

# NHMI NEWS



New Hampshire  
Musculoskeletal Institute



The newsletter for supporters of NHMI and Safe Sports Network

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## THANKS TO YOU, CAITLYN IS LIVING HER DREAM.

The star of this year's Safe Sports Network video, Caitlyn Petro, **told us her dream** was to play lacrosse for a Division 1 college. Over the past year, she's been doing great in school (3.79 GPA!) and on the field. Last summer, she was selected for the Brine All American showcase in Virginia. She was one of only 40 girls there (out of the over 900!) selected to play in the Brine All Star game. Impressive! The coaches at perennial Top 25 UMass Amherst think so too! Caitlyn has officially committed to UMass Amherst for the 2016/2017 school year...**realizing that dream!** What's next? Caitlyn's dream also includes winning an NCAA National Championship on her way to an engineering degree. Stay tuned!



What did you have to do with this? Just ask Caitlyn's dad Carmen. He'll tell you "Caitlyn's dreams did not get derailed" because you made sure she had the care she needed for her concussion. On behalf of Caitlyn and all of the young athletes you keep safe and thriving, thank you!

As a junior lacrosse player at Memorial High School, Caitlyn Petro, suffered a significant concussion. Caitlyn had the crucial care she needed for that injury because of your support. She has now officially committed to play lacrosse at UMass Amherst (a top Division 1 team) beginning with the 2016-2017 school year! You can hear Caitlyn and her family tell their story and learn what a difference your support made when Caitlyn got hurt. Visit [www.nhmi.net](http://www.nhmi.net) and scroll down to Caitlyn's picture to link to the video.



Donors Kept Caitlyn's Dreams on Track!

## HELP OTHER YOUNG ATHLETES SAFELY REACH THEIR POTENTIAL!

Donate at [www.nhmi.net](http://www.nhmi.net) or return the enclosed donation envelope.

# SAFER ATHLETES

## SPORTS SAFETY “FIRE” DRILLS

Sudden cardiac arrest is a life or death emergency. Your support is shifting the balance toward life.

An athlete collapses unconscious on the field. It's Sudden Cardiac Arrest, the leading cause of death among young athletes. What happens in the next 10 minutes is literally the difference between life and death. Your donations shift the balance toward life by ensuring teams have the right emergency skills, equipment and plans.

This year, teams are actually holding drills to help them practice their emergency response.



In this surprise drill, Bedford field hockey athletes and coach practice their Emergency Action Plan under the watchful eye of Safe Sports Director Amy Hollingworth.

The drills work like this: A manikin is placed on the playing surface and someone shouts, “Someone has collapsed. We need help!” At this moment, the team’s Emergency Action Plan goes into effect. Students and coaches provide care and use an AED training device as if this were a real arrest situation. After the drill, teams debrief to go over results of the exercise and identify areas that need improvement. Amy Hollingworth, Director of the Safe Sports Network, says these drills

have been very well-received. “Coaches and teams have really taken this seriously. Everyone is working together to ensure the best care for their teammates,” notes Hollingworth.

Hollingworth adds, “Having an AED retrieval team, a CPR/AED team to initiate care and a 911 team to call for help and direct emergency responders to the scene are important steps. Earlier in the season, coaches should have already assigned those emergency roles to their athletes. But creating the plans and response team is only the first step. Doing a practice drill is the best way to test a response team’s readiness.”

Eric Gelinas, Safe Sports Athletic Trainer at Bedford High School, comments about the value of these drills, “All of our teams and venues have specific needs and challenges that need to be addressed when it comes to an emergency situation. These drills have helped each team to identify and work through those.”

Sudden Cardiac Arrest (SCA) is a medical condition that causes between 100-150 deaths a year among young athletes. In more than 50% of SCA cases, death is the first sign of a problem. SCA survival is reduced by 10% for every minute of delay in care. Having an AED on premises can help increase chances

*“What happens in the next 10 minutes [after Sudden Cardiac Arrest] is literally the difference between life and death.”*

- Amy Hollingworth  
Safe Sports Director



Football players have assignments. Run a route. Block the linebacker. Call 911 and administer lifesaving skills when a teammate needs help. Drills like this one at Bishop Brady keep everyone ready for emergencies.

of survival. However, having an AED onsite without an established and practiced protocol can end in tragedy. Planning is paramount for a successful outcome when SCA occurs. Donors make it possible for schools, leagues, coaches and athletes at every level to ensure an injured/ill player gets definitive care as quickly as possible.



Michael Abt, 12, died just feet away from his school's AED because there was no plan. Please consider donating today to ensure young athletes have this essential care.

If you believe that sports are an important part of preparing kids for the future, please visit [www.nhmi.net](http://www.nhmi.net) to donate today. Help keep kids safe and thriving on their path to their full potential!

