

SURFER'S MEDICAL ASSOCIATION

SURFING MEDICINE

THE JOURNAL OF THE SURFER'S MEDICAL ASSOCIATION

THE NORTH SHORE CHALLENGES THE SMA

Sure, health professionals who surf appreciate the SMA, but what interest do other surfers have in the SMA? What does the surfing world think of the SMA, and what do they think we can do for surfers and surfing? There's probably only one place in the surfing world where those questions can be answered: the North Shore. The surfing magazines have called it "the crossroads of surfing," and "the ultimate proving ground." So, the Surfer's Medical Association went to the North Shore this October to test itself out. Here are the results.

TAPPING THE SOURCE

Sunset Beach is the focal point of the North Shore, so we finagled the biggest house on the beach - right in front of the break - to stay in and hold our meetings. Called the Tognetti house, it has a living room that can hold fifty people, and every local surfer knew just where to come for the meetings and clinics. The only problem was how close the house is to the surf - the sound of pounding waves drowned out some of the speakers (but how stupid, really, to try to give a talk during a swell). Randy Rarick let us use his Sunset guest house for overflow, and all told about thirty SMA members had trekked to mecca - with only one member grumbling about the accommodations (he deserves everything he gets).

Bill Petersen took on the job of coordinator-landlord, and hit everyone up for \$30.00 per night (which was only break even for the SMA). Food for the nightly meetings was rustled up by Jessica Dunne, consummate San Francisco cateress, and Dianne Rittenhouse, food mogul from Dana Point. (Michael's of Honolulu also provided catering services - see below). Bob Chatfield, SMA Life Member-chiropractor from Santa Cruz, treated his son Josh to his first North Shore trip, and did an extraordinary job of arranging news publicity for the meetings. George Cromack, SMA Life Member-chiropractor, and his woman-in-Havana, Evie, made the North Shore Back and Neck Center available to the SMA as an operations center (and the Center's other health workers - John, Mark, and Adam got involved, too. John Dubiel, the North Shore's dentist, showed up one afternoon and became a valuable member of the SMA clinical team. Sato was there to snap pics of the meetings. Rick Williams, SMA member-Sunset Beach lifeguard, was there to help out. Jim Allen, SMA member-retired professor from Miliani, came to the meetings, was reborn as a surfer at Laniakea, and became the first SMA member to renew his dues (year 2!). Ricky Grigg dropped by periodically, and came to the Turtle Bay meetings. Finally, Ken Bradshaw happily became the SMA's North Shore ambassador by helping us tap into the pipeline of board makers and professional surfers.



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Editors - Mark Renneker, Kevin Starr

NORTH SHORE (cont.)

THE FIRST CLINICAL STUDIES ON SURFING

Thus far, the only research on surfers' health problems was been via medical records, questionnaires, and physiological testing, but not by direct clinical examination. The concentration of surfers on the North Shore and the beehive of specialists there for the SMA meetings permitted the first ever clinical studies of surfers.

Two half-day free educational, screening clinics were held at the house. One clinic was held on a flat (luckily) afternoon, for surfers-in-general; the other was held at night, for board makers (shapers, glassers, sanders - an occupational group that, again, hasn't been studied). Forty-three surfers participated, having heard about the clinic largely by word-of-mouth (i.e., from meeting one of us out in the water). About twenty SMA members manned the many clinical stations. We're talking health care team here!

After obtaining a baseline surf-injury history, the following examinations were performed: weight, blood pressure, skin (head-to-toe), eyes (ophthalmoscope), ears (by Dr. Scott with his videotoscope), mouth (dental exam), heart and lungs (stethoscope), pulmonary function (for board makers only), chiropractic exam of the spine, situps per minute, acupressure and shiatsu assessment, prevention practices, psychological health (including drug use), and occupational exposures (board makers only).

Each participant received a complete record of their examination (see sample form), and were counseled about the results. Everyone - screeners and screenees alike - were obviously stoked by the clinics. Craig Wilson is compiling and analyzing the data; a preview of results appears here. These first-of-their-kind SMA clinical studies can easily extend to other surfing locales, and valuably involve all SMA members.

FOOD BY MICHAEL

Michael Kliks, Phd, University of Hawaii parasitologist, functioned as unofficial SMA caterer throughout our time on the North Shore. In classic surfer style, he patrolled the grocery store dumpsters of Oahu, gleaning boxes of tasty treats for his hungry friends back at the house. Those judged too squeamish for the raw truth were told gentle fibs about Michael's "wholesaler." In the face of great personal risk - like the time the boxboy at the Haleiwa Foodland emptied the garbage into the dumpster while Dr. Kliks was "shopping" inside of it - Michael produced a steady stream of goodies, including all the refreshments for the Turtle Bay conference. Hey thanks, Michael - we can only hope that your services are available for next year's meeting.

ALL-DAY SURF MEDICINE CONFERENCE

The week of meetings on the North Shore culminated with an all-day "Conference on Medical Aspects of Surfing" at the Turtle Bay Hilton. Initial response to our mailing led us to believe that attendance would be sparse, but word-of-mouth (and a lot of phone calls) filled up the seats. There were about 50 in attendance: 10 physicians, 10 health professionals from other fields, and about 30 non-health professionals (barefoot doctors). The audience was involved and enthusiastic, but definitely more subdued than the average crowd at a surf movie.

The talks were generally well-prepared and well-received. At mid-day, one barefoot doctor confided that "I've understood everything so far - this is great!" Every presentation broke new ground in some way - here's the line-up.

History of Surfing - Fred Hemmings, Jr.
Overview of Surf Medicine - Mark Renneker, MD
Demographics and Epidemiology of Surfing - Craig Wilson, MD
Exercise Physiology and Surfing - Kevin Starr (for Brian Lowdon)
Surfing Injuries - Timothy Owens, MD
Cervical Fractures in Surfers - Greg West, MD
Surfer's Back, A Chiropractic Approach - Gary Ryan, DC
Tropical Diseases of Surfers - Michael Kliks, Phd
Surfer's Eye Problems - Bill Peterson, OD
Surfer's Ear - Robert Scott, MD
Maxillofacial and Dental Problems of Surfers - Rym Partridge, DDS
Occupational Aspects of Surfboard Manufacturing - Greg Raymond, MS
Surf Safety and Rescue - Rick Williams
Psychosocial Aspects of Surfing - Bill Rosenblatt, EdD
Shark Attacks - Don Wagner, MD

HIGHLIGHTS OF THE TALKS INCLUDED:

- Michael Klik's astonishing recital - at breathtaking speed - of parasites' complete Latin names and their obscure geographic locales.
- Tony Moore's dermatologic slide show featuring the political ramifications of sunburn (a red neck may induce the practice of voting for people like Strom Thurmond).
- Bill Rosenblatt's display of scientific proof that the average New Jersey surfer is in fact a prosperous yuppie.
- Greg Mattson's description of a case that occurred when he was contest physician at the 1984 Pipeline Masters: Beaver Massafeller's crushed skull injury requiring in-water rescue and resuscitation. His account was followed by Beaver (back on the North Shore for the first time since his injury) taking the podium and telling his own story - "I remember waking up with needles and things in my arm and wondering, how am I going to surf with all these things in my arm." It was definitely the high point of the conference - Thanks, Beaver - and Greg.
- Sato's stunning slide show ended the conference on a magical note. The hush as the final images faded from the screen was a nice end to a long day - almost as good as if we'd gone surfing.



NORTH SHORE SURF

The surf on the North Shore was great fun throughout the meetings: not all-time, but surfable every day. A consistent 2-4 foot north to north-east swell brought clean waves into Sunset, Kaunanielani, and Lanikea the first few days, warming everyone up for a day of clean, double-overhead Lanikea (what the locals called 6-8 foot). The swell subsided the next day - a relief to some, a disappointment to others.

Things were friendly out in the water - not at all the heavy local scene of North Shore legend. Especially after the screening clinics, people knew who we were and what we were doing there, and they were happy to have us. To be welcomed in the water was unexpected and thoroughly enjoyed.

SMA NORTH SHORE NIGHTLY NEWS (Bill Rosenblatt reports)

The nightly presentations and discussions were diverse and entertaining. On "Illness in a Foreign Land - the Traveling Surfer," Stan Asharch, Pharm.D., and Michael Kliks, Ph.D., were drug-and-bug-dueling banjos (Deliverance?). Bill Rosenblatt, Ed.D., covered "Psychosocial Aspects of Surfers," by presenting his ongoing study on surfers - which is showing, among other things, that surfers are potentially deceitful. Bill particularly wants to thank Nelson Lugo, reportedly a New York psychiatrist, for ? (fill in the blank)

The most significant meeting was on "Reaching Surfers," which was attended by many key figures in professional surfing, including: Tom Curren, Ken Bradshaw, Mark Foo, Randy Rarick, Bernie Baker, and Barry Kanaiaupuni. We presented what the SMA is and what we're trying to accomplish, and then asked for their reactions. They were excited about everything we're doing - especially the Handbook. Somewhat to our surprise, they more than fully embrace the SMA, they look to us to do more than just deal with the health issues of surfing, they'd like us to help promote and to represent surfing, in general. They felt that your average doctor-surfer has more credibility to the general population than a surfing champion. The meeting obviously left us with a lot to think about, and accomplished more than we could have hoped - a joining of the SMA with the surfing professionals.

TAKE-HOME MESSAGE FROM N. SHORE MTGS.

- a mailing of 800 fliers announcing the meeting to Hawaii's physicians was a waste of time and money - it only yielded one enrollee.

- putting the time and money into organizing a formal medical meeting (arranging CE, renting a hall, etc.) wasn't worth it. Most of the fifty or so people who came were non-health professionals who couldn't care less about getting CME credit, and they probably would have been more likely to come if we'd held the meeting in a suitable beachside location.

