

NHMI NEWS

The newsletter for supporters of NHMI and Safe Sports Network



Winter 2018, Volume 24, No. 3

YOUR DONATIONS IN ACTION

You and the other members of the Safe Sports Donor Team
made a difference for Kyle!



REMEMBER KYLE?

Kyle Indingaro was featured in the 2014 Safe Sports Social video after he dislocated one shoulder playing football and the other shoulder playing baseball. Support from donors like you meant Kyle had the crucial care he needed to fight through that time with courage and resilience. He is still thankful as he's working his way to a degree in civil engineering on his way to his dream of being a Disney Imagineer. As you can see at right, he is already making progress!



You can watch Kyle's story on video at this link: vimeo.com/102759397

WILL YOU TELL TWO FRIENDS?

The Safe Sports Network drop-in clinic is staffed with licensed sports medicine professionals and open year-round for concussion and other sports injuries.



Because of your generosity, young athletes can receive professional sports medicine care right here in greater Manchester. There's no doubt that the more people know about Safe Sports, the more kids will get the care they need. **Will you help spread the word?**

YOUR DOLLARS AT WORK

You helped kids in August with:

- **1,368** hours of onsite staffing
- **2,205** treatments provided
- **184** new injuries evaluated
- **\$69,077** value of free care to kids

Watch your mail for the Safe Sports Annual Appeal for your opportunity to recommit to our kids.

SAFER ATHLETES

DRINKING ADVICE

NOT THAT KIND OF DRINKING! Staying hydrated safely.

IF YOU'VE BEEN AROUND A WHILE, no doubt you've heard a lot of advice about how much an athlete should drink during activity. Sometimes the advice is related to performance. Sometimes the advice is related to safety. But there has been lots of it. There has been global recognition of a negative effect of some of that advice. That is an increase in exercise-associated hyponatremia, a condition related to overconsumption of fluids, that can be fatal.

“ There is still some controversy about the best approach to sports hydration, but most experts agree that an athlete should never drink so much that weight is gained during activity. ”



Like many things in life, when it comes to hydration, balance is key. Too little can cause a problem. Too much can cause another problem.

What is the advice in 2018?

- There is good evidence that dehydration of 2% or more of body mass can interfere with thermal regulatory function, increase cardiovascular strain and impair exercise performance.
- Drinking guided by thirst alone may be enough for exercise less than 90 minutes in duration, exercise in cooler conditions and lower intensity exercise.
- Planned drinking that is drinking on a schedule regardless of thirst, may be appropriate for activities longer than 90 minutes, especially in high heat-stress conditions and higher intensity exercise especially in athletes with high sweat rates.
- There is still some controversy about the best approach to sports hydration, but most experts agree that an athlete should never drink so much that weight is gained during activity.

As a Safe Sports donor, you make it possible for coaches and young athletes to have sports medicine experts on hand at their schools. Staff can provide information on hydration, nutrition, injury prevention and recovery, and all-around sports safety.



Save the Date:
The 7th Annual Safe Sports Social
will be held on
Wednesday, March 20, 2019.

BECAUSE OF YOU



JOIN US FOR A WEEK OF FREE EVENTS



- Nov. 13th **Nutrition for Performance & Health** 6-7 pm
Nov. 15th **CPR/AED Training for Coaches** 5:30-7:30 pm
Nov. 17th **Concussion Baseline Testing** 10 am-2 pm
Nov. 10-17 **Sports Physicals** All week by appointment

ALL EVENTS REQUIRE PRE-REGISTRATION

Visit safesportsnetwork.org, Facebook.com/SafeSports or Call (603) 627-9728
Events location: Safe Sports Network, 35 Kosciuszko St, Manchester

These sponsors make Youth Sports Safety Week possible.



COUNT US IN



4 ways you can help keep kids safer right now.

AmazonSmile Shopping

*THE HOLIDAYS
ARE COMING!*

Keep kids safer as you shop!

[smile.amazon.com/ch/
02-0471046](http://smile.amazon.com/ch/02-0471046)

Granite United Way

Provide our tax ID number during your company's United Way drive this fall.

ID # 02-0471046

Shuffle or Volunteer

Register for the Santa Shuffle (even if you don't run, walking Elm St. in a Santa suit is fun!) and encourage your friends to support your cause.

[millenniumrunning.com/
santa](http://millenniumrunning.com/santa)

Sponsor the 2019 Social

Win-win. Keep kids safer and market your business.

Email or call
laura@nhmi.net
603-627-9728

THANK YOU!

DONOR SPOTLIGHT: NEW HAMPSHIRE ORTHOPAEDIC CENTER

NHOC's commitment to keeping kids safer shows: they've just signed on for their seventh year as the title sponsor for the Safe Sports Social.

What is the focus of your work/business?

The New Hampshire Orthopaedic Center provides a full range of orthopedic care throughout Southern New Hampshire. We have several physicians and physician assistants who are experts in sports medicine.

How do Safe Sports Network's mission align with NHOC's?

NHOC is deeply involved in our communities serving as team physicians for high school, college and professional sports. Safe Sports Network's mission to keep young athletes as safe as possible is one that we are thrilled to be involved in.

What do you see as Safe Sports Network's most important contribution to our kids?

The Safe Sports Network's commitment to emergency preparation may be the most important element of their comprehensive program. The development of emergency action plans, emergency response crews for each sports team and the drop-the-dummy drills combine to offer a safety net so kids are less likely to fall through the cracks.

“The Safe Sports Network's commitment to emergency planning and preparation may be the most important element of their comprehensive program.”



Heather Killie, MD, is a physician partner of NHOC. This past March she took the podium at the Social to share her perspective on the importance of Safe Sports Network for our children.

What factors were important in NHOC's decision to become a Safe Sports sponsor?

Our kids are our next generation and keeping them safe while they become hard-working, responsible adults is a very worthy cause. Participation in sports can provide kids with the tools they need to succeed in life. We are thrilled to be part of that effort as sponsors and as team physicians.

TEST YOUR SPORTS MEDICINE KNOWLEDGE!

Do you know the answers to these questions?

1. **TRUE OR FALSE:**
Fainting during athletic activities may indicate a serious underlying cardiac issue.
2. **TRUE OR FALSE:**
Children with diabetes should avoid sports participation.
3. **TRUE OR FALSE:**
Muscle cramps are caused by dehydration.

**Contact Amy@nhmi.net
or call 603-627-9728
for more information on these
or other sports medicine topics.**

1. **True.** It is important to recognize exercise-related syncope (a.k.a. fainting during exercise) as a sign of a potentially-fatal cardiac disorder. It is imperative that an athlete who faints during activity be examined by someone who is knowledgeable about sports cardiology.
2. **False.** Exercise offers the same benefits for children with diabetes as it does for other children: strengthening bones and muscles, improving coordination, balance and agility and reducing the risk of heart disease. Exercise can also help children reach and maintain a healthy weight and improve the body's response to insulin which can help maintain blood sugar in a healthier range. However, it is important that care be taken to manage the special concerns of diabetes including proactive communication with the child's doctor, regular blood sugar testing and ensuring that sports medicine staff and coaches are aware.
3. **False.** Scientific evidence suggests that muscle cramping is more likely related to neuromuscular fatigue.

ANSWERS

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www.safesportsnetwork.org

THANK YOU TO OUR FOUNDATION SPONSORS

