**Journal Article Spotlight**

Chicago, IL 60611-2864

142 E. Ontario St.

AMERICAN OSTEOPATHIC ASSOCIATION

Department of Research and Development

Assistant Director of Grants

Apply for an AOA New Investigator Grant to support basic science, clinical, or health services research project.

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**President Letter: Written by John Dougherty, DO, FACOFP, FAOASM, FAODME**

As part of my monthly highlights I wish to draw attention to the growing number of AOASM members who are carrying out important work in the areas of REDS, or the Relative Energy Deficiency in Sport, and the athletes who are affected by it. REDS has been shown to be prevalent in a variety of sports and can affect both male and female athletes.

The effects of REDS on athletic performance include:

- Fatigue (beyond what is normally expected in training and competition)
- Muscle cramps and weakness
- Poor mental concentration
- Increased risk of injury
- Decreased bone density
- Inadequate recovery from training

**Effect on Athletic Performance:**

REDS is important for physicians to identify so that it does not progress into clinical disorder. It is estimated that up to 50% of female athletes can be affected by REDS, with a significantly higher rate in female athletes who participate in sports with high aesthetic and performance demands. It is possible for athletes to lose too much weight for performance or appearance.

An athlete's body composition must be maintained to optimally perform. When athletes don't realize how many calories they burn during workouts, they fail to refuel properly. Meals and snacks need to be sufficient to replace the fuel used by the body and to support recovery.

Reduction in body size to enhance performance has become a common practice in many sports. However, this can be detrimental to athletic performance as well as health. Losing weight to improve appearance can be even more dangerous. Scandalis, DO, FAOASM, initially served as Dean at New York Institute of Technology and annually at the Clinical Conference with a named lecture. AOASM Past President, Tom Jacobs is honored for his contributions to the Academy's strategic plan. Our subcommittees have met and started us down the path to keeping AOASM on the leading edge of the profession. Thank you to all of the Academy's strategic plan. Our subcommittees have met and started us down the path to keeping AOASM on the leading edge of the profession.

**Exercise for the treatment and prevention of low back, pelvic pain, and REDS**

In the December issue of Sidelines, two-minute choreographed music videos were released to help athletes and the arts.

*From the President:*

President for A.T. Still University for both the Kirksville College of Osteopathic Medicine and the College of Osteopathic Medicine in Mesa, Arizona, Dr. Michael Scandalis, DO, FAOASM, will be named the Noorda College of Osteopathic Medicine in Provo, Utah, which will be named the Noorda College of Osteopathic Medicine.

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**OMED19**

**Exam Date Correction**

2019 Examination and Recertification Examination for Subspecialty Certification in Exercise and Sports Science will be held at the AOASM 34th Annual Clinical Conference, as previously stated in the December issue of Sidelines.

**From the President:**

President Letter: Written by John Dougherty, DO, FACOFP, FAOASM, FAODME

**February Updates:**

- Exam Date Correction for the 2019 Examination and Recertification Examination for Subspecialty Certification in Exercise and Sports Science
- Second Vice President of AOASM
- New Investigator Grant
- REDS
- Exercise for the treatment and prevention of low back, pelvic pain, and REDS

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**Sideliners**

2019 AOAAM Conference May 1-4

The Sidelines of Human Sports

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