- the educational, screening clinics were a hit.

- many local surfing health professionals in Oahu have such a laid-back attitude that they won't come to an SMA meeting even if it's held in their own backyard.

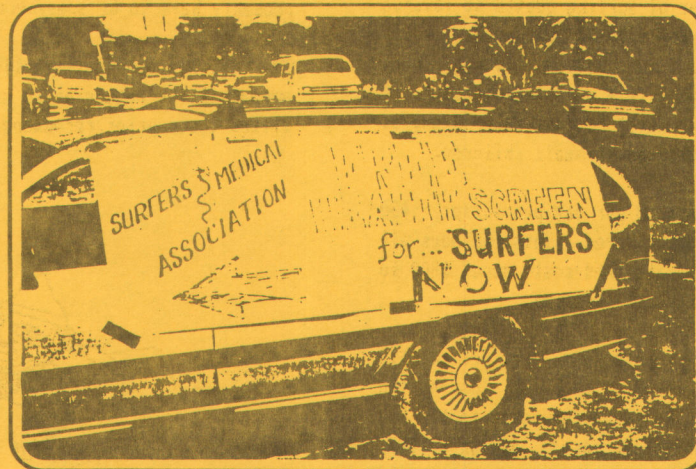
- going to an SMA meeting is probably the best way to raise your surf stoke a couple more notches, meet other surfing health professionals from around the world, and become involved in the SMA.

- spouses or spouse-equivalents seemed to have as much fun as everyone else at the meetings.

TELL BERNIE

The editor of Surfer magazine, Paul Holmes, jokes about their being three forms of communication on (or from) the North Shore: telephone, telex, and tell Bernie. Here's the dispatch on the North Shore SMA meetings from Bernie Baker (Surfer, Vol. 29, #2, p. 114):

"The Surfer's Medical Association (SMA) just completed a two-week run of interviews on the North Shore, with everything from seminars to dinners to real-live medical testing. They concluded their exhausting workshops with an eight-hour medical conference on surfing that brought together doctors, dentists, chiropractors, nurses, optometrists, paramedics, and even lifeguards..."



Beach Photo

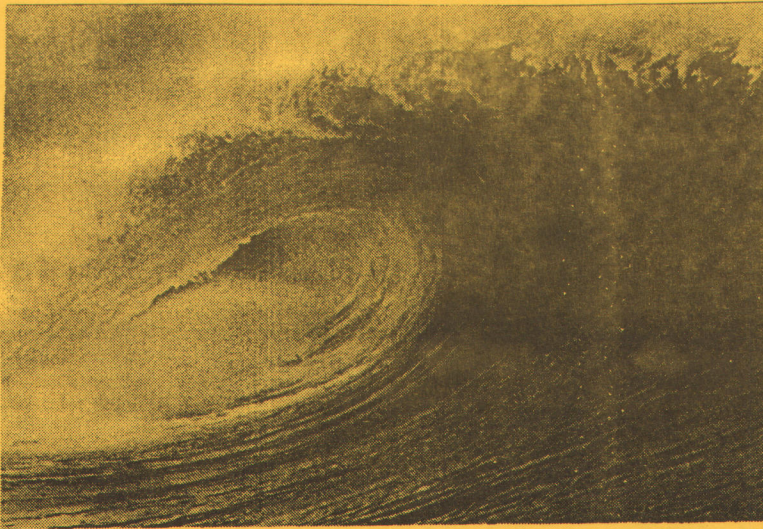


Photo: Sato

SMA TAVARUA CONFERENCE '88

***REPLY BY MARCH 15TH IF YOU WANT TO GO!

The dates for the 1988 SMA Tavarua, Fiji, conference are set: May 21 to June 4, 1988. All SMA members are invited to attend!

The focus of this year's meetings (The 3rd International Medical Conference on the Sport of Surfing) will be the Surfer's Medical Association itself - work in progress, work to be done. It will, in effect, be a retreat for SMA members; an informal series of brainstorming seminars. Here are more details:

1. Tavarua Island is about an hour from Fiji's international airport in Suva, three miles offshore from the village of Nabila, at the southwest corner of Viti Levu. Tavarua is only about 25 acres in size. There are only 12 cabins (two-person), which means there is only room for 24 guests at one time. We have the entire island reserved for the SMA from May 21 to June 4, 1988. The island is booked by other groups before and after those dates.

2. The usual limit on the number of surfing guests at Tavarua is 15, with the remaining slots for spouses and other water sportsmen (windsurfers, fishermen, divers, etc.) Although there are resorts on islands nearby Tavarua (five or so miles away), it isn't feasible to stay there and "commute" to Tavarua. Also, it has not been encouraged in the past to bring small children.

3. The cost to stay at Tavarua is \$100 per day per surfer, \$50 per day for spouses, \$25 per day for children. This includes all meals and lodging. Airfare is separate (and costs about \$800 to \$900 from the U.S., and a lot less from Australia).

4. There will also be a \$250 conference fee per health professional-SMA member to attend (\$100 for non-health professional-SMA members). This will cover the costs to the SMA for planning and organizing the conference. As an active participant and presenter at the conference, each member should have no trouble declaring the benefit of attending the meetings in terms of continuing medical education credit and tax deductibility.

5. We will again be commissioning a professional surfing photographer to attend and document the conference (in and out of water) - which will cost each surfer in attendance \$150 (saving you from having to try to photograph everything; for your contribution you get your pick of six slides - get ready for magazine quality surf pics of you!)

6. All bookings and travel questions will be handled by Chris Burroughs at Aquarius Tours, 18411 Crenshaw Blvd. #102, Torrance, California, USA, 91436 (213) 546-2146.

7. In the event that more SMA members want to attend than there is room for (which is probable), the decision as to who goes will be on the basis of who has contributed (or pledges to contribute) the most towards helping achieve the goals of the SMA (refer to the six SMA goals printed below). That may include work within your specialty, the surfing community, and/or the SMA; it may include contributions both in terms of time and money. Just answer the question: "What have I done, and what do I plan to do, to help the SMA in achieving its goals?"

8. If you want to come, answer the above question (it shouldn't take more than a page) and send it by March 15th to the usual SMA address, along with a \$100 deposit. A panel of three SMA members - who for one reason or another aren't planning to attend this year's Tavarua conference - will review and rank the "applications." Notifications will be by March 24th; you should then book your trip through Aquarius Tours (address above). Priority will be given to those who commit to coming for the full two weeks. Also, please indicate if you're planning to bring your spouse and/or children (this will not be a factor in deciding).

9. Don't be put off by the application process, or think that, for instance, if you're a new member and haven't been very involved with the SMA, that you shouldn't even consider trying to come. Remember, you can pledge what you will contribute in the future - what you want to work on (see the "SMA WORK LIST" elsewhere in the newsletter).

10. If far more people want to come than there is room for, we will try to schedule a second conference for later in the year. Tavarua, however, is booked until November - so it would probably have to be somewhere else (Tahiti?).

*** Fiji has been politically unstable in the past year, but now appears to be returning to normal. The U.S. State Department has lifted their prior recommendation against travel to Fiji.





We met the Nabila people when we arrived for the 1st SMA Tavarua conference in 1986. Word had gotten around that "big doctors from America and Australia" were coming, and a number of quite ill villagers were waiting for us at the lagoon's edge, hoping we could help them. And clearly we could (and did), and without sophisticated medical technology. It was mostly what we could teach them - how to care for a wound, what to do for a rotten tooth, avoiding parasites (yaws and filariasis is apparently endemic to the area), improving nutrition (especially for infants), sanitation, and so on. At the outset, our intent was to not create dependence upon us - in keeping with a David Werner/3rd world health care model. We subsequently made many visits to the village, doing health assessments, putting on clinics, and so forth.

Our bond to Nabila was celebrated in an amazing all-village ceremony on September 13, 1986, in which we were presented with a sacred whale's tooth (tabua). Nabila had adopted us as much as we had adopted them; our relationship with Nabila was linked to the creation of the SMA, both processes had occurred simultaneously.

At a slightly less spiritual level, we consider Nabila our center for learning (and teaching) about ways in which surfers can significantly help third world villages they encounter while on surf travels. We're aiming for a kind of Surfers' Peace Corps, or what we're calling "barefoot doctors."

Can we make a difference? Yes - we already have.

Moonlight for Nabila.

The well is set to be drilled in mid-March, so Nabila needs your money by then. Make your check out to the Surfer's Medical Association, and earmark it for the Nabila Village Project. Send it to the SMA. If you want to talk over any of this, call Craig Wilson, the Nabila Health Project Kahuna, at (415) 668-4139.



Nabila Villagers, June, 1987. Photo: Sato

MOONLIGHT FOR NABILA

Nabila Village has asked the SMA for help in improving their community water supply (see the letter they sent us). At present they have a decades old, dilapidated pipe from a parasite-contaminated pond of run-off water. In prior SMA visits to the village, it was obvious how badly they need clean water - disease is rampant there. It will cost \$5000 to drill and install a clean-water well, including putting in a pump, pipe, and storage tank.

We're asking SMA members to donate their time (and money) for Nabila. But it needn't come directly out of your pocket. Instead, consider putting in a little extra time where you work, and donate the money you earn to Nabila. If you're a physician, do an extra shift at your clinic or hospital - "moonlight" for Nabila - or see a new patient for Nabila; if you're a dentist, add a root canal to your schedule - "root" for Nabila; if you're an optometrist, "envision" Nabila; if you're a chiropractor (or dope dealer), it's "crack" for Nabila; and so forth. You get the idea. Here are the pledges so far: Rym Partridge (\$200), Mark Renneker (\$300), Craig Wilson (\$300), Gary Ryan (\$300).

