



SIDELINES

A Healer of All the Arts

Written By Rebecca Rodriguez, DO

The man, the myth, the legend, and an Osteopathic Star...this is how many fellows of my time uphold the image of Dr. Steve Karageanes. He is well accomplished as a physician, mentor, film director/producer, arts supporter, author, past AOASM president, friend, and colleague.

It was at an AOASM conference where Dr. Rick Parker said, "There is someone I want you to meet. His name is Steve Karageanes, and you two may have a lot to talk about in regard to the performing arts and sports medicine." I thought to myself, "Wow! The Steve Karageanes, DO! I quickly got out my book titled, "Principles of Manual Sports Medicine" for him to autograph. Starstruck and in awe, I was able to speak with him for two hours and learn about him, his interest in the performing arts, and even ways to work together.

Steve Karageanes's journey into medicine was a one-way track starting in third grade. The curious student became fascinated with human anatomy and read every medical book he could find in the elementary school library. He wrote a 20-page paper on human anatomy, single-spaced, in fourth grade, just for himself. Dr. Karageanes never deviated from that course.

Growing up, Steve Karageanes tried playing sports but claimed he was never quite good enough to make it onto the teams. However, at age 11, he grabbed his dad's 8mm movie camera and made his first short film called, "The Black Knight." Together with his best friend, they made paper mache heads and filled them with runny Jell-O for special effects. The two friends edited the film by simply turning the camera off and on. Two years ago, his best friend found the footage, digitalized it, and gave him a DVD of it for his birthday. [Read more...](#)

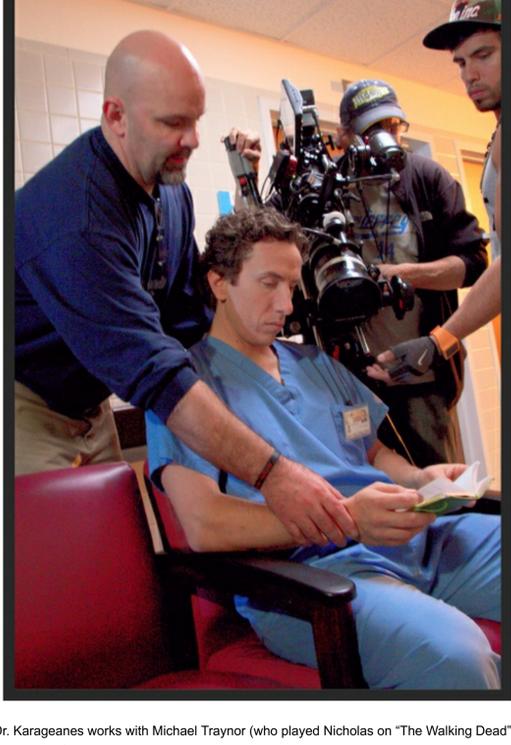


Dr. Karageanes with Elmore Leonard, national best-selling crime author, creator of FX's "Justified," at the Elmore Leonard Film Festival.



Photo Left: Dr. Karageanes on set directing actor Lance Henriksen ("Into the Badlands," "Aliens," "The Terminator")

Photo Right: At the launch of the Athletes and the Arts in May 2013 at the ACSM conference. Pictured are Dr. Karageanes, Amy Yakima (winner "So You Think You Can Dance," star of "Finding Neverland" on Broadway), Kyle Lucia ("Bad Boys of Dance"), Sarah Draugelis (Dance Theater of Harlem, blogger on *Huffington Post*), Jon Batiste (bandleader, "The Late Show with Stephen Colbert"), and Julie Kirchen (Wellness Director, Walt Disney Parks and Resorts).



Dr. Karageanes works with Michael Traynor (who played Nicholas on "The Walking Dead") on the set of "Needlestick."

Rowan SOM Spotlight: Competition for a Good Cause

Written By Sassy Weinstein, SAOASM Chair

Members of the Rowan SOM Sports Medicine Club in Stratford, NJ, have been staying active in this cold weather at their most recent dodgeball tournament held before the holidays. More than 50 students participated in this dangerously competitive and fun event. The funds that were raised and the non-perishable food items that were collected were all then donated to benefit the Food Bank of South Jersey Holiday Food Drive.



VCOM Spotlight: Preparing for the Future

Written By Sassy Weinstein, SAOASM Chair

Last month, 60 members of Edward Via College of Osteopathic Medicine Sports Medicine Club in Blacksburg, VA, were given a tour of the Virginia Tech athletic facilities. At the conclusion of the tour, a fellowship talk was held with four sports medicine fellows: Dr. Call, Dr. Edison, Dr. Rolfs, and Dr. Albrecht. They discussed their background, why they chose sports medicine, what students should be doing now, and what residency/fellowship entails. A Q&A session was held at the end of their presentation. It's never too early to start preparing for our future careers as hopeful sports medicine physicians!



Sports Medicine Examination for Certificate of Added Qualifications Registration: Deadline January 29, 2016

The exam will be held in Tempe, AZ, on May 3, 2016. The final application deadline is January 29, 2016. Please share this information with any of your diplomates interested in Sports Medicine subspecialty certification.

