

## Message from the Editor



It is with great pleasure that I send this message to the inaugural journal of the Sri Lanka Sports Medicine Association (SLSMA), the *Sri Lankan Journal of Sports and Exercise Medicine (SLJSEM)*.

There was a need for a scientific journal for Sri Lanka in the area of Sports and Exercise Medicine for a long time where SLSMA was able to meet the need. *SLJSEM* will be able to deliver up-to-date scientific knowledge to the Sri Lankan Sports Medicine community in the years to come. It will most importantly build a forum to the local scientists, undergraduate and post graduate students to showcase and disseminate the new knowledge which is a necessity to propagate advancement of the science in sport.

*SLJSEM* will be launched at the inauguration ceremony of the 4<sup>th</sup> Scientific Sessions of the Sri Lanka Sports Medicine Association (SLSMA) on 24<sup>th</sup> of November 2018 at Waters Edge Baththaramulla.

On behalf of *SLJSEM*, I wish to extend my warm thanks to the local and international experts in the editorial board and the reviewers, for making this daunting task achievable. My thanks to the authors for providing articles to this landmark publication.

I take this opportunity to thank all our teachers, academics, scientists and clinicians who have worked to uplift the science of Sports and Exercise Medicine in Sri Lanka, which has led us to this date. My respect to our advisors Dr. Upali Banagala, Prof. Rohan Jayasekara and Dr. C. Thurairaja for their continuous motivation and guidance and Dr. Prasanna Gamage for always being a part and parcel of this work. My special gratitude to the president, Dr. Eshan Jayaweera and the council of SLSMA for providing all needed support. Our printer Ananda Press, Colombo, Mr. Devendra for a timely and professional work and our sponsors are remembered with much appreciation at this moment.

Hope knowledge will be created and disseminated through *SLJSEM* in the future, for the advancement of science and medicine in sport.

### **Dr. Chaturanga Ranasinghe**

MBBS (Col), D.Sp.Med. (Col), PhD (QUT-Aus)

*Specialist in Sports and Exercise Medicine*

*Senior Lecturer, Faculty of Medicine, University of Colombo*

***Editor SLSMA and SLJSEM***