If you haven't been to Tavarua yet, you may feel mystified by all this fuss over Nabila. Nabila village faces onto the lagoon you pass through as you boat the three or so miles out to Tavarua. Most of the Fijians who work on Tavarua are from Nabila. The village consists of about three hundred native Fijians - men, women, and children. The collective wealth of the village wouldn't come close to what you probably earn in one day.



SMA ORGANIZATIONAL STAFF

ANATHEMA: GETTING ORGANIZED

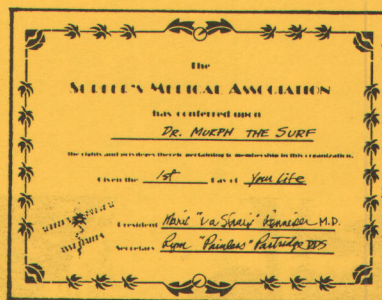
Get the gun and put the SMA out of its misery if it ever becomes a rigid, self-serious organization - that's just not the surfers' way. To qualify for status as a non-profit corporation, however, we have had to sell our soul somewhat - but on our terms, with a minimum of corporate bullshit. We've adapted the Fijian and islanders' village-model, with the hope of creating a simple, fluid, non-hierarchical way of doing things. So, there are now official papers that describe our organization as being run by "kahunas."

If there's something that you think the SMA should be doing (but isn't), it's up to you to take care of it - don't just talk about it or say that someone else should do it. Just try to run your plan by other SMA members to make it stronger. A kahuna, then, is any SMA member who has committed him or herself to perform a specific roll or project. If you want to be a kahuna, just let it be known what you intend to do, but, bear in mind, that a kahuna's word is one of honor.

The present list of kahunas includes - in no particular order, flexibly worded (choose your own title), and not necessarily complete:

Surf Sciences Research Kahuna - Brian Lowdon
Nabila Health Project Kahunas - Craig Wilson, Mark Renneker, Kevin Starr
Legal Kahuna - Hugh Greenup
Accounting Kahuna - Tom Kever
Shark Attack Kahuna - Don Wagner
Village Kahuna - Mark Renneker
Environmental Kahuna - Greg Raymond
North Coast Marijuana Kahuna - Kevin Starr
Bum Knees Kahuna - Tom McLaughlin
Village Kahuna - Geoff Booth
Psychological Project Kahuna - Bill Rosenblatt
Surf Contests' Clinics Kahuna - Alex Kaliakin
Handbook Kahunas - Mark Renneker, Geoff Booth, Tony Peckham, Eddy Rubin, Peter Dixon
Aging Eyes and Surf Medicine Library Kahuna - Bill Petersen
Village Kahuna - Craig Wilson
Artistic and Ambassadorial Kahuna - Ryan Partridge
Video Kahunas - Sarah and Peter Dixon
Dear Surf Docs Kahunas - Mark Renneker, Kevin Starr
Surfer's Ear Kahuna - Robert Scott
Mispelled Kahuna - Jim Allen

The formal titles and positions (President, Vice-President, Executive Board) spontaneously bestowed at the First Tavarua conference, September 1986, were to last two years. But at the Second Tavarua conference, June 1987, at the one-and-only Executive Meeting of the SMA, a formal non-surfers'



organizational structure was voted out. The above "kahunas" structure has come to take its place.

Realizing that sometimes we have to interface with the Parliamentary world, everyone who wants to call themselves a President, Vice-President, or Executive of this-or-that of the SMA is welcome to the title, and should use it as needed.

What happens in the SMA, our "village," is up to you. Some of us have stuck our necks out as far as legal responsibility for the SMA goes, but, other than that, the functioning of our village depends upon everyone doing some work - even if it's only putting money into the village pot. Remember, the village's money principally comes from dues, which probably will continue to just cover the expenses of mailings, telephone, organizational costs, etc. If you need money for your project, you'll have to raise it yourself. And, for any member who wants to put an issue before the village, just do it (everyone has the same mailing list, the right to organize a meeting, and access to whatever dues money is available to cover such costs).

Remember, there are only two basic rules in the SMA:

1. Anyone can initiate any project - just run it by other SMA members to make it better, and
2. The only excuse for not doing SMA work is if you went surfing.



SMA WORK LIST

Here's a list of some of the things that need to be done to help the SMA. These activities require varying degrees of creativity, mindlessness, and financial commitment. What they all have in common is time - this is work that needs to be done and will take time to do. For instance, with their highly coordinated hands, dentists and surgeons can probably stuff envelopes better than anyone else.

So, think in terms of how much time you're willing to volunteer to the SMA? Even one hour per month of your time would be a significant contribution. The following list is not ordered in terms of priorities. The approximate cost in terms of money or time - hours per month - is listed wherever it seems possible to estimate.

1. T-Shirt Maniac: to receive and fill orders for SMA T-shirts (all packaging and postal expenses reimbursed). None of us here at SMA central can stand this job. [Time: 2 to 4 hours per month.] The available shirts will be delivered en bloc to you. Also, anyone can design another SMA T-shirt.

2. SMA Headhunter: we need people to get out there and hit up their corporate money friends to join/donate to the SMA (we've yet to have a "Corporate Guilt" member - \$500). [Time: at least a couple of hours of phone calls, and some personal meetings.]

3. Find a "Dear Surf Doc" sponsor: the column we're doing for Surfer magazine needs a sponsor to underwrite the expense of answering all letters (only a fraction are published, and "paid" for by Surfer). Surfer has said they would let the column carry the sponsors' name (s) (i.e., great, cheap advertising for a sponsor) if they are not already advertising with Surfer. Be creative. [Time: a couple of phone calls, maybe one personal meeting with the sponsor]

4. "Dear Surf Doc" Consultant: we need a reliable set of consultants for the column for Surfer magazine. "Reliable" means that you promise to send your written comments back to us within one week - upon being sent a copy of a surfer's letter that has questions that pertain to your field - and that your reply is useful (i.e., that it will make sense to a non-medical surfer). All regular consultants will be listed in each month's column. [Time: at least 1 hour per month, you let us know what you can handle.]

5. Surf contests clinics: we need more SMA members to participate in conducting educational and screening sessions at surfing contests. Alex Kaliakin is the kahuna for this project in Southern California. [Time: at least one-half day.]



6. Blind faith SMA worker: you indicate how many hours per month you're willing to spend on SMA work, and we'll forward that amount of work to you. It could be mindless work, but someone has to do it...

7. Surfer sugar daddy: maybe you don't have time to give to the SMA, but bucks are almost as good. Consider making a nice, fat donation to the SMA.

8. Surfer computer nerd: we need an SMA member to donate desktop publishing time and talent for (1) the next newsletter, (2) the Handbook.

9. Join the SMA Nabila Health Team: we need more people to come to Nabila and help teach health care to village members, improve their sanitation system, develop their water supply, and provide money for the village-health project (see Nabila article elsewhere in the newsletter). [A monetary or time contribution to Nabila is a contribution to the SMA].

10. SMA environmental liason: contact the groups working to protect the ocean and shore in your area to find out how the SMA can be of help. Contact Kevin Starr (415) 386-0172 or Greg Raymond (415) 661-0262 to coordinate activities.

11. Dana Point health screening of surfers: Bill Petersen needs various specialists and helpers to provide a one-day health screening of surfers for the Dana Point community. [Time: one-day].

12. Other [you make up something]





BECOME BOARD-CERTIFIED IN SURF MEDICINE

Since the summer of 1987, along with being a UCSF medical student, Kevin Starr has occupied the post of first Fellow of the SMA. The fellowship was created: 1) as an opportunity for a health professional or student to master the field of surf medicine, 2) to gain research and writing experience, and 3) to get a lot of the SMA's work done (a reason in common with all fellowships, - but no departments will admit it).

Thus far, Kevin's fellowship activities have included:

- 1) co-editing (with Mark Renneker) the Dear Surf Doc column in Surfer Magazine and answering all the letters from surfers with health questions. Treating each letter as a "case" involves arranging consultation as needed, researching topics, and providing an appropriate plan of treatment. It is an excellent way to learn about surfing and sports medicine, as well as outpatient, community, and preventive medicine.
- 2) designing and running the North Coast Study, a cytological study of marijuana-smoking surfers' lungs.
- 3) seeing patients with surfing-related health problems (with Mark Renneker, MD, as consultant/teacher).
- 4) writing health articles for various surfing publications.
- 5) participating in planning the Nabila village health project.

By varying his schedule at medical school (pooling his elective time and delaying graduation by six months), Kevin has been able to put in between 20 and 30 hours a week as SMA Fellow. He created most of his own funding for the fellowship in the form of a grant for the North Coast Study and payment from surfing publications for writing projects. As part of his fellowship, Kevin travelled to the North Shore meetings and will be going to Fiji in April for the Nabila village health pilot study. Kevin's fellowship will run through the summer of 1988.



WHO WILL BE THE NEXT FELLOW?

Subsequent fellowships will be available and in grand SMA tradition the arrangements are totally loose. Length of time, educational level, financial support, certification: all are open. Fellowships are open to anyone involved in surfing and health care, be it as student or professional - write us with your ideas.

FELLOWSHIP PROJECT: THE NORTH COAST STUDY

THE NORTH COAST STUDY

In the spring of 1987, Mark Renneker and Kevin Starr began a sputum cytology (lung cells in spit) study of non-tobacco smoking, clean-air breathing, heavy marijuana-smoking surfers of the California north coast. The study was initiated as a small-scale test of the utility of sputum cytology as a lung health assessment tool in healthy marijuana smokers. The study began in Mendocino county and has expanded to include surfers in Humboldt county, Big Sur, and the North Shore of Oahu. Lung Check, a Bay Area firm specializing in sputum cytology, has volunteered to analyze specimens and is generously supporting field work.

