

**Presentations:** *Dr Simon Sostaric*

**Simon M Sostaric**

“Going the distance – science of running”.

Centennial Park Ultra-marathon seminar. Running Science, Sydney, Australia. April 29, 2016.

**Simon M Sostaric**

“Beyond Bone Mineral Density – body composition measurement for metabolic disease”.

Hologic radiology seminar. Melbourne, VIC, Australia. February 27, 2016.

**Simon M Sostaric**

“Embracing logical & evidence based science for triathlon performance”.

Balance & UTS Triathlon Club. Running Science, Sydney, Australia. January 27, 2016.

**Simon M Sostaric**

“An eternal friendship with running science”.

Sweat Sydney running seminar. Sydney, Australia. November 5, 2015.

**Simon M Sostaric**

Prevention, management, & recovery from injury – lecture series.

“Recovery & injury prevention strategies: injury prevention vs. optimal performance”. 28<sup>th</sup> Aug 2015

“Immunological responses to exercise”. 4<sup>th</sup> Sept 2015

“Training & competition modification: managing injury & illness”. 11<sup>th</sup> Sept 2015

“Patient care, ethical practices & associated organisations”. 18<sup>th</sup> Sept 2015

College of Sport & Exercise Science, Victoria University. Melbourne, VIC, Australia.

**Simon M Sostaric.,** Margaret Mielczarek., Danielle Baxter.

“Contemporary Metabolic Disease and Chronic Pain Management”.

Royal Australian College of General Practitioners, category 1 accredited professional development course. Australian Medical Association & Macedon Ranges and North Western Melbourne Medicare Local. Melbourne, VIC, Australia. June 27<sup>th</sup> 2015

**Simon M Sostaric.,**

“Clinical Management of Pain & Fatigue Related to Musculoskeletal Conditions”.

Panellist. Inner North West Melbourne Medicare Local. Melbourne, VIC, Australia. June 2<sup>nd</sup> 2015

**Simon M Sostaric.,** Mariana Arceri.

“Contemporary Evidence Based Metabolic Disease Management”.

Royal Australian College of General Practitioners, category 1 accredited professional development course. Australian Medical Association & Great South Coast Medicare Local. Warrnambool, VIC, Australia. March 14<sup>th</sup> 2015

**Simon M Sostaric**

“Thermoregulatory demands, acclimation methods & performance monitoring in team sports”.

Perform at St Georges Park, Needwood, Burton upon Trent, Staffordshire, UK. June 25<sup>th</sup>, 2014.

**Simon M Sostaric**

“Persisting with extended periods of fatigue & undiagnosed medical conditions in pursuit of exercise performance: a case report.” (Finalist for University of South Australia Practitioner Award).

*Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014*

**Simon M Sostaric**

“Physical activity management in a patient suffering co-existing brugada syndrome and type 2 diabetes: a case report.” (Finalist for University of South Australia Practitioner Award).

*Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014*

Catherine Polack; **Simon Sostaric**

“Vitamin D deficiency & increased risk for metabolic & cardiovascular disease among South Asian migrants in Australia: a case report”

*Exercise & Sport Science Australia, Research to Practice Conference: Adelaide, South Australia. April 10-12, 2014*

**Simon Sostaric**

“Endurance sport induced fatigue & performance – mechanisms, training adaptations, recovery, controversies & future directions”.

*Noosa Triathlon & Multi-Sport Festival: Noosa, QLD, Australia. November 2, 2012.*

**Simon Sostaric**

“Performance monitoring in Formula One GP motor racing”.

*Health & Exercise Science Technologists Association Conference: Melbourne, Victoria, Australia. December 1-3, 2010.*

**S. Sostaric**, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

“Digoxin reduces glycolytic metabolic demands during short term intense muscle contractions in healthy humans”.

*Exercise & Sport Science Australia Conference: Gold Coast, Queensland, Australia. April 8-11, 2010.*

**Simon Sostaric**

“Exercise induced muscle damage, fatigue and recovery”.

*Australasian College of Sports Physicians Registrar Conference: Canberra, ACT. February 5-8, 2009*

**Simon Sostaric**; Alan Pearce; Bradley Gatt; Michael J McKenna; Christos Stathis and Craig Goodman  
“Effects of mild electro-stimulation treatment on healthy humans following exercise induced muscle damage”.

*American College of Sports Medicine: Indianapolis, Indiana, USA. May 2008. Supp: Vol 40, 5, p s76, Med Sc Sp Ex, 2008.*

**Simon Sostaric**; Alan Pearce; Bradley Gatt; Michael J McKenna; Christos Stathis and Craig Goodman  
“Mild electro-stimulation treatment accelerates recovery in healthy humans following exercise induced muscle damage”.

