

FACULTY OF SPORTS AND EXERCISE MEDICINE

WINTER SOLSTICE EVENING MEETING – Tuesday 17th January 2017

7pm to 9pm – Venue: Cheyne Lecture Theatre, RCSI

“THE FEMALE ATHLETE”



Schedule:

- 6.30pm** Registration in the Concourse
- 7pm** “Exercise Recommendations in Pregnancy” – **Dr Rhona Mahony**
- “Exercise in Bone Health and Female Athletes” – **Prof Moira O’Brien**
- “OBGYN Differential Diagnosis in MSK Injury” – **Dr Rhona Mahony**
- “Risks and Considerations Exercising with Pelvic Floor Dysfunction” – **Ms Maeve Whelan**
All lectures followed by Q&A
- 9pm** Close

Please note:

Attendance is free, but **registration is required**; to register or for enquiries, please e-mail sportsfac@rcsi.ie

CPD/PCS: event approved for **2 external CPD credits**

This event is a medical meeting opened to medical practitioners in all specialties, physiotherapists, athletic therapists and trainers, paramedics, nurses, exercise scientists, and other allied healthcare professionals with an interest in Sports and Exercise Medicine. Students in relevant disciplines are also welcome to attend.

Speakers' biographies

Dr Rhona Mahony



Dr Mahony is currently Master of the National Maternity Hospital (NMH) in Dublin. NMH is one of Europe's largest maternity hospitals, delivering almost 10,000 infants annually and is a major Irish Tertiary Referral Centre providing advanced obstetric, neonatal and gynaecological care. Dr Mahony is an Obstetrician & Gynaecologist, a Specialist in Maternal and Fetal medicine and an Honorary Clinical Professor with RCSI. Dr Mahony is a Fellow of the RCOG UK, and of the RCPI in Ireland. In 2016 she was awarded a Honary Fellowship of American College of O&G. In 2014 Dr Mahony became an Eisenhower Fellow spending time in the USA as part of a Multi-Nation Leadership Programme. In 2013 Dr Mahony founded the National Maternity Foundation, which supports the work of the Hospital. Dr Mahony is a member of the Institute of Directors Ireland and serves on the board of the Little Museum of Dublin. In 2016, she was awarded an Honorary Doctorate in Medicine from NUI.

Prof Moira O'Brien



Prof Moira O'Brien FRCPI, FFSEM, FFSEM (UK), FFSEM (Hon UK), FTCD, FECSS, MA, Emeritus Professor of Anatomy, Trinity College Dublin; is currently an Osteoporosis and Sports Medicine Consultant at Euromedic Dundrum, Member of the Board of the Federation International Medicine Sportive, founder and President of the Irish Osteoporosis Society 1998- ; and, Member of the European Union Osteoporosis Interest Group on Osteoporosis. She has been involved in Sports Medicine for over 30 years. A founding Fellow of RCPI/RCSI Faculty of Sport & Exercise Medicine she was Medical Officer to the Irish team at the Moscow, Los Angeles and the Seoul Olympic games. She was the Medical Director of the first Masters in Sports Medicine in Great Britain and Ireland based at Trinity College Dublin in 1990 to 2005 and now Honorary Medical Director. She is an author of numerous publications, books and articles on osteoporosis and sports Medicine and an invited keynote speaker at international conferences world-wide. Prof O'Brien was awarded the Sir Roger Bannister Medal by BASEM in 2015 and the Faculty Medal by FSEM in 2016, to recognise her outstanding contribution to the field of Sports and Exercise Medicine.

Ms Maeve Whelan



Ms Maeve Whelan is in full time private practice in Urogynaecology, Colorectal dysfunction and Chronic Pelvic Pain in Milltown Physiotherapy, Dublin. She is a Specialist Chartered Physiotherapist, a title awarded by the Irish Society of Chartered Physiotherapists in 2008 and 2013. Maeve has a Diploma in Obstetrics and Gynaecology in Physiotherapy from Trinity College Dublin in 1991 and a Masters degree by research from Royal College of Surgeons in Ireland in 2013 entitled "A Study to Evaluate the Effect of Manual Therapy and Exercise on the Levator Plate in Women with Pelvic Organ Prolapse". Her special interest is manual therapy in treatment of pelvic floor disorders.

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