Enrolled by local SMA coordinators, study subjects complete a detailed smoking and lung health history survey. Specimens are collected on three consecutive days and mailed to Lung Check in a specially designed container. Follow-up and counselling is done by SMA members. Data collection is anonymous and subjects are identified by number only - Uncle Sam doesn't even know that many of our subjects exist.

Preliminary findings are consistent with other pulmonary studies of marijuana smokers' lungs (a full report should be available by late 1988). We're seeing evidence of chronic irritation, including increased neutrophils and macrophages, and increased cellular atypia and disorganization. One of the cytologists at Lung Check feels that marijuana smokers' lungs closely resemble those of decades-long cigarette smokers.

The impact on participating surfers - many of whom believed that smoking pot and surfing is the most salubrious combination of activities possible - has been significant. Many have quit smoking dope or have cut way back. Healthy lungs are obviously essential to surfers and specimens are still coming in - a full report is expected later in the year.



DEAR SURF DOCS CREATES A SWELL

The SMA made an offer in Surfer magazine (September) to provide free written consultations to each and every surfer who writes to us with a health problem, surf-related or otherwise. And, WHAM, letters began arriving from suffering surfers the world over. Kevin Starr, the SMA fellow, has been writing all the replies (with Mark Renneker as back-up and editor). Some have been easy to answer, but others have required triaging to SMA-specialist members for their input. The best letters (and replies) will be published in Surfer each month. This is a volunteer effort for all of us - the money Surfer pays for such a column (about \$250) goes to the SMA.

Reprinted below are excerpts from the first two columns. Unfortunately, Surfer magazine didn't format the first two columns as we had requested. Instead of listing consultants at the end of the column, they listed consultants after each letter (making the consultant "responsible" for a reply that they had only provided input on, not actually written). We want the column to represent the SMA, rather than individuals. Future columns will have a "boiler-plate" listing of SMA surf docs who are regular consultants for the column. Names will be added or subtracted as needed in the future. Let us know if you want to be a consultant for the column, and we'll send you details.

THE FIRST SURF DOCS COLUMN IN SURFER FEB. 1988

CONSULT THE SURF DOCS

By The Surfer's Medical Association

Dear Surf Docs,

I am 18 years old and a victim of rheumatoid arthritis. For the past four years my physical condition has been going rapidly downhill. I was forced to stop all sports due to the severe pain and stiffness that I encountered. The affected areas included my ankles, knees, wrists and shoulder. The disease had progressed to quite a serious state, and the doctors said if I wasn't treated immediately there might be irreparable damage to my joints. At that time, which was in late June, I began gold injections, and I'm now happy to say that I have taken a turn for the better.

I am presently more mobile than I've been in a year, and I'm wondering if it would be okay if I tried to surf? I will, of course, ask my own rheumatologist this question, but I just wanted to get an opinion from a source close to the sport.

Thank you for making this option a possibility.

Per,
Northern CA

Dear Per,

Your letter was the first we received after making the offer to answer surfers' health questions, and your letter alone makes it worthwhile.

What you have is not the garden variety of arthritis that accompanies aging. A severe and often crippling disease, rheumatoid arthritis is when the body's immune system attacks the surfaces of joints, making joint motion very painful. Gold injections reduce the joint irritation.

Surfing may actually improve your arthritis (swimming is highly recommended for arthritis). Discuss your plans with your arthritis specialist (rheumatologist), but we say go for it - start surfing.

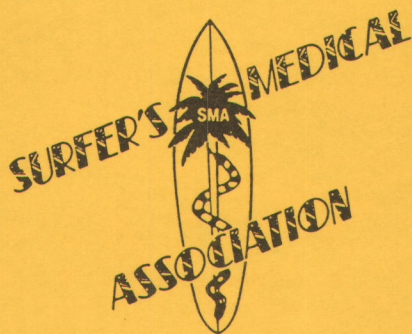
The first step is for you to get back in shape. Fitness and flexibility will be the most crucial elements of your surfing campaign. Build up gradually, though - over three-to-six months, maybe more. Begin by swimming laps, with and without a bodyboard, and increasing the distance. You'll need to find your own ways to limber up your joints, but remember that you should be especially strong and flexible to make up for lost joint motion.

When you feel fit and strong, head out to the ocean. Start in calm water, then go out into the surf as your confidence increases. Pick a small, gentle wave. Work up to bigger surf when you feel ready. Work on developing a smooth, graceful style and avoid twisting, bone-crunching maneuvers. Consider kicking out early to avoid wiping out and hitting the bottom. Choose a board big enough to paddle easily, small enough to carry comfortably, and not so wide that it requires an unnatural shoulder motion to paddle.

Your joints will be less painful if you keep them warm. Wear a good quality, full wetsuit and booties. Don't try to tough it out if you get cold. Expect some pain, but if your joint pains worsen you may have to stop. You know your condition best. Go gradually, and use common sense.

The SMA recommends that surfers become experts in their own health problems. The Arthritis Foundation (1314 Spring St. NW, Atlanta, GA 30309) is a good resource, and has a new program called PACE - People With Arthritis Can Exercise. You could be their first (and best) surfer. Also, consider joining the Disabled Surfers' Association (P.O. Box A14, Enfield South 2133, NSW, Australia), an Australia-based worldwide organization dedicated to helping surfers with disabilities keep surfing.

Per, your courage - in the face of what can be a terrible disease - is an inspiration to us all. Write back and let us know how you're doing.



Send your health and fitness questions to Dear Surf Docs, P.O. Box 1028, Dana Point, CA 92629. All questions will receive a free personal response from a Surfer's Medical Association expert. The "best" letters and Doctors' responses will be published in SURFER. Health Center is a community service column for surfers, provided jointly by The Surfer's Medical Association and SURFER Magazine.

Tip

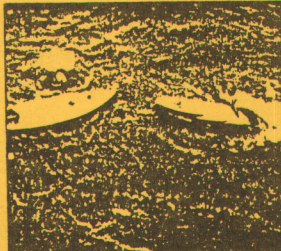
NUMBER TWO HUNDRED FOUR

THE SINGLE SURFER RESCUE TECHNIQUE

by Jim Bradley

You're paddling out after a nice ride, just as your buddy maneuvers into a set wave. You know it's going to be a late drop, and give him a hoot of encouragement. As you scratch over the shoulder, you hang back for a second to see if he made it. As the wave passes by, his motionless body rises to the surface - what do you do?

Surfboards contribute to 50% of all rescues. Detailed here are the methods of getting an unconscious surfer onto a board.



Get To Him

Get to the surfer as safely (this is top priority) and quickly as possible.

Secure the victim by grabbing his hair or the neck of his wetsuit as you slide off the opposite side of your surfboard.

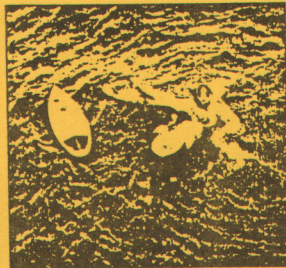
Face the direction from which the waves are coming.



Slide your right arm under his right armpit and secure a pistol grip on his chin. Lift only his shoulders onto the rail of the board.

Get Him Breathing

This shows another view of how to hold the victim. If he was face down when you approached (providing the wave action allows), give him live full breaths - usually mouth-to-nose.



Roll the board over, and the victim is now on the top deck.



Roll Him Onto The Board

The major concern now is to get the victim onto the board and back to shore as quickly as possible. Push him off the board, placing his hand that is nearer the tail of the board on the center rail.



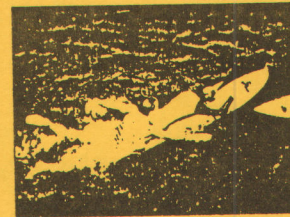
From the other side of the board, with the fins up, pull the victim's arms across to the rail closest to you.



First drape the victim's arms and then legs over the rails of the board, working your way toward the board's tail.



From behind the tail of the board, reach forward, grab the rails under the victim's armpits and pull yourself forward so your chest is near his backside. (The correct trim of the board will have the nose pointing slightly upward.)



Paddle For Shore

If you perform a surfboard rescue outside the wave zone, but have to pass through it to return your victim to shore, attach your leash to him before paddling in. If your victim was attached to his board by his leash, use his own board to perform the rescue.

Through The Surf

If a wave is about to break on you, reach forward, grab the board's rails under the victim's armpits and hang on tight. With your combined weight heavily to the rear of the board, you will not nosedive, and will either catch the wave or pop back up after it has passed.

On The Beach

Push the victim as far up onto the sand as you can. Then detach the leash.

Now comes a hard part. Reach down and secure your victim under the armpits and lift him off the board.

Drag the victim up the beach, away from the waves, while supporting his chin with your right hand. (If there is any chance of a neck injury, move the neck as little as possible.)

Lay the victim down gently on his side facing the surf - bend your knees, not just your back.

Resuscitation

If the victim is unconscious, you will need to resuscitate him. This technique will be described next month.

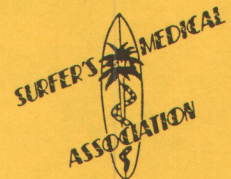
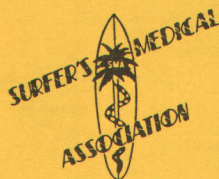
The next time you're waiting through a lull, try these methods on a surf buddy (it's a great way to meet girls in the lineup). If you're ever faced with a situation where someone is in danger of drowning after being hit by his board or slammed off the bottom, etc., you'll know how to get him ashore with minimum risk. Once in, have someone get help from lifeguards, paramedics or the Fire Dept., etc. Do not leave the victim, and don't try to transport him yourself unless you're in a remote region where help is unobtainable.

