



**IWF MEDICAL COMMITTEE
ANNUAL REPORT
Bucharest, Romania – 12th June 2009**

Dear President, Dear General Secretary,
Colleagues,

On behalf of the Medical Committee consisting of: Dr. Hasan Akkus (TUR), Dr. Michael Irani (GBR), Dr. Asghar Shahabi (IRI), Dr. Jaroslaw Krzywanski (POL), Dr. Richard Herrick (USA), Dr. Dogan Atlihan (TUR), Dr. Parameth Ladpli (THA), Dr. Wing Yuk Ip (HKG), Dr. Lisimoni Kami (TGA), Dr. Maria Dolores Rubio (ESP), Dr. Carmelo Ciotta (ITA)

Guests: Dr Bernd Dörr, Dr. Tamas Ajan (IWF), Mr. Ma, Ms. Wang, Dr. Shimon Barak (ISR), Dr. Marta Baroga, Dr Monika Ungar (IWF), Mr Nicu Vlad

Opening of the Meeting

The Chairman, Dr. Akkus, welcomed all participants

1. Greetings by the IWF President and General Secretary

IWF President Dr Aján welcomed all participants and introduced the guests.

Dr. Aján pointed out that Dr. Akkus's approach is highly appreciated and expressed that the presence of former MC Chairman and international sports medicine expert, Dr. Barak and the presence of Dr. Dörr are necessary for the outstanding work of the Medical Committee. Dr. Aján thanked the MC Chairman for his approval of the post and added that it is important for the MC to concentrate on medical matters as much as on doping-related issues, with the support of IWF President and General Secretary.

Mr. Ma addressed the MC and expressed his will to help cooperation and coordination within the Weightlifting family.

2. Greeting by the Romanian WF President

Mr. Vlad welcomed the MC members on behalf of the Romanian Organizing Committee and gave information on the competition.

3. Information by the Organizers on the medical care

Information was given on the local medical care and scheduling of visit of medical facilities.

4. Roll Call (Practical matters regarding the MC meeting)

Please see the roll call above.

Former Chairman of the MC, Dr. Barak was invited to the meeting to give information about the former MC and has been invited to the WC in Korea to present a summary of the last four years of work, including the data collected and the research done.

5. Appointment of the Committee Secretary

Dr Ungar was selected to be the MC's Secretary.

6. Changes of the criteria to obtain Therapeutic Use Exemptions:

TUE changed since the entry into force of the new WADA Code on the 1st January 2009: new TUE form and new form of Declaration of Use have been introduced.

The importance of the International Registered Testing Pool was raised and suggestions are made regarding the TUE form and the IWF Declaration form.

The MC discussed strategies for blood testing – HGH – and the Committee will elaborate a testing plan to help the IWF Anti-Doping Program.

7. Introduction of the Chairman and the Members

- Dr. Herrick – orthopedic surgeon, hands and feet specialist –university professor, Masters Athlete, has worked with PanAm Weightlifting since 1978, former MC Chairman of PanAm and USA Weightlifting;
- Dr. Rubio – has worked in Weightlifting since 1987, specialist in sports medicine and member of the European and the Spanish Weightlifting Federation's Medical Committee, dealing with nutrition problems. Working with the European Commission on the Mediterranean diet. Currently working on a book on sport specific medical problems;
- Dr. Cistari - specialist in sports medicine, DCO at PanAm, works for the MC of the WF of Argentina;
- Dr. Krzywanski – POL WF MC Member for 15 years, POL NOC MC member, since 2000, EWF MC member, IWF MC member since 2006. Specializes in internal medicine, sports medicine and works for national center of medicine in Warsaw;
- Dr. Dogan – orthopedic surgeon, specializes in sports medicine, member of TUR WF MC;
- Dr. Akkus – university professor – Chairman of the department of coaching education. Chairman of main science of coaching education of the medical sciences institute. Weightlifter than younger Athletes' coach and a long-time member of the IWF family.

8. Elaboration of the four-year working plan

(The new IWF rules concerning the Doctors on Duty and the First Aid Rooms – ratified at the Madrid Congress (31/03/2009))

A list of suggestions was given to the Chairman as to improve the working plan.

Local medical care during competitions:

This is a recurrent problem with Organizing Committees (except at the 2009 Junior WC). Suggestion was made that MC appoints a doctor to contact the Organizing Committee to coordinate ahead of time and make sure that the minimum medical requirements are met.

Food/meals at competitions:

In the past years the quality and quantity have been improved however attention needs to be paid to this aspect as well.

Injury report:

A doctor is appointed to work on data and statistics and make public what happens and what does not happen in Weightlifting. The question whether data about senior Lifters' injuries during training should be collected was raised: to be discussed at the next MC meeting.

Suggestion was made to have a joint meeting with the CRC regarding the youth and junior Athletes, medical conditions, female Lifters in particular, and to keep collecting data and continue research.

Regarding the local doctors and DoDs, a good cooperation had been established and it was suggested to keep the coordination to work on the competition.

MC will soon finalize the next four-year plan.

Topics:

- Preparation of a guide for Athletes and Coaches to prevent injuries;
- Blood sampling for doping control;
- Standardization and checking of hygienic condition in competition areas, hotels, restaurants etc.;
- Improving the working conditions of DoDs;
- Working to have an additional chapter in the constitution regarding the minimum medical requirements, standards for first aid, medical care and facilities, hygienic conditions of food and water etc. If a rule is to be established it has to be approved by the IWF Congress and Executive Board and enforced by the MC.

The MC agreed to keep working on the four-year plan and discussing it again at the next MC meeting in Goyang, Korea.

Dr. Ungar submitted a few points to the MC and gave information on doping control during the upcoming JWC. She requested help in elaborating the best medical plan for blood testing in doping control, to make sure that the IWF is efficient.

Dr. Akkus made a comment about OOC controls in Europe in comparison to other continents.

Dr. Ungar expressed that his proposal is possible.

Appointment of Doctors on Duty:

As these doctors are professional medical experts and busy at their home countries, appointment of DODs in two groups (2 by 2) should be considered and also to hold the MC meeting in the middle of the competition days.

These topics will be on the next MC meeting's agenda.

Tasks and responsibilities of the Doctors on Duty:

As the MC has been dealing with this issue for many years, the question whether a DOD can stop an Athlete from competing if he thinks it is a high risk for his/her health was raised. No solution has been elaborated since the DoDs cannot take the responsibility of stopping the competition for an Athlete in case he/she or his/her team doctor/coach allows him/her to go back on stage.

9. MC Members' badge

The MC Members will receive a red badge along with all MC Members who work as TOs on the competition field.

10. Any other matter

Information was given on the doping control to take place at the JWC and the Chairman and MC Members decided that medical visit will be done the following Monday.

MC thanked former MC Members and especially former Chairman for contributing great effort for past four years.

The MC Members are satisfied with the outcome of the first MC meeting in the 2009-2012 term and will keep working jointly and strongly for a better medical support and expertise of the IWF.

Additional information:

Chairman and two doctors went to competition area for checking medical facilities with a local doctor. They visited and checked medical rooms, ambulance, and DoD tables located at competition and warm up areas. Group Members declared that medical facilities and vehicles are sufficient and in proper condition.

As chairman of the MC I highly appreciate the efforts and contribution made by my MC Members.

Regards,

Dr Hasan Akkus
MC Chairman