



The Art of Staying Healthy in Sport

Janet McKeown
MD CCFP DipSports Med

Keeping Healthy

- Illness prevention (colds, diarrhea, flu)
- Nutrition
- Hydration
- Optimal Sleep & Rest
- Seek help early in an illness
- Regular Medical and Dental Exams
- Vaccinations
- Safe Lifestyle (safe sex, avoid recreational drugs, alcohol in moderation)
- Safe supplementation

The Common Cold

- **Symptoms:**
 - Low fever for 1-2 days
 - Sore throat
 - Headache
 - Muscle and joint aches
 - Nasal congestion
 - Cough

The Common Cold: Prevention



Hand Washing

Sleep/Rest



NO Sharing
Water Bottles



Cough into your elbow



Keep your distance
from the ill

?Probiotics

The Common Cold

- **Treatment**

- Rest, drink lots of fluids and eat well

- **Congestion**

- Tylenol Sinus or Tylenol Cold
 - **Pseudoephedrine** is prohibited

- **Cough**

- Robitussin DM cough gels or Robitussin DM syrup

- **Fever**

- Tylenol or Ibuprofen

- Vitamin C

- Zinc Lozenges

The Flu

- **Symptoms:**

- Rapid onset of fever, headaches, muscle and joint aches with cough or gut upset

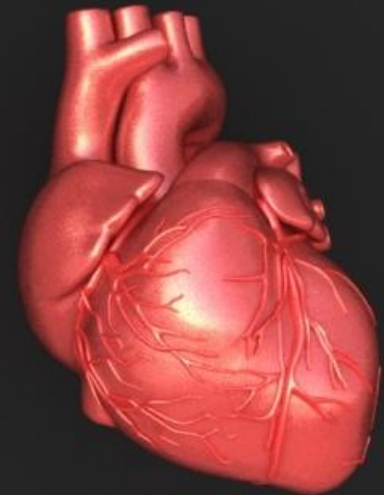
- **Prevention:**

- Annual flu shot
- as per cold prevention

Common Cold & Flu

It's OK to exercise if you don't have a fever.

It's NOT OK to exercise if you have a fever.



Travelers Diarrhea

- **Travelers Diarrhea Prevention**
 - **Hand washing**
 - **Hepatitis A vaccine, Dukoral, Typhoid**
 - **Peptobismol, Florastor**

 - **In developing countries**
 - **“Boil it, cook it, or leave it”**
 - **“If you can peel it, you can eat it”**
 - **Purified or bottled water**
 - **Caution with buffets and seafood**
 - **Avoid street vendors**

Maintaining High Quality Nutrition

- Poor Eating = Poor Foundation
- Great Eating = Solid Foundation

Optimal Sleep and Rest

- Regular Sleep
- Protect your first 3-4 hours of sleep
- Avoid caffeine within 4 hrs of bed time
- Avoid things that keep you up (email, texting, video games, TV)
- Firm Mattress
- Fresh air
- Nap if you need a nap

Hydration

- Affected by:
 - Training
 - Racing
 - Sun
 - Air Temperature
 - Humidity
 - Fluid intake
 - Heat Acclimatization
 - Vomiting/Diarrhea

Hydration & Performance

- Aerobic and cognitive impairment with a fluid loss of 2-3% of body mass
- Strength impairment with fluid loss of 5% of body mass
- Dehydration
 - better tolerated in the cold
 - decreases gut absorption of fluids and electrolytes

Recommended Medical Screening	Frequency	2011	2012	2013
Medical Exam	Yearly			
Dental Exam	1-2 times/year			
Vaccines				
Tetanus and Diptheria *	Every 10 years			
Flu Shot	Yearly			
Measles, Mumps and Rubella * (MMR) (2 vaccines, none needed if born before 1957)				
Chicken Pox Vaccine (x2) or had disease itself				
Hepatitis A	2 in lifetime			
Hepatitis B *	3 in lifetime			
Other travel vaccines given e.g. Typhoid, Yellow Fever, Dukoral				

How will I feel if I have a concussion?

1 or More of the following SYMPTOMS:

- May not remember what happened
- Headache
- “ in a fog”
- Confused
- Feel like vomiting
- Dizzy
- Balance & proprioception is off
- Feel tired
- Irritable
- Noise and light bothers you
- Trouble concentrating
- Trouble remembering

Concussion: Return To Sport Guidelines

1. Physical and Brain **Rest**
2. Return to daily activities without sport (school, work)
3. Light aerobic exercise (eg exercise bike, easy swim)
4. Increase aerobic distance
5. Increase aerobic intensity
6. Sport specific training with drills
7. Full contact training, drills & resistance
8. Return to competition

Use of Supplements

- *Supplements*
 - *Vitamins/protein supplements/caffeine*
 - *A healthy diet is usually all that is needed*
 - *Vitamins Recommended:*
 - *Vitamin D 1000 – 2000 IU/day*
 - *Vitamin C 250 mg/day*
 - *Possibly a multivitamin*

Anabolic Steroid Side Effects:

- Not following “Fair Play”
- Males: shrunken testes & sperm count, breasts, reduced sex drive
- Females: deep voice, face/body hair
- Psychosis & Suicide attempts
- Acne
- Baldness
- Heart Attack and Stroke
- Insomnia

Safe Lifestyle

- Safe Sex
- Avoid Recreational Drug Use
- Alcohol in Moderation (if you are 19 or older!)

Purposeful Discipline

Take Ownership of your Health

- Keep track of when the following are due:
 - Medical Exams
 - Screening Blood Work
 - Dental Exams
 - Vaccines
 - Follow sport specific monitoring programs