Jim Bradley was the invited keynote speaker at the Surfer's Medical Association Second Annual International Medical Conference on the Sport of Surfing (June 87, Tavarua, Fiji). Bradley presented a comprehensive program on Surf Survival (that included video, slide show and magazine), which he conceived and developed for the Surf Life Saving Association of Australia. The Surf Survival program (divided into five main topics: Surf Awareness, Self Survival, Single Surfer Rescue, Resuscitation and Surfing First Aid), is taught over two four-hour sessions through the Australian School Surfing Association, as well as in surf clubs. Anyone interested in implementing this program should send their inquiries to: SMA, "Surf Survival," P.O. Box 1028, Dana Point, CA 92629. Special thanks to Jim Hogan (victim) and Rich Chew (rescuer) for participating in the photo demonstration. Photos: Tom Servas.

SINGLE-SURFER WATER RESCUE AND BEACH CPR REALLY WORKS

SURFER magazine received word that, in December, a small plane crashed outside the surf line in San Diego and a nearby surfer paddled out to the wreckage, hauled out the unconscious pilot, used his board to get him to shore, and ended up having to perform CPR - successfully. When the television and news crews arrived, they asked the hero-surfer how he'd known so quickly what to do, and he replied "Well, I read this column in a surfing magazine last month..."

That column, of course, was in SURFER (Jan. 1988), the "Surfer Tips" on beach CPR that Craig Wilson and Mark Renneker had written (thanks to George Orbelian, who had the idea for the piece). And that column came on the heels of another SMA piece, which also probably figured into the rescue, on single-surfer water rescue, excerpted from SMA-member Jim Bradley's work. It looks like the SURFER magazine - SMA team is building a good track record. Ask that pilot.



AN AUSTRALIAN IN SAN FRANCISCO: DR. GEOFF VISITS SMA HEADQUARTERS

(By Dr. Geoff)

[Talk about commitment to the SMA: Geoff Booth dropped big bucks to come from Australia to San Francisco for a week of intensive work on THE HANDBOOK OF SURF MEDICINE. He was rewarded with one of the best stretches of surf and weather of the season. Here is his account.]

Is it possible to have surf every day for 10 days, catch up on the latest trends in Rehabilitation Medicine, visit the SF Zoo, talk to the Double-Overhead Association, party in Santa Cruz, cement Newcastle/Stockton Avenue relationships, and contribute to the SMA Handbook all in the space of 10 days? With a slight case of jet lag, stretched arms, and a tired back - and a trusty 6'8" M.R. tri-fin - your intrepid reporter landed at SFO on Wednesday 21st October.

Surprise, surprise, that lanky longhair from 48th Ave was there to meet him at the baggage depot. Van parked in a No Parking zone, your naive and unsuspecting reporter was hustled into the van and whisked off at brisk pace along 280 past the scene of a nocturnal golfing adventure and out to the coast.

First impressions were of a classical California day. No wind, slight haze, and 3' beach break. I felt immediately at home along this beach front area. It reminded me remarkably of the south of Sydney area (Bondi, Maroubra, etc.) with the surfing population of SF infinitely less in number but certainly far better in terms of comradery.

Old acquaintances were quickly renewed, various phone calls made to my international rehabilitation contacts, and of course a surf.

Renneker in typical "laid back" (hunched forward?) manner quickly got things organised and we were all working on the book within a few minutes. The idea was to put in at least 6 hours a day in terms of book preparation, although conditions were of course far from ideal.

Let me just say that from the medical professional point of view (i.e. Rehabilitation Medicine) I learned a lot in terms of concepts from the various contact persons I met during my 10 day stay.

From the point of view of surf (which after all is the most important thing in the world) it was a very rewarding experience. I've always hated beach break type surf, particularly where you have to struggle out through grinding shore break. However, with coaching from Dr. Mark and harrassment from Dr. Kevin and Mr. Tony, I must admit that by the end of my stay I was in fact looking forward to "the challenge."

Other highlights of the trip included meeting Dr. Kevin Starr, our first Surf Medicine fellow, and Mr. Tony Peckham, golfer, surfer, and up-and-coming Hollywood script writer. Dr. Mark had of course lined me up for all manner of medical consultations with his various mates.

A dream of mine was (partially) fulfilled on this trip. Namely, to surf Fort Point under the Golden Gate Bridge. The surf was only small - 2-3' - but nonetheless it was rad surfing that area.

Another unbelievable highlight was my win on the last spin of the bingo wheel at a derelict theater in SF where the world premiere of Creepazoids was being shown. Prizewinnings (\$10.00) were shared between Mark Renneker, Craig Wilson, myself, and this dude screaming out from the row behind. The ambience was classical Steinbeck. At least 2/3 of the seats were pulled out of the theatre exposing a sloping concrete irregular floor, vinos, derelicts, and the familiar trickle of urine travelling down the floor towards the stage. Those of you who know Mark well will realize that the film was absolutely atrocious.

Another highlight was my visit, together with Kevin, down to our faithful roving ambassador's house in Santa Cruz. Rym and Winnie Patridge had a "house warming" party which was attended by Santa Cruz surf rats - also a few human beings. Apart from Winnie's ethereal beauty, I can't remember much else concerning Rym's party as I literally crashed out (jet lag had finally caught up with me).

The following morning we had an "uncrowded" surf at Rym's Reef. The greatest aspect of this surf was actually getting down the cliff (or should I say getting back up the cliff). I found that I couldn't climb back up the cliff and carry my surfboard. Luckily Dr. Kevin, a famed mountain climber, was able to carry my board for me back up the cliff while I struggled back without any unnecessary impediments. Let me just say that that act ensured a highly recommended pass mark for his current Surf Medicine Fellowship. Let's face it - anyone who helps his/her mate in such trying circumstances deserves rich rewards.

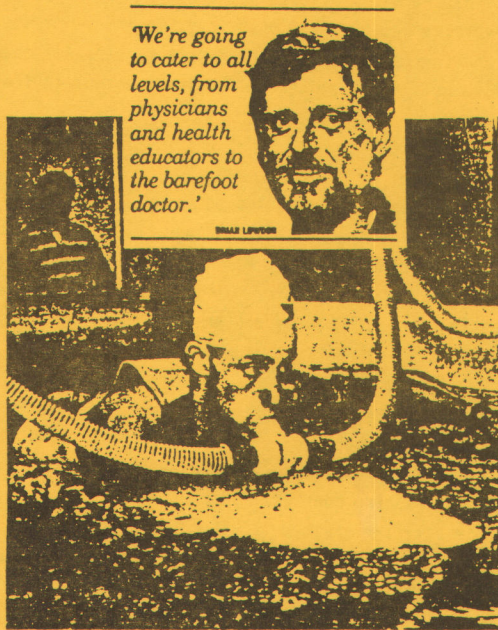
Finally, were all the objectives achieved? Well, that's a matter for individual assessment. All I can say is the surf was great and let's face it, that's the most important thing.



SMA MEMBER IN THE NEWS

'We're going to cater to all levels, from physicians and health educators to the barefoot doctor.'

SMALL LOWDON



Surfer Jon Roseman takes the tank padding test while Lowdon waits out the eight-minute exam designed to measure oxygen uptake and heart rate.

SANTA BARBARA NEWS-PIECE 5/13/87

Scientific surfing

Catching wave of fitness

By Joan Bolton

Brian Lowdon thinks there's more to catching the ultimate wave than paddling out, standing up and riding in.

Fitness is also key, according to the visiting researcher at UCSB.

"Surfers are dedicated athletes," Lowdon said. "They're well-conditioned, always trim, muscular in the chest. They're good-looking athletes."

Lowdon is trying to learn more about keeping surfers healthy and in the water.

He's no stranger to the sport. A slim, gray-bearded Australian, Lowdon has been catching waves for 30 years. He teaches exercise physiology to physical education students at Deakin University in Geelong, Australia. He's also involved with training surfing coaches there.

"Instead of learning by trial and error, and getting very frustrated, kids in Australia are given some direction and learn to surf," Lowdon said. "Here, a kid can't go down to the beach and look around and ask, 'Who can give me a coaching lesson?'"

Lowdon is on a six-month sabbatical from the Australian university to conduct research at UCSB. One project measures the paddling fitness of surfers.

He's using the university's three-time national champion surfers as subjects.

First, he evaluates each surfer's performance on a treadmill.

"That's the standard test used in all labs for all types of athletes and non-athletes," Lowdon said.

But he doesn't think the treadmill is satisfactory, because it only puts the surfer's legs in motion.

"You have to test in the mode that they're doing their aerobic work," he explained.

So, he designed two other exams. One tracks the surfer's oxygen uptake and heart rate while paddling on a surfboard in a tank. The second puts the surfer on his belly while pumping a modified cycling ergometer with his hands.

Lowdon laughs when describing how the team is responding.

"They hate it. Surfers never max out. Surfers cruise. They're finding it tough."

But he also calls the tests a "nice motivator," and said he's been pleased with preliminary results.

"A couple made the comment that it's really making them start thinking about their fitness."

One of those surfers, team captain Doug Kirby, called it a matter of pride.

"I'm curious to see how I measure up to the other guys. Ego—that's what surfers are big on."

In addition to his fitness research, Lowdon is editing a book on competitive surfing. Each chapter is by a different author, ranging from professional surfers to what Lowdon calls "surf scientists."

"It's a combination book of practical advice as well as some theoretical models on those practical areas," he said. "It's filling a gap. There's nothing else like it."

Joan Bolton is a local freelance writer.

