

## IV. International Sport medicine congress (ISMIC)

25. May 2021

### PROGRAM

After completing the [REGISTRATION](#) and subsequent [LOGIN](#), you will receive a link to your email, through which you will get to the virtual halls. 3<sup>th</sup> virtual hall is already active today.

International CME credits are allocated for doctors, physiotherapists and paramedics.

Replay will be available for registered users only. Registration is free of charge and need to be done before 31. August 2021. **You can register [here](#)**

#### TUESDAY - 25.05.2021 - ROOM 1

##### Session I. from 9:00 ANTI-DOPING

**Chairman:** Janka Tuhá **Sport administrator:** Anastasia Kuzminová, olympic winner

**Doc. Milan Sedliak PhD.:** [ABC food supplements for athletes – new classification](#),  
FTVŠ Comenius University, Bratislava, 15min

**Ing. Tomáš Pagáč, PhD., PaedDr. Žaneta Csaderová, PhD.:** [List od prohibited drugs 2021](#),  
Anti-doping agency SR, 15min

**PaedDr. Žaneta Csaderová, PhD.:** [Anti-doping rules Tokio 2021](#),  
direcetor Anti-doping agency SR, 10min

**PharmDr. Kamila Chomaničová:** [The most often used drugs, that contain prohibited substances.](#), Faculty  
of pharmacology UK Bratislava, 15min

**MUDr. Boris Bajer, PhD.:** [Sport endocrinology: Athletes and hormones. Is there any difference from non-athletes?](#), Center for nutrition and training. Bratislava, 15min

**PharmDr. Peter Matejka, PhD.:** [Topical anti-inflammatory treatment of acute pain of musculo-skeletal system](#), Director and Consultant of FaF pharmacy UK Bratislava, Coordinator for campains and projects SLeK a Fa FUK focused on cardiovascular diseases., 45min

Discussion

**12.00 – 13.00 LUNCH + video**

## SESSION II. 13.00 – 14.55 Nutrition, Supplements, pain

**Chairman:** MUDr. Matej Handžák

**Administrator of art:** Zuzana Smatanová, singer

**MUDr. Vladimír Michálek, MBA, MUDr. Alexandra Michálková:** HA1 MSM – A longterm solution for painful joints not for athletes only, orthopaedics surgeon, TrioPharma, 15min

**Doc.PhDr.Michal Botek, PhD., Mgr.Michal Valenta, RNDr. Jakub Krejčí PhD., Dr.Deepesh Khana:** Ergogenics effect on soccer players of molecular hydrogen during intermittent running, 15min

**Mgr. Michal Valenta, Doc.PhDr.Michal Botek, PhD, RNDr. Jakub Krejčí PhD, Barbora Sládečková, Markéta Šinclová:** Influence of molecular hydrogen water supplementantion on performance and course of regeneration after 5k run, 10min

**MUDr. Pavel Malovič, PhD., MPH:** Molecular hydrogen as an alternative method for local anti-flogistic therapy, Sport medicine doctor , UNITED CLINIC s.r.o. , 10min

**Mgr. Michaela Bednáriková:** Pain and its psychological aspects in sport, psychologist, SASP – FEPSAC, 15min

**Mgr. Pavla Rybová:** Scoliotic posture – the most often client for podiatrists. SUBTITLE: the biomechanic consequences of a scoliotic gait and its most frequent pain related aspects of musculo-skeletal system, Liberec, 15min

Discussion (80) 25 +10

## SESSION III. 15.15 – 16.50 Law

**Chairman:** MUDr. Mgr. Andrea Švrčková, MHA

**Sport administrator:** Danka Barteková , olympic winner

**JUDr. Ivan Humeník:** In-between law and psychology: Dangerous topics for communication between a patient and doctor and its legal impact., lawyer, h&h PARTNERS, Košice 15 min

**JUDr. Zuzana Dolinková:** president of Confederation of clinics providers (ZAP), Bratislava

**Marek Bednárík:** Securing of mass events administered by SZLH during COVID pandemic, Security manager Slovak Ice Hockey Federation, 15 min

