

**Presentations:** **Dr Simon Sostaric**

**S. Sostaric** , A. Petersen , C. Goodman , X. Gong, T. Aw , M. Brown, A. Garnham , C. Steward , K. Murphy , K. Carey , J. Leppik , S. Fraser , D. Cameron-Smith , H. Krum , R. Snow, M. McKenna  
“Oral digoxin effects on Lac- regulation during intense intermittent exercise using small and large contracting muscle mass in healthy humans”.  
*Sports Medicine Australia* Conference, Sunshine Coast, Australia. Oct 11-14<sup>th</sup>, 2023.

**Simon Sostaric.**, Stephen R Bird., Olga Troynikov., Chris Watson., Marc Cohen  
“Cold water ingestion ameliorates increase in core temperature and discomfort during simulated motor racing in a hot environment: a randomised trial”.  
*Sports Medicine Australia* Conference, Gold Coast, Australia. Oct 16-19<sup>th</sup>, 2022.

\* ASICS Best Paper in Sport & Exercise Science

**Simon M Sostaric**

“Taking control of your destiny – Implications of physical activity on health and ageing”.  
National Institute of Integrative Medicine, Melbourne, Australia. June 13<sup>th</sup>, 2019.

**Simon M Sostaric**

“Athlete load management”.  
National conference, Sport & Exercise Medicine Students Association. Melbourne, Australia. October 6<sup>th</sup>, 2018.

**Simon M Sostaric**

“Making your mark in the world of exercise and sport science”.  
RMIT University, Melbourne, Australia. May 2<sup>nd</sup>, 2018.

**Simon M Sostaric**

“Physical Activity & Exercise Prescription – An integrated approach to physiological evaluation, monitoring, and prescribing exercise”.  
Sport & Exercise Medicine Students Association. University of Melbourne, Australia. April 30<sup>th</sup>, 2018.

**Simon M Sostaric**

“Current trends and future perspectives in endurance performance applications”.  
Noosa, Australia. March 22<sup>nd</sup>, 2017.

**Simon M Sostaric**

Prevention, management, & recovery from injury – lecture series.  
“Recovery & injury prevention strategies: injury prevention vs. optimal performance”. 27<sup>th</sup> July 2016  
“Immunological responses to exercise”. 8<sup>th</sup> Sept 2016  
“Training & competition modification: managing injury & illness”. 22<sup>nd</sup> Sept 2016  
“Patient care, ethical practices & associated organisations”. 13<sup>th</sup> Oct 2016  
Victoria University, College of Sport & Exercise Science, Melbourne, VIC, Australia.

**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<sup>+</sup> 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<sup>+</sup>,K<sup>+</sup>-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<sup>+</sup> dynamics during exercise”.

*The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>, K<sup>+</sup>-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<sup>+</sup>,K<sup>+</sup>-ATPase activity and plasma K<sup>+</sup> regulation,  
and delays fatigue during prolonged submaximal exercise in well-trained individuals”.

(a) *The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>K<sup>+</sup>-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<sup>+</sup> fluxes and muscle Na<sup>+</sup>,K<sup>+</sup> ATPase activity in healthy  
young adults”.

(a) *The Na<sup>+</sup>, K<sup>+</sup>, Cl<sup>-</sup> homeostasis and Na<sup>+</sup>K<sup>+</sup>-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 Sept 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*