

**Physician CME & Athletic Trainer  
CEU Approved**

**Physician CME:**

“WellSpan Health is accredited by the Pennsylvania Medical Society to provide continuing Medical Education for physicians. WellSpan Health takes responsibility for content, quality and scientific integrity of its CME activity.”

“WellSpan Health designates this live activity for a maximum of 3.75 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.”

“All faculty participating in continuing medical education programs sponsored by WellSpan Health are expected to disclose to the program audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).”

“If you wish to attend this CME activity and have a disability which may require special accommodations, please contact the Department of Orthopedics at (717) 812-4452. Thank you.”

**Athletic Trainer CEU:**

“WellSpan Orthopedics is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 3.75 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.”



**WellSpan Health**  
45 Monument Rd.  
York, PA 17403



# Game Changers in Sports Medicine Conference

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Friday, March 3, 2017 • 11 a.m. – 4 p.m.  
Heritage Hills Conference Center, York, PA



## Game Changers in Sports Medicine Conference

Friday, March 3, 2017 • 11 a.m. – 4 p.m.

Join WellSpan Sports Medicine experts to discuss the relationship between concussion and depression in athletes. Topics will focus around the research, definition and treatment of concussions, while also presenting perspectives from a Neurologist, Neuropsychologist, and a Student Athlete living with concussion and depression.

**Keynote: Dr. Eugene Hong**  
Head Team Physician, Drexel University and Philadelphia University



Board certified in family medicine with an added qualification in sports medicine, Dr. Eugene Hong is currently the head team physician at both Drexel University and Philadelphia University. In addition, he has also served on the physician team for Saint Joseph's University, the U.S. U19 Women's National Lacrosse Team, and the U.S. U19 Men's National Lacrosse Team.

Before his career, Dr. Hong completed a fellowship in Community Medicine at the University of Massachusetts, followed by a fellowship in Sports Medicine at Thomas Jefferson University.

Dr. Hong has been named "Top Doctor" by Philadelphia magazine, and has given numerous presentations surrounding concussions and depression in athletes. He has been published in the distinguished British Journal of Sports Medicine for his work in this field, which he will expand upon at this event.

### ABOUT WELLSPAN SPORTS MEDICINE

At WellSpan Sports Medicine, we understand the unique needs of athletes, coaches and active individuals of all ages and abilities—both on and off the playing field. That is why we offer a comprehensive array of services delivered by a multi-disciplinary team. We carefully prepare, treat and rehabilitate athletes and active individuals so they can safely participate in sports and maintain a physically active lifestyle. WellSpan Sports Medicine providers work with area school districts, club teams, colleges and professional teams to provide athletic training services and physician game coverage.

### Lectures

#### Depression & the Concussed Athlete: A Neuropsychiatric Perspective

Ellen Deibert, MD, WellSpan Neurosciences

#### Depression in Concussed Athletes: Research, Barriers, and Management

Lindsey McGuire, PhD, LAT, ATC, West Chester University

#### Personal Testimony

Megan Baker, Student at Alvernia University

#### Blood Deficiencies: Anemia, Vitamin B12 and Vitamin D Deficiencies in Athletes

Daniel Efiom-Ekaha, MD, Cancer Care Associates of York

#### When Your Energy is Not Balanced: Sports Nutrition & Weight Management Challenges

Julie Stefanski, Registered Dietitian Nutritionist, Leg Up Farm

#### Vocal Cord Dysfunction and Exercise-Induced Bronchoconstriction (EIB)

Ryan Wennell, DO, WellSpan Sports Medicine

#### Identification and Treatment of Inefficient Breathing Patterns in the Athlete with Vocal Cord Dysfunction (VCD)

Brenda Albright, Speech-Language Pathologist, WellSpan Surgery and Rehab Hospital; Deanna Chambers, Athletic Trainer, WellSpan Sports Medicine; Dianne Hollinger, Speech Pathologist, WellSpan Rehabilitation

Julie Stefanski, MEd, RDN, CSSD, LDN, CDE has disclosed a relationship with Functional Formularies. Following discussion with her, and content/product review, there is no relevant conflict of interest related to this disclosure. All other members of the planning committee and faculty for this session have reported no disclosures.

#### Our highly skilled sports medicine team includes:

- Fellowship-trained, board-certified orthopedic surgeons, sports medicine physicians, neurologists and gynecologists
- Licensed physician assistants and athletic trainers
- Licensed physical and occupational therapists
- Concussion specialists
- Licensed psychologists
- Registered dietitian nutritionists

To see a complete list of our providers, or to learn more about WellSpan Sports Medicine, please visit: [WellSpan.org/SportsMedicine](http://WellSpan.org/SportsMedicine)

### Conference Program

Registration: 11 – 11:30 a.m.

Lunch: 11:30 – 12:15 p.m.

Keynote: 12:15 – 1 p.m.

Lectures: 1 – 4 p.m.

#### Location

Heritage Hills Conference Center  
Terrace Room  
2700 Mount Rose Avenue  
York, PA 17402

#### Cost

Free

#### Registration

Registration for this FREE conference is required by Friday, Feb. 17.

- Register online at [WellSpan.org/GameChanger](http://WellSpan.org/GameChanger)
- Complete the attached form and mail to:  
WellSpan Sports Medicine  
Attn: S. Bigelow  
1001 S. George St.  
PCT, 1st Floor  
York, PA 17403

#### Questions?

Contact Stephanie Bigelow at (717) 812-4452 or [sbigelow@wellspan.org](mailto:sbigelow@wellspan.org) for more information.



### Game Changers in Sports Medicine Conference Registration Form

Register online at [WellSpan.org/GameChanger](http://WellSpan.org/GameChanger) or complete the form below.

Name (please print – first and last name)

MD/DO AT Other \_\_\_\_\_  
(Circle one)

Affiliation/Employer

Home Address

City

State Zip Code

Work Phone Home or Cell Phone

E-mail Address

Specialty/Position

Street Address of Employer

City

State Zip Code

- I will need assistance
- I have special dietary requirements

#### Mail to:

WellSpan Sports Medicine  
Attn: Stephanie Bigelow  
1001 S. George St.  
PCT, 1st Floor  
York, PA 17403