pay their dues)

**After-Life Membership:** a chance to surf in the hereafter — the SMA will do everything possible to see that your organs are donated to surfers, and we'll provide a lovely surfboard tombstone for your grave. \$1000

**TO RENEW:** When did you first join, or last renew? Was it a one-year membership? Figure it out (reminders abound). Consider Life Membership to simplify things in the future.

**TO JOIN:** Choose your membership category, fill out this form, make out a check payable to the Surfer's Medical Association (in U.S. dollars), and mail to: Surfer's Medical Association, P.O. Box 1210, Aptos, CA 95001-1210. Phone/FAX (831) 684-0916. Be patient if you don't hear back from us right away (especially if the surf is good).

## PLEASE SEND US THIS INFORMATION

*Copy or Xerox if you don't want to disfigure your journal*

Date \_\_\_\_\_

New Member  Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_ Country \_\_\_\_\_

Work phone \_\_\_\_\_

Home phone \_\_\_\_\_

Membership Category \_\_\_\_\_

Amount [Non-USA members, please add \$10] \$ \_\_\_\_\_

Type of surfer (stand-up, boogie, etc.) \_\_\_\_\_

Years surfing experience \_\_\_\_\_

Present number of go-outs per month \_\_\_\_\_

Your worst surfing injury \_\_\_\_\_

Type of work/specialty \_\_\_\_\_

Job title/Academic position \_\_\_\_\_

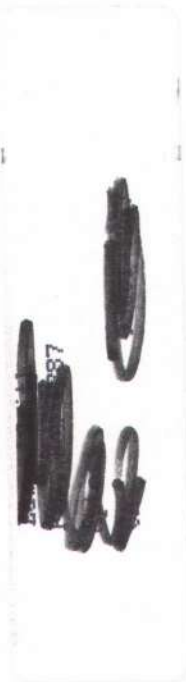
What about the SMA stokes you the most \_\_\_\_\_

Name/address of a surfing buddy(s) who you think would appreciate being invited to join the Surfer's Medical Association: \_\_\_\_\_

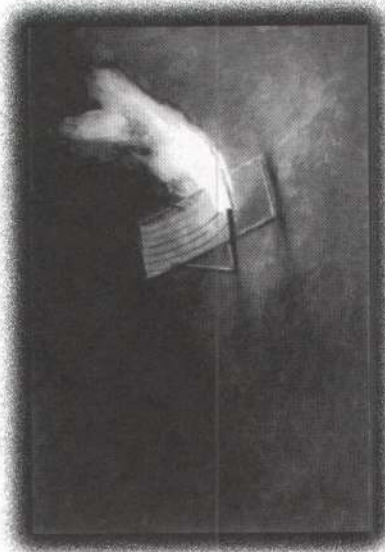


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**Don't Get Burned in Y2K.  
Attend a SMA Conference!**



"Burning Beach Chair" 11" x 17 Monotype 1990 By Jessica Dunne