[Click Here for Application](#)

AOASM 2016 Case & Research Submission Deadlines

The Program Committee for the 31st Annual Clinical Conference of the American Osteopathic Academy of Sports Medicine would like to promote the upcoming meeting in Tempe, AZ, at the Tempe Mission Palms Hotel, May 4-7, 2016. Registration and conference details are forthcoming and will be posted on the AOASM website soon.

In the meantime, we would like to formally announce the Case and Research submission deadlines below. Submission forms are located on the [AOASM website](#) and are available now for download.

Case submissions must be received by February 21, 2016, and Research Abstract submissions must be received by February 28, 2016. All submissions must be received at the AOASM Office via email by 10:00 p.m. PST. Submissions received after this deadline will be returned.

If your submission is not selected for podium presentation, we encourage you to present it as a poster during the conference. Further instructions and the AOASM website are located on the [AOASM website](#). When the reviews are complete, we will notify authors of the status for presentation format. Notification emails will confirm the presentation format in late March or early April.

Please contact [Brooke Miller](#), AOASM Meeting Planner, via email with additional questions.

Journal Article Spotlight: Clinical Journal of Sport Medicine



AMSSM Scientific Statement Concerning Viscosupplementation Injections for Knee Osteoarthritis: Importance for Individual Patient Outcomes

Objective: Osteoarthritis (OA) is a disabling disease that produces severe morbidity reducing physical activity. Our position statement on treatment of knee OA with viscosupplementation injection [hyaluronic acid (HA)] versus steroid [intra-articular corticosteroid (IAS)] and placebo

[intra-articular placebo (IAP)] is based on the evaluation of treatment effect by examining the number of subjects within a treatment arm that met the Outcome Measures in Rheumatoid Arthritis Clinical Trials—Osteoarthritis Research Society International (OMERACT-OARSI) criteria, which is different and more relevant than methods used in other reviews which examined if the average change across the treatment groups was clinically different.

Data Sources: We performed a systematic literature search for all relevant articles from 1960 to August 2014 in the MEDLINE, EMBASE, and Cochrane CENTRAL. We performed a network meta-analysis (NMA) of the relevant literature to determine if there is a benefit from HA as compared with IAS and IAP.

Main Results: Eleven articles met the inclusion criteria from the search strategy. On NMA, those subjects receiving HA were 15% and 11% more likely to respond to treatment by the OMERACT-OARSI criteria than those receiving IAS or IAP, respectively (P < 0.05 for both).

Conclusions: In light of the aforementioned results of our NMA, the American Medical Society for Sport Medicine recommends the use of HA for the appropriate patients with knee OA. [Read more...](#)

Journal Article Spotlight: British Journal of Sports Medicine

Electrocardiographic abnormalities in elite high school athletes: comparison to adolescent hypertrophic cardiomyopathy

Background: In athletes, ECG changes from physiological cardiac remodelling are common but can overlap with findings from a pathological disorder. We compared ECG findings in a group of elite high school athletes to a cohort of adolescents with hypertrophic cardiomyopathy (HCM).

Methods/results: We prospectively performed 15-lead ECGs and echocardiograms in 147 elite high school athletes. Student-athlete ECGs were compared in blinded fashion to ECGs of 148 adolescents with HCM of similar age and ethnicity. Standard ECG hypertrophy criteria and established expert opinion guidelines (European Society of Cardiology, ESC and Seattle criteria) were analysed. All student-athletes had normal echocardiograms. Overall, 77/147 (52%) of student-athletes met standard ECG criteria for ventricular hypertrophy compared to 126/148 (85%) adolescents with HCM (p<0.0001). There were 112/148 (76%) adolescents with HCM who had pathological Q-waves, T-wave inversion and/or ST-segment depression compared to 1/147 (1%) athletes (p<0.0001). Most patients with HCM (84%, 124/148) had ≥1 abnormal ECG finding(s) according to Seattle criteria, compared to 1% of student-athletes (2/147). Similarly, 130/148 (88%) patients with HCM met group-2 ESC criteria (abnormal), compared to 36/147 (24%) student-athletes (p<0.0001).

Conclusions: Over 50% of elite high school athletes with echocardiographically confirmed normal hearts satisfied standard voltage criteria for ventricular hypertrophy. Pathological Q-waves, T-wave inversion or ST-segment depression were most helpful in distinguishing adolescents with HCM from normals. Both ESC and Seattle criteria successfully stratified the student-athlete and HCM cohorts, however each had a false-negative rate >10% for the HCM cohort. The Seattle criteria demonstrated a significantly lower false-positive rate (1%) than the ESC criteria (24%). [Read more...](#)

President's Council Call for Award Nominations: Deadline February 1, 2016



PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

Do you know anyone who is leading the charge in promoting fitness, sports, or nutrition? If so, the President's Council on Fitness, Sports, & Nutrition (PCFSN) is pleased to announce that nominations for the PCFSN Community Leadership Awards and Lifetime Achievement Awards are now being accepted.

For more information about the Community Leadership Awards, [click here](#).

For more information about the Lifetime Achievement Awards, [click here](#).

January 15, 2016



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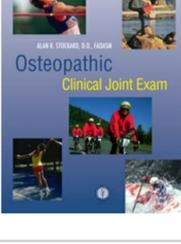
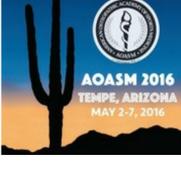
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