**Mgr. Ján Vido – AED for public citizens, Slovak register of AED,** Manager for AED, Operating centre of paramedics. SR Bratislava, 10min

**Mgr. Zdenko Seneši:** Rights and responsibilities of health care providers, Solicitor`s company ŠKODLER & PARTNERS, s.r.o., 15 min

Diskusia (55) 30+10

## Session IV. 17.10 - 19.20 TRAUMATOLOGY a ORTOPAEDICS

**Chairman:** MUDr. Andrey Švec, PhD., MPH

**Administrator of art:** Laci Strike, dancer

**MUDr. Peter Klein, MBA:** Athlete`s foot from orthopaedic surgeon`s perspective, ortopaedics dept Prešov, 15min

**MUDr. Martin Lajoš:** Difficulties of acute treatment of athletes in ice arena, Traumatology dept. Poprad, 15 min

**MUDr. Andrey Švec, PhD., MPH:** Sport as a tool for invalidity, I. ortopaedics-traumatology LF UK, SZU a UNBA, 15min

**MUDr. Ján Grauzel:** Athletes knee – menisco- ligamnetous treatment, Sportclinic Bratislava, 15min

**MUDr. Juraj Popluhár, PhD., MBA :** Treatment of less frequent injuries in athletes. Paediatrics orthopaedics and spinal dept FNŠP Žilina 15min

**MUDr. Mgr. Maroš Varga, MHA, J.Perduk, M.Mitro :** Hip arthroscopy in athletes, Lead consultant, Šport-artro center, Agel hospital, Košice- Šaca a.s, 15min

Discussion (90) 30 + 10

## SESSION V. 19.40 – 21.40 NEUROSCIENCE

**Chairman:** Adam Truhlář

**Administrator of art:** Mário Kollár alias KULY, singer

**Adam Truhlář:** An insight into an athletes brain. Psychology and cognitive neuroscience of sport performance . Sport psychologists and tennis coach, focused on neuroscience

**Ing. Mgr. Peter Kuračka, ACC :** Right set up? Thoughts and emotions during high performance , Sport psychologist and mental coach for athletes, 15min

**Mgr. Janette Šimková:** Mental performance vs Mental rest, life and mental coach, Bratislava, lifekoucing.sk 15min



**We put us through videoconference to main sport doctors of Ice Hockey World Championship in RIGA, members of Medical Committee of International Ice Hockey Federation IIHF.**

**MUDr. Beat Viliger:** SUI online, IIHF Medical Committee,

**MUDr. Marku Tuominen:** FIN online, IIHF Medical Committee

### **A word for conclusion:**

**Mgr. Ivan Husár:** Secretary of State for The Ministry of Education, Science, Research and Sport of the SVK

**Anton Siekel:** president of Slovak Olympic and Sport Committee (SOSC)

**Ing. Vladimír Baluška:** director of National Sport Centre (NSC)

**MUDr. Marián Kollár:** president of Slovak Medical Chamber (SMCH)

**MUDr. Mgr. Andrea Švrčková, MHA:** ISMC executive director

Discussion (90) + 20 + 10

## Tuesday - 25.05.2021 - Room 2

### Session I. Session for Olympians only from 10.30 – 12.45

**Chairman:** MUDr. Roman FANO

**Sport administrator:** Elena Kaliská, Olympians, water slalom

**Roman Buček:** Summer Olympic games - SOG, Tokyo 2020,  
Head of SOC team at SOG 2020, Sport director of SOC

**MUDr. Roman Fano:** Medical securing of Slovak Olympic team SOG Tokyo 2020,  
Main team doctor for SOC at SOG Tokyo 2020, President of SOC Medical Committee , ortopaedic surgeon

**MUDr. Ivan Macek:** Epidemiological situation in Japan,  
epidemiologist and infectiologist, member of LK SOŠV

**MUDr. JUDr. Daniela Doležalová, MPH:** Anti Covid measure in Tokyo during SOG 2020,  
Covid licence officer for SOC at SOG

