



Q + A

## Christopher Y. Maeda, M.D.

( PRIMARY CARE, SPORTS MEDICINE )

### • WHAT INSPIRED YOU TO STUDY MEDICINE?

• I enjoy [medicine] in terms of science....I also enjoy teaching, and medicine helps combine both. If I hadn't become a physician, I would have become a teacher.

### • WHAT'S THE MOST COMMON SPORTS INJURY YOU SEE?

• Meniscus and rotator cuff injuries are common; the injury seen most is joint and muscle sprains largely due to muscle imbalance.

### WHAT'S THE MOST COMMON MISCONCEPTION ABOUT SPORTS MEDICINE?

• That it only treats athletes—it doesn't. Our field encompasses anyone who wants to be active or who is active. And what I consider active is yard work, gardening, walking, etc....I see a lot of active people who have arthritis, who get upset that they can't golf any more because they can't walk.

### • WHAT'S THE MOST COMMON MISTAKE ATHLETES MAKE THAT LEADS TO INJURY?

• Muscle imbalance. For example, some who run and bike, when they go to the gym only work the upper body....Biking and running only work specific muscles, weight training uses many muscles. So if you're a runner, it doesn't mean you shouldn't work out your legs in a gym. Cirque du Soleil athletes, for example, have a quite low rate of injury, and that means they must be very balanced; they train every muscle.

### • DO YOU SEE ANY BIG BREAKTHROUGHS HAPPENING IN SPORTS MEDICINE IN THE NEXT DECADE?

• I think the biggest thing is the research being done to try to improve the success rate of young athletes who suffer from sudden cardiac arrest and who collapse on the playing field and have underlying heart issues. There's a big push at the University of Washington where my colleague Dr. [Jonathan] Drezner and others are trying to get automated external defibrillators in all schools in Washington state.

### • WHAT'S THE ONE PIECE OF ADVICE THAT YOU WISH YOUR PATIENTS WOULD TAKE?

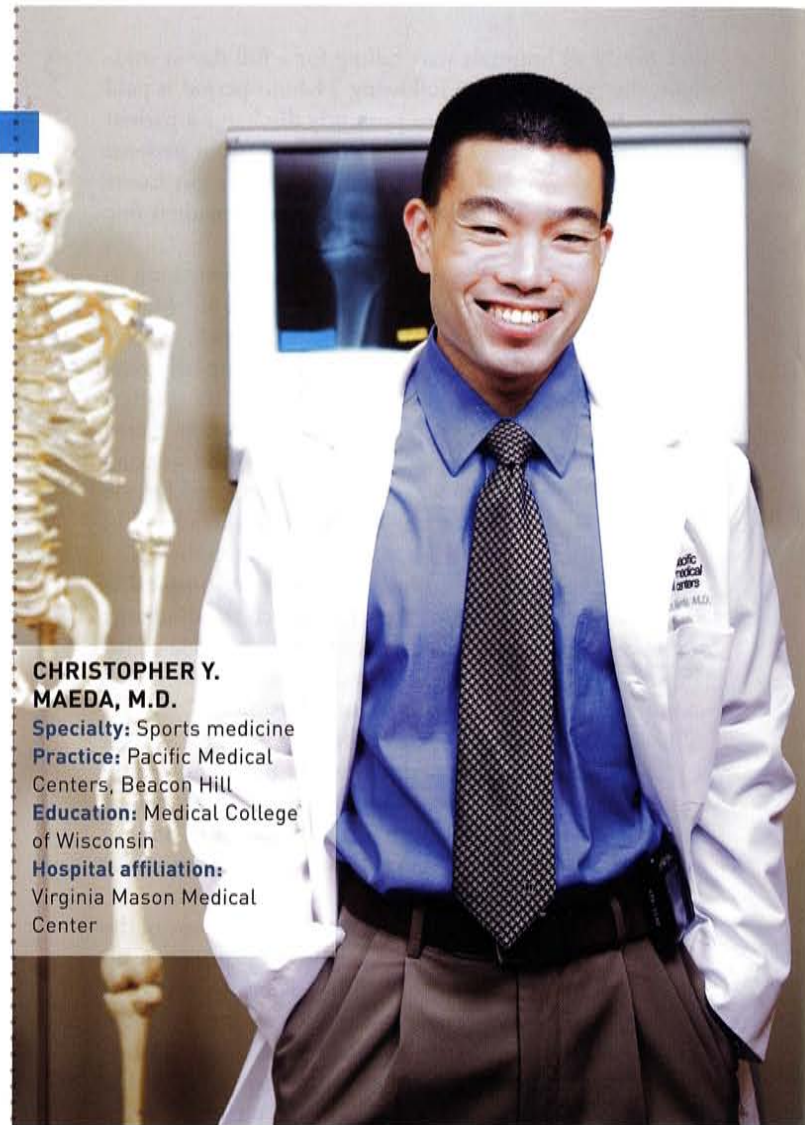
• To make sure they never start smoking (or, to quit smoking). And the reason for this—and most people don't realize it—is smoking increases your risk of arthritis and decreases bone healing and injury healing in general.

### • WHAT'S THE MOST FUN YOU'VE HAD RECENTLY?

• Spending time with my 2-year-old daughter, Kira. Kids are fascinating. Everything to them is new and exciting; even the most mundane things can be amazing, and that gives me a new perspective.

E.M.E.

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