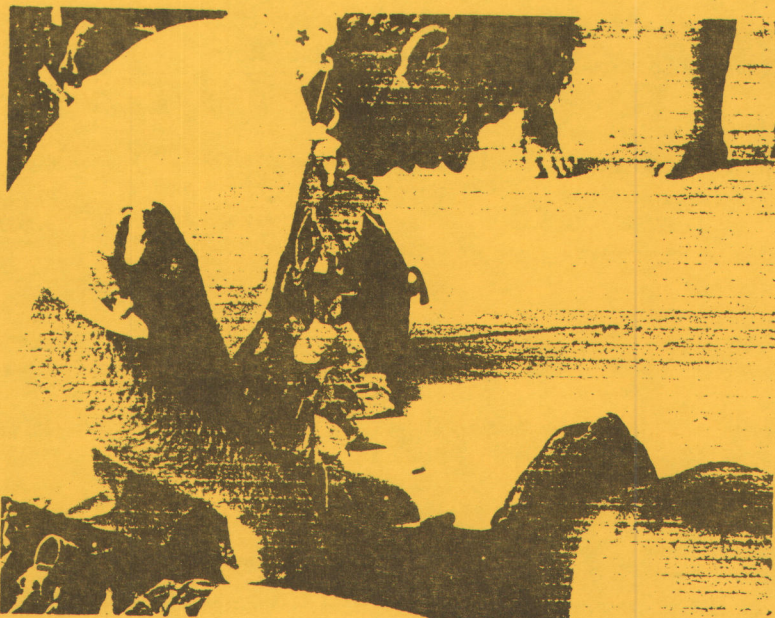


Photo: Sato

Tom evaluating Fijian villager's shoulder

Fortanasce Physical Therapy in Fiji

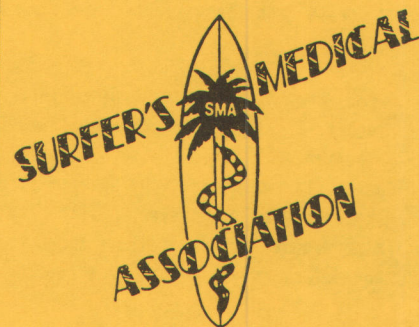
Physical therapist Tom McLaughlin recently spent 2 weeks in Fiji, meeting with health professionals from Australia, Hawaii and the mainland United States. The conference was the 2nd annual meeting of *The Surfer's Medical Association*, a group formed to study the science of surf medicine.

The sports medicine conference was unique. By day the surf-crazed professionals surfed perfect waves breaking over Tavarua Island's exotic coral reefs. By night they met to discuss medical aspects of surfing with topics ranging from epidemiological research on surfing injuries to tropical diseases encountered by traveling surfers, surfing safety, and promotion of health in surfing. McLaughlin presented a talk on mechanisms of injury to the knee in surfing.

The S.M.A. was in Fiji for another reason. Since the first annual meeting last September, they have committed themselves to the health care needs of the remote village of Nabila near the conference site. Trips were

made to Nabila to give dental, medical, chiropractic and physical therapy care. McLaughlin spent time educating and treating Fijian villagers with frozen shoulders, unstable knees, and chronically sprained ankles.

The conference took place in the wake of a military coup in Fiji. Because of their health care mission to Nabila, the group of doctors were given special allowance to land in Fiji when other commercial flights were denied.



CITIZEN OF THE DAY

DANA POINT
PICTURES

DANA POINT — If tinted contact lenses can help surfers enjoy their sport, why not use them in other sports?

Dr. William Petersen, originator of "suntacts" for sun-wary surfers, says he believes his innovation could catch on in other sports.

"I just fitted a triathlete with the lens," the Dana Point optometrist said this week. "I'm going to fit some tennis players with them. I have some tennis playing patients, and they hate wearing glasses while playing tennis. At a lot of outdoor courts the sun is really bright. I'm anxious to see what kind of response they have."

Dr. Petersen recently returned from Fiji, where he participated in the world's first international medical conference on surfing.

He was one of 18 surfing doctors from around the world who converged at Tavarua Island to ride some of the best waves in the South Pacific, while also pooling their ideas to compile a "Handbook of Surf Medicine" to be published in 1988.

Dr. Petersen's contribution to the book involves care and treatment of the eyes — eye allergies, ocular sunburn, windburn, sand, foreign particles, ultraviolet light, corrective vision, types of sunglasses, and how to deal with a fleshy growth many veteran surfers develop on their eyes known as pterygiums.

In recent years, Dr. Petersen has taken a special interest in the problems surfers, sailors and windsurfers experience with sunburn of the eyes. Having

surfing for the past 20 years, he can relate to surfers' problems — particularly to the dilemma surfers who wear glasses face when they try riding waves in dangerously crowded conditions minus their glasses.

His studies revealed that many surfers could wear contact lenses without discomfort and without losing the lenses. Carrying his studies a step further, he came up with the idea of suntacts — pigmented lenses that cut out most harmful ultraviolet light.

Flying off to attend the medical conference in Fiji, Dr.



Dr. Petersen shows how a suntact looks on one eye.
(WHAT A CITIZEN!)

Petersen hoped to conduct experiments with the other doctors surfing in the tropical glare — some doctors wearing suntacts, others not.

"Unfortunately the sun wasn't as bright as I had anticipated," he said upon returning home. The suntacts worked well, but none of the doctors developed ocular sunburn while surfing there, either with or without suntacts.

He put his product to the ultimate test when Gerry Lopez, one of Hawaii's great tube riders, made an unexpected appearance at Tavarua. Dr. Petersen fit Lopez with the lenses and watched him surf 15 to 18-foot waves wearing them. He said Lopez was impressed with them — the only problem was that Lopez apparently overdid it, using the lenses too much during a four-day swell without giving himself time to break them in gradually. After four days he irritated his eyes.

Dr. Petersen said Lopez was excited about the suntacts, however, and the lenses were well received at the conference. "The surf was the best I've ever experienced," he added. "The wave is the most incredible I've ever surfed."

Even more incredible was the reception the collection of doctors received when they offered medical services to the local Fijian populace. Specialists in many fields treated local natives for ulcers on the arms and legs, infections and other tropical ailments. The chief from one village responded by holding two traditional Fijian feasts for

the visitors, presenting them with a ceremonial smoked sperm whale tooth, the highest honor a chief can accord a visitor.

Now back in California, Dr. Petersen is negotiating with a company he wants to license to distribute suntacts. He believes they will appeal mostly to outdoor-oriented people who already wear contact lenses — not so much to sportsmen just seeking unobtrusive sunglasses.

In the meantime Dr. Petersen is waiting while Dr. Mark Rennecker — a San Francisco surgeon/physician who also is a professor at UC San Francisco's medical school — compiles and edits the Handbook of Surf Medicine.

"This book should be very comprehensive," Dr. Petersen predicted. Each specialist visiting Tavarua presented a paper written in layman's language on some facet of medicine that could relate to surfers in everyday life or on overseas travel in search of the perfect wave. The doctors exchanged ideas on surf hazards ranging from sea snakes to saltwater crocodiles, from lethal Australian jellyfish to California stingrays.

A specialist in tropical medicine from the University of Hawaii happened to be in the area and heard of the conference, so dropped in, adding his own input about malaria, insect-borne diseases and parasitology.

"The conference went really well," Dr. Petersen said.

— Fred Swegles

THE INQUIRER AND MIRROR, NANTUCKET,

This year's surfing competition featured a longboard event besides the shortboard riding. Senior contestant Dave Emery rode away with first place — on his head. Three long headstands had the beach on their feet and cheering. Stuart Bomeister shredded his way to second and Rich Holdgate styled into third.



Surf veteran Dave Emery shows his winning form — upside down.

MARK RENNEKER'S landmark 2-part article on Surf Medicine in The Physician and Sports Medicine.

News
Heel Pain and Stress Fracture • Exercise for Inflammation • Spindyolysis in Lifters • Varsity Sport Eye Injuries

Exercise Adviser
Isometric Exercise

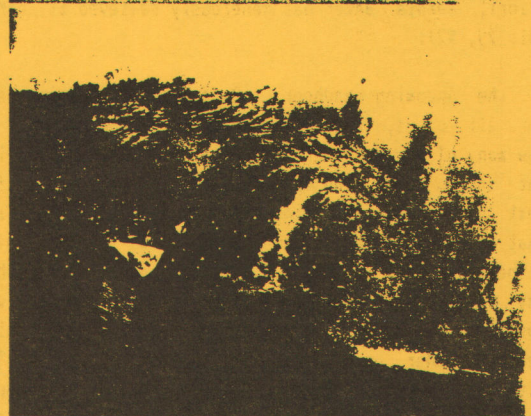
Exercise and Infection

Football Player With a Persistent Headache: A Case Conference

The Health Benefits of Exercise (Part 1 of 2)

Traumatic Knee Dislocation and Popliteal Artery Occlusion: Is 'Activity' as Good as Exercise?

Surfing: The Sport and the Life-Style



Surfers Who Practice Medicine

Surfing conjures up images of idyllic beaches where bronzed, unemployed, bikini-clad women flirt with equally bronzed, equally unemployed, athletic men until someone cries, "Surf's up!" Then all the eager, Beach Boys enthusiasts grab their boards and rush to the water. At least, that's how Frankie Avalon and Annette Funicello did it in all those beach party movies, which is where most Americans formed their stereotype of surfers.

Not only did none of the characters in the movies work, none demonstrated an employable skill, much less practiced medicine, counseled other surfers about nutrition, or extracted a tooth. But those are precisely the skills demonstrated by a number of health care professionals who hang out at the beach.

About 20 such professionals gathered in September 1986 for the first-ever conference on the medical aspects of surfing on Tavarua Island, Fiji—one of the premier surfing areas in the world. Out of this meeting arose the Surfer's Medical Association (SMA), an international organization committed to conducting research and providing education on the health and medical aspects of surfing. In less than one year, worldwide membership had grown to more than 100 health care specialists, including physicians, scientists, physical therapists, dentists, and psychologists.

