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Sam the Dolphin

# ISAM NEWS

## INTERNATIONAL SOCIETY OF AQUATIC MEDICINE

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Sponsored by SUNY UPSTATE MEDICAL UNIVERSITY Office of Continuing Medical Education  
and the International Society of Aquatic Medicine (ISAM)

Rocket Frog Divers



Let's go make some bubbles

### A SYMPOSIUM ON DIVING MEDICINE

Daily lectures will address the pathology seen in dive injuries and dive related deaths, the physical exam to identify risk factors, mental health diagnoses that may affect diving, medications that may increase risk of injury, common travel-related illnesses and the interventions to moderate these risks.

**44th Annual Spring Meeting - Hotel Bosque Del Mar, Playa Hermosa, Costa Rica May 18-25, 2019**



**Target Audience:** Physician, Clinicians, RNs, PAs, and allied health professionals.

**Learning Objectives:** Following this activity, participants should be able to:

1. Participants will recognize the physics of Dive Medicine (e.g. partial pressure of inert gas) that may have adverse risk on scuba diving and lead to a constellation of decompression injuries.
2. Participants will identify medical risk factors for scuba-related injuries and measure the level of fitness necessary for safe diving.
3. Participants will assess certain mental Health diagnoses and weather a potential diver should be disqualified from recreational diving.
4. Participants will list resources where the current travel recommendations are available and will distinguish between reef fish toxins and traveler's diarrhea.

**Keynote Speaker:** Paul Martin, MD  
Private Practice Occupational Medicine  
Asheville, NC

**Adjunct Speakers:** Dr. James Fulcher, Dr. Robert Arusell,  
Dr. Ann Marie Padilla, Dr. Paul Neis, Dr. Elin Berg, Dr. Alan Thomas  
Bridget Thomas, RN MSN ,

**Faculty Disclosure:** Drs. Martin, Fulcher, Arusell, Padilla, Neis, Berg, Thomas and Mrs. Thomas have no financial relationships with commercial interests.

**Planner Disclosure:** Drs. Martin, Fulcher, Arusell, Padilla, Berg, Neis, Thomas and Mrs. Thomas have no financial relationship with commercial interest.

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of SUNY Upstate Medical University and the International Society of Aquatic Medicine. SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### 44th Annual Spring Meeting

Hotel Bosque Del Mar, Playa Hermosa, Costa Rica

May 18-25, 2019 - 26 Hours of Category 1 CME

The 2019 Annual Summer Meeting will find us at Hotel Bosque del Mar, Playa Hermosa Costa Rica. Rocket Frog Divers, known for their legendary service, will handle our diving. Costa Rica's North Pacific coast is known for large animal diving. Few places in the world have waters with such varied and plentiful marine life. Costa Rica is known today as a unique dive destination, and not only for its marine life, but because of its many other attractions. Divers have the opportunity to visit National Parks, go white water rafting, sky trekking, zip lining or zipping, big gamefishing, horsebackriding, birdwatching, swim on secluded beaches,

accredited by the ACCME to provide Continuing medical education for physicians.

Credit Designation: SUNY UPSTATE Medical University designates this live activity for a maximum of 26 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participating in the activity.

**Disclosure Policy:** To ensure balance, independence, objectivity and scientific rigor in all certified CME activity SUNY UPSTATE Medical University requires that all planners, faculty and individuals in a position to control the content of an educational activity disclose all relevant financial relationships with any commercial interest that might be perceived as a real or apparent conflict of interest. Detailed disclosures will be made in writing prior to speaker presentations.

**Americans with Disabilities Act:** In accordance with the Americans with Disabilities Act, UPSTATE Medical University seeks to make this conference accessible to all. If you have a disability, which might require special accommodations, please contact Mrs. Thomas at 910-452-1452.

**Commercial Support:** No commercial support was received for this educational activity.

**Paul Martin, MD** is returning for his fifth year as our featured keynote speaker. Dr. Martin practices Occupational Medicine and is Board Certified in Family Medicine and Addiction Medicine. He serves as Medical Director of a 16 bed Drug Detox and Crisis Stabilization Center and is Chairman of the Mission Health System Pharmacy and Therapeutics Committee. He graduated from University of Arizona School of Medicine and is an Associate Clinical Professor with the University of North Carolina at Chapel Hill. Dr. Martin is current President of the Southeastern Atlantic College of Occupational and Environmental Medicine and President of the NC Society of Addiction Medicine. He serves as an advisory physician for the Diver's Alert Network and is an avid scuba diver.



sunsets, warm star-filled nights, and feel welcomed by friendly Costa Rican people. The Hotel Bosque del Mar, Playa Hermosa is a unique beach front property in Hermosa Bay, Guanacaste where a high-end boutique eco concept comes alive. The resort is a small luxurious hideaway where visitors can relax and enjoy the marvels of the Pacific Ocean in year round summer weather. Set along the shores of the gray – sand Playa Hermosa ( which means “ beautiful beach “ in Spanish ), Bosque del Mar is a contemporary boutique hotel that stylishly embraces both its jungle and beach surroundings. The hotel's modern, ocean meets-jungle style is constant throughout the property. The resort is a contemporary boutique style with a lovely open-air restaurant and second- floor lounge set in a forested setting overlooking the sands and gentle surf of Playa Hermosa.