*Sports Medicine Australia: Hamilton Island, Queensland, Australia. Oct 2008. Supp: Vol 11, 6, p23, J Sc Med Sp, December 2008.*

**S. Sostaric**, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

“Effects of digoxin therapy on  $K^+$  release and fatigue during small muscle mass exercise in healthy humans”.

*Sports Medicine Australia: Hamilton Island, Queensland, Australia*. Oct 2008. Supp: Vol 11, 6, p27,  
*Journal of Science, Medicine & Sport*, December 2008.

Petersen A.C., Gong X., **Sostaric S.**, Goodman C., Cameron-Smith D., Snow R.J., Murphy K.T., Aw J., Krum H., and M.J. McKenna.

“Digoxin administration, exercise and skeletal muscle  $Na^+, K^+$ -ATPase content and activity in healthy humans”.

*Potassium, sodium and the function of heart and skeletal muscle. International interest research group*. Lake Louise, Alberta, Canada, June 2007.

### **S.Sostaric**

“Severe muscle damage response to consecutive days of high intensity training in a world class middle distance runner.”

*Chicago Marathon 2006 World Congress: Science and medicine of the marathon*. Chicago, USA. October 2006.

Pearce AJ, **Sostaric S**, Wood T, and Hargreaves M.

“Core temperature and hydration status in professional tennis players measured in live tournament conditions.”

*Culture Ciencia Deporte 2: Suppl 4: 65-66; 2006*

**S. Sostaric**, C Goodman, X Gong, J Aw, J Leppik, CH Steward, SF Fraser, H Krum, RJ Snow, MJ Brown & MJ McKenna.

“Contracting muscle mass and inactive muscle effects on  $K^+$  dynamics during exercise”.

*The  $Na^+$ ,  $K^+$ ,  $Cl^-$  homeostasis and  $Na^+$ ,  $K^+$ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark*, June 2005.

Craig Goodman, I Medved, M J Brown, A R Bjorksten, KT Murphy, AC Petersen, **S Sostaric**, X Gong & MJ McKenna.

“N-acetylcysteine infusion enhances skeletal muscle  $Na^+, K^+$ -ATPase activity and plasma  $K^+$  regulation, and delays fatigue during prolonged submaximal exercise in well-trained individuals”.

(a) *The  $Na^+$ ,  $K^+$ ,  $Cl^-$  homeostasis and  $Na^+K^+$ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark*, June 2005.

(b) *Australian Physiological Society*, Canberra, September 2005.

Michael McKenna, **S Sostaric**, MJ Brown, C Goodman, X Gong, AC Petersen, J Aw, J Leppik, CH Steward, SF Fraser, RJ Snow & H Krum

“Digoxin effects on muscle strength, fatigue,  $K^+$  fluxes and muscle  $Na^+, K^+$  ATPase activity in healthy young adults”.

(a) *The  $Na^+$ ,  $K^+$ ,  $Cl^-$  homeostasis and  $Na^+K^+$ -pumps of muscle and heart in exercise and disease; International symposium, Sandbjerg, Denmark*, June 2005.

(b) *Australian Physiological Society*, Canberra, September 2005.

X Gong, AC Petersen, **S Sostaric**, C Goodman, D Cameron-Smith, RJ Snow, K Murphy, K Carey, J Aw, H Krum and MJ McKenna.

“Digoxin and exercise effects on Na<sup>+</sup>,K<sup>+</sup>-pump activity, content, isoform gene and protein expression in human skeletal muscle”.

*Australian Physiological Society, Canberra, September 2005.*

**Sostaric, S.**

“Effective monitoring of professional Australian Football player endurance adaptations”.

*Football Australasia Conference, Melbourne, September 2003.*

**Sostaric, S.**

“Abnormal Electrocardiogram in athletes”

*National Elite Sports Council: athlete’s services conference, Sydney, November 2001.*

**Sostaric, S.**

“Biochemical markers of muscle fatigue and damage in the Australian Football League”

*Australian Football League medical association symposium, Melbourne, September 2001.*

MJ McKenna, A Bjorksten, MJ Brown, JA Leppik, I Medved and **S Sostaric**.

“Intravenous antioxidant infusion effects on exercise performance”

*International Union of Physiological Sciences Conference, Auckland NZ. Aug 2001.*

Carlson J, Naughton G, **Sostaric S**, Parkin J and Snow RJ.