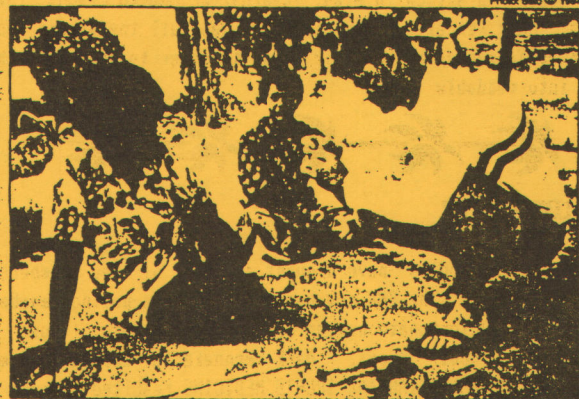
According to Mark Renneker, MD, president of the SMA and assistant clinical professor in the Division of Family and Community Medicine at the University of California, San Francisco School of Medicine, the No. 1 goal of the SMA is to educate surfers so they can spend "minimum time seeing doctors and maximum time surfing." To accomplish this goal, the organization is publishing a self-care handbook of surfing medicine, providing free written consultations and a "Dear Abby" surfing service to various magazines, producing a video on surfers' health, and sponsoring survival and rescue training courses.

SMA members are conducting studies of surfers' nutrition habits, psychological makeup, personality characteristics, risk of shark attacks, and foot, knee, and dental problems. "Most of the people in the organization are not hard-core academic types, and have never done any research before," says Renneker. "But some are being inspired for the first time by the possibility of combining medicine with surfing."

One such inspiration is the North Coast study, a physiological examination of the effects of dope smoking in surfers in California's Mendocino County. The study is unique, Renneker says, because the common bond of surfing allows scientists ready access to a normally unapproachable subculture.

From Surfer to Physician

The SMA could also help develop health care professionals out of the



While in Fiji, the members of the Surfers' Medical Association (SMA) established a medical clinic in the village of Nabila. Anthony Moore, MD, (right) says it was the SMA's way of repaying the hospitality of the Fijians.

young surfing ranks. David Oates, an internationally rated judge of professional surfing competitions and second-year medical student at Ohio State University in Columbus, says that contacts made through the organization might help him attain his goal of becoming a physician on the pro surfing tour.

"I've discussed the idea of a traveling physician with the Association of Surfing Professionals, which is the governing body of professional surfing," adds Oates. "It would help the team to have a physician who is familiar with them and with surfing."

The second SMA medical conference was held in June 1987, again in Fiji. Midday and nightly seminars, in which SMA members presented reports on their research projects, al-

lowed enough time for participants to ride some perfect waves. While in Fiji, the group established a medical clinic in the village of Nabila. "We went to Fiji to surf, but also to put something back into the sport of surfing by helping the Fijians obtain good medical care," says Anthony Moore, MD, internist at the Scripps Clinic in La Jolla, California.

Additional SMA conferences are being planned for the north shore of Oahu in October, the Galápagos Islands in March, and Fiji next summer. For more information about the medical aspects of surfing, write the SMA, 2396 Great Hwy/48th Ave, San Francisco, CA 94116, or call (415) 664-7027.

Mark Renneker, MD,
with Michele M. Gauthier

HANDBOOK IN HAND

Five hundred topics, fifty contributors, ten editors - the Handbook of Surf Medicine is close to first draft. Talk about functional, excerpts have already been published in the surfing magazines, been used to answer many letters from ailing surfers ("patient education handouts"), and the Handbook isn't even out yet! We hope to desk-top publish the first draft by May, for SMA members to review and refine at the SMA Tavarua conference. Look for the public-consumption edition by late summer. A priori, Bernie Baker has generously reviewed it (from Surfer, Vol. 29, #2):

"...the upcoming Handbook of Surf Medicine...This one is a must for all of us, regarding health care in and out of the water. How many of you out there actually know just how to clean a coral cut so you don't wind up with swollen glands and infection the next day? There's going to be so much good stuff in the book that it should become a bible of sorts for all of us - and without a doubt, the best Christmas, birthday, or Chanukah gift any water rat could ever want (after a board or wetsuit, of course). By the way, we're hoping they'll publish highlights of their seminar on Illness in a Foreign Land. It included discussions on first aid, foreign pharmacies, hospitals, and evacuation. The more we travel to all the exotic locales, the more that chapter should be affixed to our passports. Ask anyone who's needed a stitch in Nias, Tavarua, or Puerto Limon. Thanks to Drs. Mark Renneker, Doug Middleton, and all the others who've put their boards down and their heads together to amass all their stats into readable form."



MEMBERSHIP

The past few months have brought a surge of new members - welcome, y'all. The SMA now has over 150 dues-paying members, but also an unfortunate number of shoulder-hoppers (those who haven't paid their dues). Mark Renneker's October/December article in THE PHYSICIAN AND SPORTS MEDICINE resulted in over 100 letters and phone calls from health professionals interested in joining the SMA. Many of our new members are from states that have no ocean shore - some don't even have big lakes. We can only hope that they have major moves or some big-league time-off coming up.



SMA LIBRARY STACKS UP

Bill Petersen has agreed to house and manage the SMA library out of his Dana Point optometry office. This will consist of every known article and book relating to the health and medical aspects of surfing. Within a year, we plan to put out an annotated listing of all articles, and you'll be able to order which articles you want copies of. You'll be charged for the xeroxing and postage. Be the first doc on your block with a complete surf medicine library.

SMA SUITS LAWYERS

Campbell Hugh Greenup, an attorney with Kilroy Industries in El Segundo, California, a California surfer of many years and recent father of twins (with wife Terry), has volunteered his services to the SMA. As our official legal counsel, Hugh has guided us through the incorporation process and stands ready to help us with any legal problems should they arise.

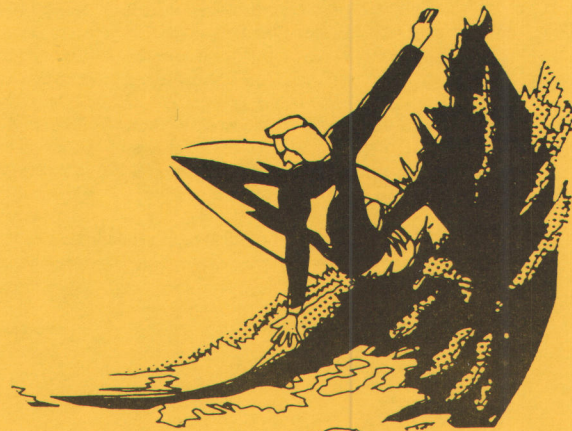
Jack P. Attias, an attorney and long-time surfer from Key Biscayne, Florida, was vacationing on the North Shore this past October and happened to come by the SMA Sunset Beach house and was instantly stoked. Upon returning home, (1) he sent in his Life Member dues to the SMA, and (2) he began setting up the "Surfers Legal and Medical Association" - an "SMA" for surfing lawyers. Jack can be reached at Suite 4E North, 600 Grapetree Drive, Key Biscayne, Florida, 33149, (305) 361-3339

EVER MEET A SURFER-ACCOUNTANT?

The biggest problem we faced in obtaining our non-profit corporation status was that we needed an official CPA-type to legally review, submit, and sign our tax papers each year. We put the word out that we needed a surfing accountant, but none appeared - and think about it, it's almost a contradiction in terms. Lo and behold, though, he paddled out through the foggy mist on one of the cleanest days of the summer in Big Sur: Tom Keever, a regular-foot financial officer for the City of Salinas. And, happily, he said yes to becoming the SMA's official accountant.

SURFING GRAND ROUNDS

Now's your chance to really blow away some of the people you work with - get yourself slotted to make a presentation on "The Medical Aspects of Surfing," "Surf Medicine," "Healthy Surfing," or whatever you want to title it. It could be formal Grand Rounds lecture or just an in-service where you work. If it would help out (let us know), we could prepare a set of slides for such presentations - pictures of common health problems and injuries in surfing, some rad surf pics (of docs?, and throw in your own surf pictures), and a couple of slides about the Surfer's Medical Association. If you need some background-content support to give such a talk, the information in Mark Renneker's Physician and Sportsmedicine articles in October and December, 1987, should be enough.





Mark taking off in front of SMA Headquarters

HOME BREAKS

Droling over our latest issue of THE SURF REPORT, we had an idea: to have SMA members write in describing their home breaks so that other SMA members could know when to come visit. Send in a description of your area and what is the best time of the year to come - we'll print it in the newsletter.

To kick things off, here's an invitation to surf THE CITY - San Francisco: (N.B. - THE SURF REPORT has been trying to get the scoop on SF surf for years, so this is an exclusive.)

When to Come: Prime SF surf season is mid-October to mid-January, when big north and west swells from the Gulf of Alaska are accompanied by frequently calm weather and occasional offshores. Visits between Thanksgiving and New Year's will almost certainly result in excellent big-wave surfing.

Best Breaks: Ocean Beach is what SF surfing is all about. The Beach offers some of the most challenging and rewarding surfing around, with its tricky currents and shifting peaks. Relatively stable sand bars all along the Beach can hold virtually any swell and have been surfed up to 20 foot.

The rocky north-facing entrance to SF bay also provides good surf and is protected from south storm-winds. Deadman's is a left semi-point break with a difficult take-off and high injury quotient - can be very high quality with a big north swell and low tide. Fort Point, right under the Golden Gate Bridge, is the City's most famous wave. It's usually mushy and crowded, but worth going out for the spectacular view.

WHO TO CALL: Call Kevin Starr (415-386-0172) or Mark Renneker (415-664-7027). Kevin can rustle up a bed or two, and there are some good, cheap motels near the beach. And you can visit SMA headquarters!

