

The 2015 CrossFit Conference on Exercise-Associated Hyponatremia, organized by the HEAT Institute

FRIDAY, FEBRUARY 20, 2015 7:00 AM - 6:00 PM (PACIFIC TIME)

This August, two otherwise healthy 17-year old high school football players died from hyponatremic encephalopathy following excessive drinking. One reportedly drank 16 liters of water and Gatorade during practice to alleviate muscle cramps. The evidence shows that dehydration doesn't cause cramps, but many athletes and coaches still believe that myth. Beyond these two deaths, many athletes continue to drink dangerous amounts of fluids because they falsely believe it will improve their performance and health.

All deaths from exercise associated hyponatremia (EAH) are tragic because they are entirely preventable. The single greatest risk factor for EAH and its associated complications is hyper-hydration. Although solid scientific evidence warns against the dangers of hyper-hydration, that message has not yet fully reached the world of sports.

Only a concerted campaign to spread the truth about hydration will prevent further death and injury. We are proud to present The 2015 CrossFit Conference on Exercise-Associated Hyponatremia, organized by the HEAT Institute. This February, the world's foremost researchers on hydration and hyponatremia will meet in San Diego, CA to set the record straight on hydration, and save lives.

Register On-line: <https://www.regonline.com/builder/site/Default.aspx?EventID=1658120>

Registration is FREE and capped at 250 attendees.

7:00 – 7:15 **Attendee arrival and check-in**
7:15 – 7:25 **Welcome and Program Introduction (Mitchell H. Rosner MD.)**

Etiology of EAH: (Moderator: Tamara Hew-Butler DPM, PhD.)

7:25 – 7:50 **Scott Montain PhD.** "The etiology of EAH and safe drinking limits".
7:50 – 8:15 **Dale Benjamin Speedy MBChB, MD.** "EAH Down Under: the Kiwi experience in starting to solve the riddle."
8:15 – 8:40 **Kristin J. Stuemppfle PhD, ATC.** "Hydration status and EAH."
8:40 – 9:05 **Joseph G. Verbalis MD.** "AVP as a Key Determinant of Water Retention in EAH."
9:05 – 9:30 **Mitchell H. Rosner MD, FACP.** "How exchangeable sodium stores may play a role in EAH."
9:30 – 9:50 **Panel #1 – first 5 speakers – Questions/Discussion**
9:50 – 10:00 **Break**

Why do athletes think they need to drink too much? (Moderator: Ronald J. Maughan PhD.)

10:00 – 10:25 **James Winger MD.** How runners' belief systems influence metrics such as drinking behaviors, weight loss and post-race serum sodium."

Park Hyatt Aviara Resort
7100 Aviara Resort Drive
Carlsbad, California 92011

This Event was organized by
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10:25 - 10:50 **Jonathon Dugas PhD.** "How much (or little!) fluid is required to maintain optimal temperature regulation and achieve desired performance."

10:50 - 11:15 **Kevin Miller PhD, ATC.** "Exercise-Associated Muscle Cramps and Hyponatremia: What's the link?"

11:15 - 11:35 **Panel #2 - 3 speakers - Questions/Discussion**

11:35 - 12:05 **Greg Glassman, Founder and CEO CrossFit**

12:05 - 1:05 **Lunch**

Prevention of EAH: (Moderator: William O. Roberts MD.)

1:05 - 1:30 **Nancy Rehrer PhD.** "Sodium intake and the effect on plasma sodium response to prolonged exercise in the heat."

1:30 - 1:55 **Ronald J. Maughan PhD.** "Water and salt losses and replacement."

1:55 - 2:20 **Sandra Fowkes Godek PhD, ATC.** "Hypovolemic Hyponatremia: Chronic Sodium Losses and Replacement - the American Football Perspective."

2:20 - 2:45 **Douglas Lewis MD.** "What does Cystic Fibrosis tell us about 'salty sweaters' and how does it relate to EAH?"

2:45 - 3:10 **Martin D. Hoffman MD.** "Examination of supplemental sodium for preventing all that ails you during ultramarathon running - don't pass the salt!"

3:10 - 3:30 **Panel #3 - 5 speakers - Questions/Discussion**

3:30 - 3:40 **Break**

Recognition and Treatment of EAH: (Moderator: Joseph G. Verbalis MD.)

3:40 - 4:05 **Arthur J. Siegel MD.** "Efficacy of an oral hypertonic cocktail in the initial treatment of Boston marathon runners with mild to moderate EAH: Hold the Tequila?"

4:05 - 4:30 **William O. Roberts MD.** "Field evaluation and management of EAH: The differential diagnosis of the common problems on the course and in the tents of endurance events."

4:30 - 4:55 **Ian Rogers MBBS.** "An Emergency Physicians perspective on life threatening hyponatremia."

4:55 - 5:20 **Tamara Hew-Butler DPM, PhD.** "Exercise-Associated Hyponatremia as a precursor to rhabdomyolysis, heat stroke and bone loss."

5:20 - 5:40 **Panel #4 - 4 speakers - Questions/Discussion**

5:40 - 5:50 **Conference Wrap-up**

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The conference will be February 20th, 2015 at the Park Hyatt Aviara Resort in Carlsbad, CA.

The 3rd International Consensus Meeting on Exercise Associated Hyponatremia will be held Saturday and Sunday February 21 and 22 at CrossFit HQ. These sessions are not open to the public.

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Registration is FREE and capped at 250 attendees.

Speaker and Consensus Delegates and Affiliations

Tamara Hew-Butler DPM, PhD. *Oakland University, USA.*

Jonathon Dugas PhD. *The Vitality Group, NY, NY USA.*

Sandra Fowkes Godek PhD, ATC. *HEAT Institute Director West Chester University, USA.*

Martin D. Hoffman MD. *Northern California VA and UC Davis, USA.*

Douglas Lewis MD. *Kansas University Medical Center, USA.*

Ronald J. Maughan PhD. *Professor Emeritus, Loughborough University, UK.*

Kevin Miller PhD. *University of Central Michigan, USA.*

Scott Montain PhD. *United States Army Research in Environmental Medicine, USA.*

Nancy Rehrer PhD. *University of Otago, New Zealand.*

William O. Roberts MD, MS. *University of Minnesota Medical School, USA.*

Ian Rogers MBBS. *St John of God Murdoch Hospital & University of Notre Dame, Australia.*

Mitchell H. Rosner MD, FACP. *University of Virginia Health System, USA.*

Arthur J. Siegel MD. *Harvard Medical School, USA.*

Dale Benjamin Speedy MBChB, MD. *University of Auckland, New Zealand.*

Kristin J. Stuemple PhD, ATC. *Gettysburg College, USA.*

Joseph G. Verbalis MD. *Georgetown University Medical Center, USA.*

James Winger MD. *Loyola University Chicago Stritch School of Medicine, USA.*

Timothy D. Noakes MBChB, MD, DSc. (Expert Consultant to the Consensus Group)
University of Cape Town, South Africa.

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