“The effects of intermittent and continuous exercise on thermoregulatory responses in well trained adolescents under varying environmental conditions”.

*21<sup>st</sup> Symposium of the European Group Paediatric Work Physiology, Corsendonk, Belgium September 2001.*

SF Fraser, JL Li, XN Wang, SE Selig, T Sangkabutra, **S Sostaric**, K Kjeldsen and MJ McKenna.

“Effect of endurance training and resistance training on skeletal muscle Na<sup>+</sup>, - K<sup>+</sup>-ATPase activity and content, and plasma [K<sup>+</sup>] during exercise in humans.”

*ACSM Conference, Baltimore, USA. May 2001.*

**Sostaric, S.**

“Residual fatigue and muscle damage – an Australian Football League player profile”

*Australian Applied Physiology Conference, Darwin, December 2000.*

**Sostaric, S.**

“Physiological responses to exercise in the heat”

*Australian Institute of Occupational Hygienists – Thermal Stress Symposium. Melbourne, November 2000.*

Medved I, McKenna MJ, Brown MJ, Bjorksten A, Leppik JA and **Sostaric S**.

“Intravenous anti-oxidant infusion effects on exercise performance”

*Proceedings of the International Congress on Sports Science, Sports Medicine & PE. Brisbane, September 2000.*



**Sostaric S**, McKenna MJ, Skinner SL, Brown MJ, Sangkabutra T, Selig SE, Medley T and Medved I.  
"NaHCO<sub>3</sub> ingestion does not attenuate K<sup>+</sup> efflux during intense forearm exercise".  
*Proceedings of the 2<sup>nd</sup> International Conference on Exercise Science*, Gold Coast, July 1998.

**Sostaric, S**, McKenna MJ, Skinner SL, Brown MJ, Sangkabutra T, Selig SE, Medley T and Medved I.  
"Effects of NaHCO<sub>3</sub> ingestion on arterio-venous K<sup>+</sup> differences during intense forearm exercise".  
*Proceedings of the 10<sup>th</sup> International Conference, Biochemistry of Exercise*, Sydney, July 1997.

**Sostaric S**, McKenna MJ, Fairweather I, Rutar D, Skinner SL and Brown MJ.  
"Development of an ergometer for integrative dynamic forearm exercise studies".  
*Proceedings of the 10<sup>th</sup> International Conference, Biochemistry of Exercise*, Sydney, July 1997.

**Sostaric S**, McKenna MJ, Selig S and Skinner SL.  
"Effect of bicarbonate ingestion on muscle potassium release and fatigability during exercise in humans."  
*7th Annual Victorian Conference on Student Research (Deakin University)* October 1997

Fraser SF, McKenna MJ, Li JL, Wang XN, Selig SE, Sangkabutra T, **Sostaric S**.  
"Role of Skeletal Muscle Na<sup>+</sup>,K<sup>+</sup>-ATPase Activity in Potassium Regulation During Exercise In Humans."  
*First International Conference on Exercise Science, Griffith University - Gold Coast*, July 1996.

Sangkabutra T, McKenna MJ, McMahon LP, Schneider C, Mason K, **Sostaric S**, Skinner SL and Crankshaw DP.  
"Impaired potassium regulation and altered ventilatory responsiveness during exercise in chronic renal failure patients."  
*Australian Physiological and Pharmacological Society Conference*, Perth, January 1996.

Chu Ba Binh, Selig S, McKenna MJ, Kemp J, Sangkabutra T, **Sostaric S**, and Lawson DL  
"The effects of creatine supplementation on performance of high intensity intermittent exercise".  
*First International Conference on Exercise Science, Griffith University - Gold Coast 1996; 7th Annual Victorian Conference on Student Research (Deakin University)* October 1995; and *Victoria University of Technology Faculty of Human Development Research Conference*, October 1995.

Sangkabutra T, McKenna MJ, Schneider C, Fraser SF, **Sostaric S**, Wang XN, Skinner SL and Crankshaw DP.  
"Relationship between arterial potassium concentration and ventilation during small and large muscle mass exercise."  
*Proceedings of the Australian Physiological and Pharmacological Society*. Perth, September 1995.

Sangkabutra T, McKenna MJ, Schneider C, Fraser SF, **Sostaric S**, Wang XN, Skinner SL and Crankshaw DP.  
"Relationship between arterial potassium concentration and ventilation during small and large muscle mass exercise."  
*Australian Physiological and Pharmacological Society Annual Conference*, Sydney, September 1995