NEW JERSEY SURF CLOSE TO NYC

Next time you have to come to NYC (continuing ed. meetings?), think "surf in N.J." Loch Arbor, New Jersey, is the home break of Bill Rosenblatt - and its only a little more than an hour train ride from New York City. Once you get there, Bill says he'll host your surf visit. Best time to go is fall, or winter, if you have a good wet-suit (5 mm.). Jetty and beach breaks abound (Sandy Hook and Manasquan Inlet are the best-known), and the waves are generally waist to head high, with some pumping overhead days when there are storms, nor'easters, or Atlantic hurricanes. Call Bill for more details.



A SURF PRAYER (proffered by Peter Dixon)

"With the ancient Hawaiians, as with me, surfing established a true relation with religion, as it is in close union with nature, and nature is our best expression, and identification of the term God.

I believe that the study and practice of surfing is prayer of the highest order, and the best part of praying is doing.

Offshore, life is an open book; the rhythm and action of the waves are beautiful beyond description, because they are the energy and handiwork of God.

How lucky you are to have it all before you; it is a sacred thing, respect it."

Thomas Blake, 1977

SMA STUFF

T-SHIRTS: Everybody loved the idea of an SMA t-shirt and the first batch sold out immediately. However, mailing them out is a fucking hassle. If you ordered one, we've got a second batch now and you'll be getting it soon, but we're not taking any more orders. If someone wants to volunteer to take orders and mail out the shirts, the SMA will reimburse all expenses.

DIPLOMAS: Look great on an office wall. Very few have been ordered.

PENDANTS: Will look great on the lapel of your white coat. Still on the drawing board.

DECALS: You should've gotten one with this newsletter. If you want another one, send us two bucks. Clean your window real well before putting on the sticker - otherwise it looks awful (it actually looks best on your bumper or directly on the paint of your car).



WONDERING WHY IT TOOK SO LONG TO HEAR FROM US?

If you had to wait a long time after sending in your membership dues (or are still waiting), please understand that: 1) we are surfers (ever had a board made on time?); 2) we do this work as volunteers - there isn't really money yet to hire someone to do it; and 3) we sit down every couple of months to process memberships, t-shirt orders, etc. - maybe even less often if the surf is good.

PUBLISH OR PARRISH

Tom Parrish was one of the world's leading shapers in the 1970's, and now he's vanished. Don't let your surf medicine experience Parrish/perish. Send us case reports of surfer-patients you've seen, summaries of surf-related research you're involved with, or a review of a surf medicine topic, and we'll publish it in the newsletter (which, at this stage, is the "leading" publication in the field).

PHONE CALLS TO THE SMA

If you call the SMA and only get an answering machine, you'll be helping keep the SMA from going broke by stating a time you'll call back (rather than expecting a call back). And then keep calling back until you get through.

THE MARK FOO OFFER

Mark Foo became quite stoked on the SMA and would welcome any SMA member to stay at any of his North Shore rentals at substantial discount. Give him a call: (808) 638-7838



WANT TO BECOME A VALLEY SURFER?

Gilbert Solomon is looking for a fellow family practitioner to share in his practice in Canoga Park, California (i.e., the Valley). He says hours would be 'flexible' (the key word to a surf doc). Call him at (818) 884-5068.

RUMOR

Kevin Starr, the SMA Fellow, has reportedly been frequenting San Francisco surf spots in a Mercedes Benz. Anyone having information on this seemingly odd state of affairs, please let us know. Is he using his fellowship stipend appropriately?

ATTENTION EAST COAST MEMBERS

Interested in having an SMA east coast regional meeting? The location of up for grabs: Hatteras, Florida, New Jersey, Puerto Rico, Barbados? How about the Azores? CE credit could be arranged; the content could include any number of things - from the medical aspects of surfing, to a forum on surf medicine research. At the least, it would be a chance to meet and surf with each other, plan studies and surf trips, and do some SMA brainstorming. If you are interested, call Bill Rosenblatt in New Jersey at (201) 531-5531 (h) or (201) 267-7296 (w).

*** Great Lakes and land-locked mid-West SMA members should also consider going - if you want to surf, you have to plan for it.

ANNUAL MEMBERSHIP CATEGORIES

(includes decal and newsletters)



- CHARTER MEMBER.....\$50**
(wants to be a Heavy Local in the organization)
- HEALTH PROFESSIONAL MEMBER.....\$25**
(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**
(The Surfers' Membership - for surfers interested in learning to take better care of themselves and others)
- BREMMIES MEMBER.....\$5**
(for beginning or young surfers)

OTHER MEMBERSHIP CATEGORIES



- CORPORATE BUILT.....\$500**
(for those who have exploited surfing for personal gain - you know who you are, now pay up!)
- LIFE MEMBER.....\$250**
(Totally Committed and has some bucks - pay once, and you belong forever)
- "LIFE'S A BEACH" MEMBER.....\$100**
(for wealthy patrons who believe the surfers' life-style should be supported to the Max!)
- ILLEGAL MEMBER.....\$100**
(cash only, or equivalent)
- JOIN NOW PAY LATER.....\$0**
(send us your hard-luck story)
- I'LL JOIN ANYTHING.....\$9.95**
(for non-surfers who think it would be cool to join a surfing medical association)
- SURF WIDOW.....\$10**
(for spousal equivalents of surfers - the SMA can help!)
- ORGANIZATIONAL.....\$0**
(let's trade memberships to keep each other up-to-date)
- SURF PARENT.....\$25**
(for those who want to see Johnny come home in one piece)



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: _____
 Cat&gory _____ Amt. _____

ADDITIONAL MEMBERSHIP CATEGORIES

Shoulder-Hopper: for those who drop-in on the SMA without paying their dues.

Snake: a flagrant, chronic shoulder-hopper.

Professional Surfer: career surfers - you endorse us, we endorse you (the SMA supports pro surfing). No dues.

Silver Surfer: the elders of our sport, no charge (over 60)



MEMBERSHIP RENEWAL

Don't expect a series of membership renewal notices like some magazines and fancy organizations use. It's SMA member-volunteers doing this mailing. We don't have the secretarial resources - or philosophical disposition - to spend all our time and money hounding you.

Your date to renew can be figured on the basis of your membership class (all are one-year, except Life Members) and the date listed for when you joined (which is the month we cashed your check, not when it was sent in). Consult the membership directory, attached to this newsletter.

Worse than any number of guilt-inducing membership renewal notices should be the fact that, if you aren't up-to-date on your dues, you are relegated to the "Shoulder-Hopper" membership class. If you're really a surfer, that will come as a severe insult. So, please just renew when you're due to. And, consider upgrading to Life-Member, and never again worry about being called a shoulder-hopper.

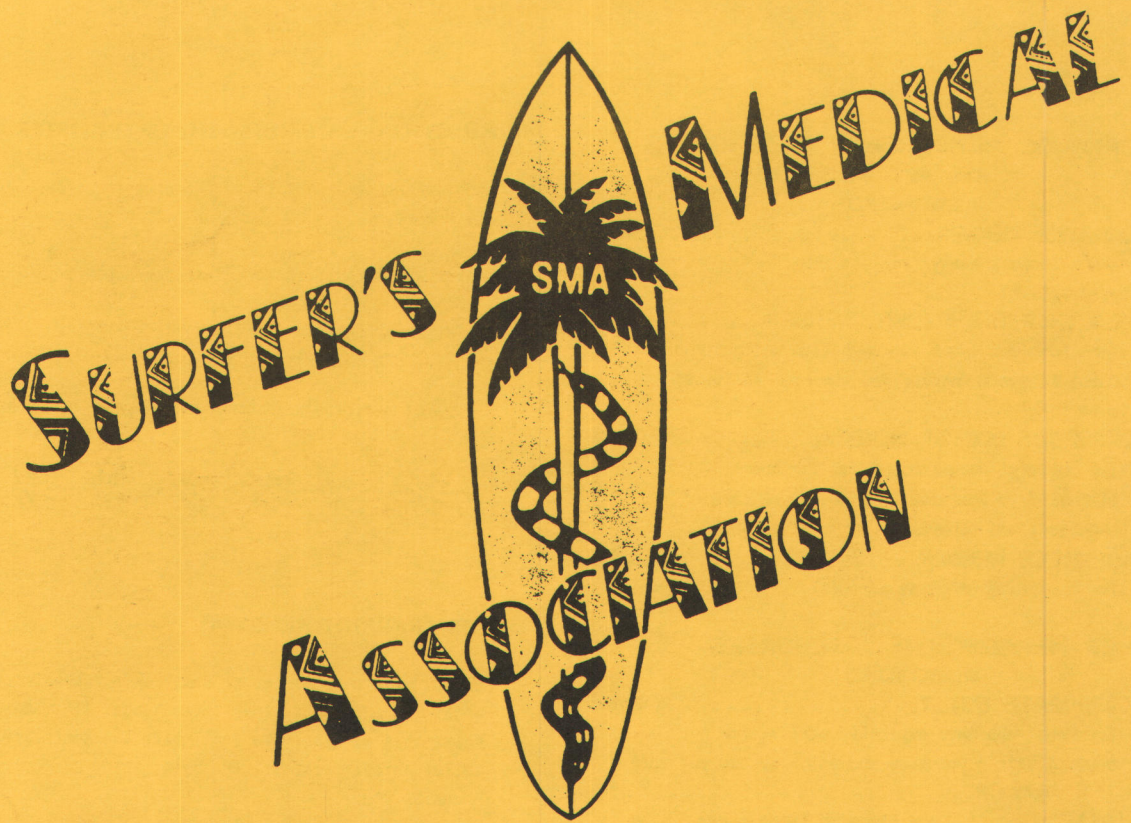


Years Surfing Experience: _____

Special Interests: _____

Work (or not) _____

What about the SMA stokes you the most? _____



SURFER'S MEDICAL ASSOCIATION

**2396 Great Highway/48th Avenue
San Francisco, CA 94116**