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News from ASPAAH Executive Committee

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LETTER FROM THE EDITOR

Dear <<First Name>>,

This newsletter is full of upcoming events for the year, including major events exploring performing arts, healthcare, and science spanning from [Parramata](#) to the [USA](#) to [Finland](#). There are also exciting events coming up soon for [Melbourne](#), with the Victorian Chapter off to an enthusiastic and energetic start in 2018! MPPA

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end of this newsletter.

Remember that members are encouraged to send in their upcoming events, articles and news to be included in this bi-monthly newsletter. We have also introduced an advertising option which is free to members! Simply email content to media@aspah.org.au by April 30th to be considered for publication in the next issue.

Keep healthy and well,

Camilla

IN THIS NEWSLETTER

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PRESIDENT'S REPORT

The important role that ASPAAH plays in advocating for holistic healthcare in the performing arts has never been more important or pertinent. The recent attention regarding the unethical workplace practices and sexual harassment cases throughout Hollywood and closer to home has brought many performing arts organisations to act and openly address health and wellness in the performing arts. ASPAAH is in an important position to advocate for best practices and evidence based delivery of healthcare in the Australian performing arts industry. The executive committee are currently working on several initiatives that aim to broaden the impact and contribution ASPAAH makes in the performing arts. Through social media, updated resources, funding applications, local chapters and an end of year conference we hope to see ASPAAH grow in accordance with our mission. As a

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valued member I urge you to put ASPAAH to the forefront of your mind as you practice in your particular area of health and wellbeing in the performing arts. The expertise of the ASPAAH member network is ASPAAH's greatest strength. Your advocacy of ASPAAH in your practice is the best method of facilitating the ASPAAH mission and vision. Please enjoy this edition of the newsletter, look forward to our future events and take every opportunity to promote the important work of ASPAAH in the performing arts.

All the best,

Luke Hopper PhD
President, ASPAAH

Exciting events in store for ASPAAH's Victorian Chapter!

This year the Victorian Chapter has two new approaches to arranging events for our regional members. The first is to invite outstanding speakers who will be in Melbourne for other events to give a special presentation for ASPAAH members. The second is to arrange "case study" events, each based on an issue common to performing artists. We will send you more details of these events as we confirm arrangements.

Our first outstanding speaker, Associate Professor David Butler, will present "**Performance health – treat your own neuroimmune system with a feed of DIM SIMs**". Everyone who attended the ASPAAH 2017 Conference in November will remember David's warm personality and his entertainingly interactive presentation style as he revealed the latest research into the management of pain. David is much sought-after internationally, so we are indeed fortunate that he has agreed to speak to ASPAAH members.

EVENT DETAILS:

Speaker:

Dr David Butler

Adjunct Associate Professor, School of Health Sciences,
University of South Australia

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Venue:

Room B117, 207 Bouverie Street, Carlton (School of Population Health building)

Date:

Thursday, 15 March 2018

Time:

6pm-7pm, followed by an optional informal chat with David over drinks or dinner (at your own expense) at Naughton's, Royal Parade

[Click here to book](#), and for more details concerning David and his presentation.

Please note that seats are limited and ***this event is not to be missed!***

On **Thurs 19 April, from 6pm-7pm**, we have our very own Dr Clifton Chan, topic TBC, also at room B117, School of Population Health, University of Melbourne, Bouverie St, Carlton. Put both of these in your diaries and come along!

In the weeks to come, we will send you details of further events. Please let us know of any speakers who will be visiting Melbourne and who would interest the multi-disciplinary members of our Victorian Chapter, as we may be able to ask them to speak to us.

We look forward to welcoming you to ASPAH's exciting program for 2018,

Margaret Osborne and Janet Karin

WE NEED YOUR ADVICE TO HELP YOUNG DANCERS

ASPAH committee members are creating tip sheets with information on topics such as preparing for performance, coping with injury and managing stress. We would appreciate hearing from anyone who could advise us on the topics that may help young dancers during their training, as they transition to tertiary studies and as they begin their professional careers. Please send the topics you think are most needed

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to admin@aspah.com.au.

SAVE THE DATE!

The 28th Annual Conference of the International Association for Dance Medicine & Science (IADMS) will be held in Helsinki, Finland from Thursday, October 25 to Sunday, October 28, 2018.

Find out more: <https://www.iadms.org/page/2018>

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Find out more: <http://www.form.org.au/moving-well/>

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Read more: <http://www.artsmed.org/symposium>

FREE ADVERTISING IN THE ASPAH NEWSLETTER

A new benefit for ASPAH members; we are now welcoming advertisements to be published in our bi-monthly newsletter, offered free of charge to members!

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For conditions and guidelines please refer to our
[Advertising Rates and Specifications](#)

To submit content, email media@aspah.org.au

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database is included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.

[Prevalence of Orofacial Changes in Wind Instrumentalists: A Cross-Sectional Pilot Study in Brazil](#)

José Cristiano Ramos Glória, Amanda Âmbar Balestra, Nayara Santos Iasbik, Dhelfeson Willya Douglas-De-Oliveira, Olga Dumont Flecha, Patricia Furtado Gonçalves

[Impact of Changes in Playing Time on Playing-Related Musculoskeletal Pain in String Music Students](#)

Judith Robitaille, Yannick Tousignant-Laflamme, Manon Guay

[Health-Related Quality of Life in University Dance Students](#)

Hayley M. White, Johanna M. Hoch, Matthew C. Hoch

[Comparison of Lower Extremity Muscle Flexibility in Amateur and Trained Bharatanatyam Dancers and Nondancers](#)

Monica Sharma, Shibili Nuhmani, Deepti Wardhan, Qassim I. Muaidi

[Epidemiology, Treatment Efficacy, and Anxiety Aspects of Music Students Affected by Playing-Related Pain: A Retrospective Evaluation with Follow-up](#)

Christos I. Ioannou, Julia Hafer, André Lee, Eckart Altenmüller

[Effects of Aging on Musical Performance in Professional Orchestral Musicians](#)

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[Extent of Playing-Related Musculoskeletal Problems in the Irish Traditional Music Community: A Survey](#)

Mark Porter, Iseult M. Wilson, Liz Doherty, Justin Magee

[Musculoskeletal Assessments Used in Quantitatively Based Studies About Posture and Movement in High String Players: A Systematic Review \[Review\]](#)

Heike Schemmann, Nadine Rensing, Christoff Zalpour

[Dancer Wellness. M. Virginia Wilmerding and Donna H. Krasnow, eds. \[Book Review\]](#)

Esther C. Nolton **Free**

[Managing Stage Fright: A Guide for Musicians and Music Teachers. By Julie Jaffee Nagel \[Book Review\]](#)

Patrick Gannon **Free**

[Editorial \[Editorial\]](#)

Bronwen J. Ackermann **Free**

JOIN ASPAH NOW!

2018 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

Membership benefits include:

- Access to the Health Services Database
- Full annual subscription to *Medical Problems of Performing Artists*
- One year free subscription to *dancetrain* magazine in first year of

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	<p>membership</p> <ul style="list-style-type: none">• Association with a network of leading performing arts professionals, clinicians and researchers• Access to webinars, podcasts and other resources for professional development• Discounted registration for ASPAH conferences and other events• Free advertising in ASPAH bi-monthly e-newsletters• Access to Local Chapter events• Opportunity to run Local Chapter events• Receive regular news about local, regional and national performing arts healthcare events• The right to vote and hold office in the Society	

The Australian Society for Performing Arts Healthcare is a registered charity.
All donations over AUD\$2.00 are tax deductible.

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