Elite Sports Medicine

Since March 2009, the Elite Sports Medicine (ESM) department of the Gelderse Vallei Hospital (GVH) holds the 'Centre for Elite Sports and Education (CEE)' status. This status is only granted if a centre complies with stringent and regularly tested criteria, and based on its extensive knowledge, expertise and excellent quality, the ESM department of GVH fulfills these criteria. There are four CEEs in the Netherlands of which Papendal is the largest. Together with the Sport Medical Center Papendal ESM belongs to the medical staff of CEE Papendal. The CEE status is realized by intensive collaboration with the Elite Sports Medicine Radiology Center (RCT) and the following departments of GVH: pulmonary medicine, orthopedics, the clinical chemistry and haematology laboratory, the pharmacy and several other medical specialists. At the RCT, four sport radiologists from ZGV are employed.

ESM, the RCT and the pulmonary medicine department belong to the medical staff of the Dutch Olympic Committee*Dutch Sports Federation (NOC*NSF) and are High Performance Partners of TeamNL.

Elite Sports

At the Elite Sports Medicine department of GVH, diagnostics, treatment, and medical guidance of both national and international elite athletes are performed. Beside the Elite Sports Medicine department, a general Sports Medicine department exists in GVH. Every recreational athlete with musculoskeletal complaints can visit this department for diagnostics and treatment. The sports physicians of ESM are engaged in sports performance on the border of the athlete's individual possibilities, thereby preventing injury and overtraining. The knowledge and experience gained in this field can be translated into general sports care and general patient care.

Diagnostic quality

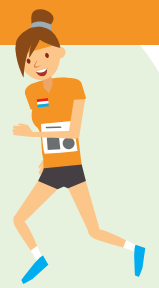
The RCT is the first center in the Netherlands that focuses entirely on diagnostics for elite athletes. The full range of diagnostic imaging consists of high-quality and musculoskeletal specific state-of-the-art equipment (including 1.5 T and 3T MRIs, 256 slice CT, high-end ultrasound equipment). The RCT also performs image-guided therapeutic interventions for complaints in tendons, muscles, joints and nerves. During the Olympic Games, support is provided by the RCT team. Bas Maresh, one of the sport radiologists: "During the Olympic Games we use 'Zero Footprint'. Through this secure system we can consult diagnostic tests from all over the world via a laptop, tablet or smartphone."

'24/7 medical care for our Olympic and Paralympic athletes'

Ziekenhuis Gelderse Vallei

Optimal nutrition for performance and recovery

Research, care and innovation at top level



Nutrition, exercise and sports are key elements to make hospital care more effective and contribute to a faster recovery and improved quality of life.

Within **Sportinnovator Center Nutritional Status & Health**, knowledge of nutritional science, sleep, health and sports medicine from both the Gelderse Vallei Hospital and Wageningen University & Research is combined to reach optimal sports performances without injuries or overtraining.

Leading Dutch centres in sports, nutrition and health have a strong collaboration in Eat2Move. This was initiated by the Nutrition and Healthcare Alliance and aims to promote performance and recovery in (elite) sport and care by means of optimal nutrition. Eat2Move links knowledge to the development of services and products, in cooperation with companies.

Ziekenhuis Gelderse Vallei

WAGENINGEN UNIVERSITY & RESEARCH

HAN

EAT2MOVE

NOC*NSF

SPORTCENTRUM papendal

provincie Gelderland

Role of diet in optimizing performance, speeding up recovery and promoting health:

- Nutritional status and health profile
- Innovations in nutrition
- Nutritional advice and monitoring

Publications:

- Terink R et al. Decrease in Ionized and Total Magnesium Blood Concentrations in Endurance Athletes Following an Exercise Bout Restores Within Hours – Potential Consequences for Monitoring and Supplementation. Int J Sport Nutr Exerc Metab (2017)
- Knuiman P et al. Glycogen availability and skeletal muscle adaptations with endurance and resistance exercise. Nutrition & Metabolisme (2015)
- Baart AM et al. Reticulocyte hemoglobin content in a large sample of the general Dutch population and its relation to conventional iron status parameters. Clinica Chimica Acta (2018)

NUTRITION & HEALTHCARE ALLIANCE

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