



**IWF MEDICAL COMMITTEE
ANNUAL REPORT
Wroclaw, Poland – 16th October 2013**

Dear President, Dear General Secretary,

Colleagues,

On behalf of the Medical Committee which membership consist of: Dr Dominik Dörr (GER), Dr Richard Herrick (USA), Dr Dogan Atlihan (TUR), Dr Parameth Ladpli (THA), Dr Wing Yuk Ip (HKG), Dr Lisimoni Kami (TGA), Dr Robert Smigielski (POL), Dr Maria Dolores Rubio (ESP), Dr Carmelo Giotta (ITA), Dr Alexander Petrov (RUS), it is my honour to present to you the work of the Committee for 2013 activities.

MC Chairman welcomed all the present members and presented them.

The members unanimously accepted the last meeting's minutes held in Guatemala.

1. Discussion about the rationalization of Continental Medical Committees:

Chairman encouraged IWF MC Members to get involved with Continental with a focus on PanAm WF and Asian WF.

In order to have a two way communication, the Members proposed to send the IWF MC minutes to all continental MCs. IWF I also asking for all continental MC's minutes of all their meetings in order to review and monitor them.

2. MC's governance issued were discussed.

3. MC discussed its development program:

Set up of medical courses, IWF development program 2014 (subject to be covered: medical knowledge of the coaches with special regard to emergency/immediate care, the questions of pre-hospital care and stabilization, injury prevention), Emergency care, Pre-hospital care, Maintenance/Injury prevention and Information Resource.

4. Discussion about the weightlifting equipment:

MC discussed the matters regarding Medical Emergency Equipment

Use conditions are discussed along with the persons in charge. The kit shall be included in the Event package, Continentals Federations are advised to prepare the same.

5. MC discussed about approved supplements for Athletes' nutrition:

Some products even tested cannot avoid cross contamination thus the MC whose main goal is to protect the Athletes, shall communicate the message as follows to the athletes: "you can perform well without supplements". MC will suggest a list of supplements that are not for use.

6. MC discussed of Liaison with Anti Doping Control by Dr. Patrick Schamasch:

And received an update on the future work of the ADC.

7. **Any other matter:**

- a. Treatment with Testosterone (Dehydrochloromethyltestosterone)
- b. IWF rules regarding the Certificate on Doctor on Duty.
- c. Uniform
- d. IWF Policy Female Hyperandrogenism – to be discussed at the next meeting.
- e. Selection of Doctors on Duty:
- f. Update on Injury and Injury Management – to have a point on every Agenda for injury.

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

Regards,

Dr Michael Irani (GBR)

MC Chairman