# BECAUSE OF YOU



Are our young athletes safe?  
You can help ensure the answer is *yes!*

**COACHES** - CPR/AED, Tuesday, November 17.

**PARENTS** – Learn about concussions while your child completes baseline testing Saturday, November 21.

**ATHLETES**

- FREE Sports Physicals, Wed., November 18, 5:30-7 pm.
- Athletes Saving Athletes™, Thur., November 19.
- Concussion Baseline Testing, Sat., November 21.

Safe Sports Network is dedicated to youth sports safety.

Call us to sign up for the event that's best for you:

603 627-9728

Amy@nhmi.net | www.nhmi.net

**JOIN WITH THESE SPONSORS TO KEEP YOUNG ATHLETES SAFE.**

Donate now at [www.nhmi.net](http://www.nhmi.net) or use the enclosed envelope.

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# THANK YOU

## YOUR DONATIONS ARE SPREADING A SAFETY NET UNDER YOUNG ATHLETES

Education, Safety Equipment and Appropriate Personnel Made the Difference for Thomas

For many years, donors like you have been closing gaps for young injured athletes. This preseason, your efforts made a difference for Thomas J. Tom, a high school football player, was one of 80 football players on the Memorial field on the first day of practice. Temperatures were well into the 90s...much hotter on the artificial turf field. Safe Sports Athletic Trainer Samantha Desmarais was at practice to make

sure the players were safe. Two kids with Athletes Saving Athletes™ (ASA) training were also there. Their ASA class had taught them the signs of heat stroke and they understood it could be fatal. So they noticed that Tom didn't seem well. The class had also taught them to tell someone when a teammate showed those signs. So they didn't hesitate to let Sam know.

Those ASA athletes helped Sam move Tom into the ice tub on the sidelines. Without the ASA athletes' prompt warning and appropriate care in the ice tub, this early heat stroke incident would have been MUCH worse. "Research on healthy young athletes shows that there's nothing more important than immediate cooling by ice water immersion," explains Sam Desmarais. "It's not a pleasant image, but you just have to stop their organs from cooking from the inside out. Unchecked heat stroke can easily kill an athlete by causing multiple organ failure." The ambulance arrived and transported the already-cooling athlete to the hospital. He was treated with further cooling and fluids, then released. Tom had mild kidney damage. He was able to return to football safely after about a week and a half.

Education, emergency planning and appropriate personnel on hand meant Tom was cooled in time to limit the impact of this potentially-fatal condition. YOUR support made that happen.



**Urgent cooling is the key to preventing heat stroke deaths in young athletes. Your donations meant that Tom J. had a certified athletic trainer, peers trained by the Athletes Saving Athletes™ program and an ice bath when he needed it.**

Harvard Pilgrim Health Care is the primary sponsor for the Safe Sports Network Athletes Saving Athletes™ program. **THANKS to Harvard Pilgrim Health Care, 300 athletes from nine area high schools have received this training over the past 14 months.** Athletes Saving Athletes™ is the signature program of Advocates for Injured Athletes™, a foundation launched in 2010 in response to a life-threatening injury sustained by co-founder, and then high school lacrosse player, Tommy Mallon. Advocates for Injured Athletes™ mission is to promote sports safety and to provide essential support, education and resources to help keep student athletes safe. Advocates for Injured Athletes™ is a nonprofit 501(C)(3) charitable organization.

### TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

- 1. TRUE OR FALSE:**  
Athletes should use protein and other supplements to be sure they're ready for sports.
- 2. TRUE OR FALSE:**  
Athletes probably need to eat more calories than their non-athlete peers.
- 3. TRUE OR FALSE:**  
The spread of infections from one team member to another is rare.

ANSWERS

1. False. The best way to fuel the body for sports is to eat a healthy diet. Supplements may not make the difference athletes are seeking - and they have the potential to be dangerous and even fatal for certain athletes. Also keep in mind that there's no guarantee that the ingredients on the label are actually what's in the bottle!

True. Athletes need to be sure to get enough calories. Consider a high school female athlete whose body burns 1800-2000 calories just to breathe. Walking around school followed by after-school practice may burn another 1000 calories or more. That means just to maintain body weight that athlete needs to eat 2800-3000 calories per day. Eating less than that means the tank is empty when the athlete needs fuel. Not only will that negatively impact performance, it can endanger the athlete's welfare.

False! In fact, it's fairly common for viral, fungal and bacterial infections to spread quickly through teams. A little planning ahead, though, can prevent all of that. Be sure your athletes have their own water bottles and that they don't share shoes, clothing or athletic equipment (including/especially mouth guards!!).

NH Musculoskeletal Institute  
35 Kosciuszko Street  
Manchester, NH 03101  
(603) 627-9728  
[www.nhmi.net](http://www.nhmi.net)

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