ISAM will experience the legendary service of Rocket Frog Divers which is considered the best dive operation in Costa Rica. Rocket Frog Divers consider Costa Rica to be broken into three categories of diving. Local diving, the Catalina Islands and the Bat Islands. Rocket Frog offers more local dive sites than any other dive operator in the Guanacaste region of Costa Rica. The Catalina Islands are a quick 30 Minute boat ride from our resort onboard the dive vessel, The Pacific Express. The diving in the Catalinas is a great compliment to our local diving as well as the Bat Islands. The Catalinas are most famous for the Pacific Giant Mantas which frequent the area throughout the year. The Bat Islands are one of the premier scuba diving destinations in Costa Rica. The area has been protected as a marine reserve by the country as part of the national park. The Bat Islands are full of marine life. There are huge schools of different species of fish ranging in size from small to huge. There are also massive schools of Rays that pass through the area. For divers, the area is most famous for the encounters that you can have with the very large bull shark!

The ISAM dive package includes all the 3 categories  
 The ISAM 5 day dive package includes:  
 Three (3) days of local diving  
 One (1) day of long – range diving to Catalina Islands  
 One (1) day of long-range diving to Bat Islands ( advanced dive ) \* Unlimited Nitrox fills\*

BAT ISLANDS DIVE TRIP does not include \$15.00 per person National Park Fee, subject to change without notice by Costa Rican government.

**COSTS:**

Per person/double occupancy (No airfare included in this price. All prices subject to change.) Costs are based on payment by check. Use of a credit card adds 4%.

Diver Jr suites .....	\$2795.00
Garden View .....	\$2895.00
Ocean Front .....	\$2995.00
Non Diver Jr Suites .....	\$2295.00
Non Diver Garden View .....	\$2395.00
Non Diver Ocean View .....	\$2495.00
Single Supplement for Jr Suites .....	\$495.00
Single Supplement for Garden Suites .....	\$595.00
Single Supplement for Ocean front suites .....	\$795.00
ISAM Dues 2019 must be current .....	\$100.00

**GROUP PACKAGE INCLUDES**

- 7 nights accommodation Jr suite room
- 7 Breakfast, 5 lunches and 2 dinners
- Government rooms taxes
- Group Transfers to and from the airport to the hotel Included
- Individual Transfers 50.00 each way
- 5 days of ISAM diving, 2 tanks daily
- Free Nitrox
- Tips for the dive guides
- One ISAM gift per guest
- 26 AMA PRA Category 1 Credits<sup>sm</sup>
- Friday Afternoon Sunset Cruise with light Fare and Alcoholic Beverages



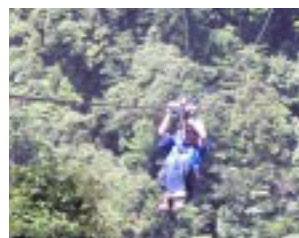
**ACTIVITIES THAT CAN BE OFFERED EXTRA TO THE PACKAGE**

**Add a land extension following the seminar will be available to visit Arenal volcano and participate in unique Costa Rican adventures. The land tour will be May 25-28, details to follow. Please make your airline reservations into and out of Liberia, Costa Rica.**

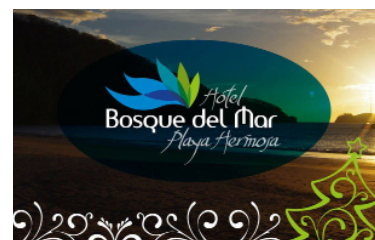


**Arenal volcano**

**Whitewater Rafting**



**Sky Trek**



**COSTA RICA REGISTRATION**

Member: \_\_\_\_\_ Email: \_\_\_\_\_

T-Shirt Sizes: \_\_\_\_\_ Guest: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

I would like Traveler's Choice to make airline reservations for \_\_\_\_\_ persons

Departure City: \_\_\_\_\_ Airport Preference: \_\_\_\_\_

Please charge my airline ticket to the following credit card: Credit Card Name: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Please call Traveler's Choice for Airline Reservations at (910) 452-1452. E-Mail: DivingDocs@aol.com

\$1000 Deposit per person required at this time.

Traveler's Choice/ISAM • 6240 Turtle Hall Drive • Wilmington, NC 28409

If you desire help with your international flites into Liberia Costa Rica Please contact ISAM 910-452-1452 for airline reservations