**JUDr. Patrik Hrbek:** Application of article 40 and 50 of Olympic charter

**PaedDr. Žaneta Csaderová, PhD.:** Antidoping rules at SOG 2020,  
director of Antidoping agency SR

**MUDr. Katarína Bergendiová, PhD.:** PostCOVID a sport,  
clinical imunologist and alergologist – consultant, head of dept. Imunovital, Bratislava

### Session II. 13.15 – 15.15 Sport medicine

**Chairman:** prof. MUDr. Dušan Hamar, PhD

**Administrator of art:** Mirka Miškechová, singer

**MUDr. Marek Orlovský,** Telemedicine – application in ortopaedics , traumatology and physiotherapy.  
During COVID 19 pandemic, Dept of orthopaedics and traumatology UVN SNP v Ružomberku, 15min

**Patrik Kmeč:** Remote management of athlete`s health, co-founder Hilbi, Bratislava, 15min

**prof. MUDr. Dušan Hamar, PhD.:** Isocinetic bicykle erogmeter at sport medicine,  
FTVŠ Bratislava, 20min

**MUDr. Katarína Bergendiová, PhD., :** Athletes after COVID infection,  
clinical imunologist and alergologist – consultant, head of dept. Imunovital, Bratislava

**MUDr. Boris Bajer, PhD.:** Portable ultrasnoud in sport medicine and physiothrapy , practice with athlete  
on field, Center for nutrition and training. Bratislava, 15min

**MUDr. Lucia Knappková, PhD.:** Return to sport after Covid-19 infection, what to look at end to take into  
account?, sport medicine doctor, Bratislava, 10min

Discussion (90) + 20 + 10

### Session III. 15.30 - 17.30 Physiotherapy

**Chairman:** Mgr. Andrej Foltýn

**Administrator of art:** Samuel Tomeček, singer

**MUDr. Paula Drabiščáková, Prof. MUDr. Jozef Záhumenský, PhD:** Effect of sport activity before pregnancy on risk of fall during pregnancy. II. Obstetrics and gynaecology dept. LF UK a UNB Bratislava, 15min

**Doc. MUDr. Miroslav Tichý, CSc.:** Effect of dysfunction of inner organs on function of musculo-skeletal system, Masaryk hospital Rakytník, 15min

**MUDr. Richard Smíšek, K. Smíšková, Z. Smíšková:** Training of muscle chain Football – condition, regeneration, Spine Physio Prague, 45min

Discussion (90) + 20 + 10

### Session IV. 17.45 – 20.10 postCOVID in athletes, cardio

**Chairman:** MUDr. Matej Handžák

**Sport administrator:** Danka Barteková, olympic winner

**MUDr. Štefan Laššán, PHD., MPH:** COVID a postCOVID from pneumologist's point of view., head of dept., Dept of pneumology, phthizology and functional diagnostic LF SZU a UN Bratislava, 15min

**MUDr. Peter Hlivák, PhD.,** Sudden death in athletes – Cardiologist's point of view, Dept. Of arrhythmias and pacemakers NÚSCH, a.s., 15min

**MUDr. Darina Krausová, MUDr. Bogna Jiravska,** When to allow a football player (and not only him) to play sports with hypertrophic cardiomyopathy? Kardiocenter, Třinec Podlesi, 10min

**Roman Buček:** Summer Olympic games Tokyo 2020 – What next? Overall information, taking place, medical and legal aspects. Head of SOC team at SOG 2020, Sport director of SOC, 15min

**MUDr. Martin Žabka, PhD :** Use of glucosamin in sport medicine, Dept. Of orthopaedics and traumatology LF UK, SZU a UNBa, 25min

**MUDr. Nikoleta Čembová:** Vasoprotective treatment after sport injuries, Dept. Of orthopaedics and traumatology LF UK, SZU a UNBa, 20min

Discussion (100) + 30 + 15

### Room 3 OFFLINE - active for registered users only from 15.5.

Videos, links for paperwork, movies and podcasts with athletes about sport and profession.

(actualisation 21.5.2021)