

University of Groningen

The young athlete's heart

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CURRICULUM VITAE
&
LIST OF PUBLICATIONS

CURRICULUM VITAE

Bram Bessem is geboren op 4 september 1978 te Groningen. In 1990 is hij gestart aan het Praedinius Gymnasium te Groningen. In 1996 heeft hij het gymnasium met succes afgerond en is hij begonnen aan de opleiding Geneeskunde aan de Rijks Universiteit Groningen. Na afronding van deze opleiding in 2002 is hij begonnen als keuringsarts. Van 2002 tot 2003 was hij werkzaam in deze functie. Hierna heeft hij 9 maanden gewerkt als ANIOS op de afdeling sportgeneeskunde in het UMCG. Alhier heeft hij tussen 2004 en 2008 de opleiding tot sportarts gevolgd. Vanaf 2008 tot heden is Bessem werkzaam in het UMCG als sportarts. Als nevenfuncties is hij 3 jaar clubarts bij SC Heerenveen geweest en een aantal jaar ploegarts van verschillende schaatsteams (APPM, Beslist.nl, Iskate). Verder leerde hij zijn echtgenote kennen in 2005 en zijn zij in 2010 getrouwd. In de daarop volgende jaren zijn Sanne (2011), Ilse (2013) en Joost (2015) geboren.

De sportieve carrière van Bessem begon met een divers aanbod van sporten (o.a. tennis, voetbal en atletiek), waarbij uiteindelijk de keus op het voetbal is gevallen. Tot de B-junioren was hij actief bij GVAV-Rapiditas waarna hij de overstap maakte naar de jeugdafdeling van FC Groningen. Na de jeugd heeft hij nog 1 jaar bij de beloftes gespeeld waarna hij de overstap maakte naar Be Quick 1887 te Haren, alwaar hij 12 jaar in het eerste elftal heeft gespeeld. Momenteel is hij nog steeds actief als voetballer bij BQ tres en als zaalvoetballer bij Reuz te Vries.

HOOFDAUTEUR

- 2009 Bessem et al., British Journal of Sports Medicine 43(9):708-15 · July 2009. The Lausanne recommendations: A Dutch experience
- 2014 Bessem et al., British Journal of Sports Medicine 49(15) · September 2014. The ECG of high-level junior soccer players: Comparing the ESC vs the Seattle criteria
- 2016 Bessem et al., Journal of Science and Medicine in Sport xxx (2016) xxx–xxx. Gender differences in the electrocardiogram screening of athletes

CO-AUTEUR:

- 2003 Zijdwind et al., Muscle & Nerve 28(2):168-73 · August 2003 Effects of imagery motor training on torque production of ankle plantar flexor muscles
- 2008 Buist et al., British Journal of Sports Medicine 44(8):598-604 · June 2008. Incidence and risk factors of Running-Related Injuries during preparation for a four-mile recreational running event
- 2008 Zwerver et al., Nederlands tijdschrift voor geneeskunde 152(33):1825-30 · September 2008. The value of preventive advice and examination focusing on cardiovascular events and injury for novice runners
- 2012 Bredeweg et al., British Journal of Sports Medicine 46(12):865-70 · July 2012. The effectiveness of a preconditioning programme on preventing running-related injuries in novice runners: A Randomised controlled trial

- 2012 Bredeweg et al., *Journal of Science and Medicine in Sport* 16 (2013) 205–210.
Differences in kinetic variables between injured and noninjured novice runners: A
prospective cohort study
- 2012 Meijer et al., *Geneeskunde en Sport* 2012. Parsonage-Turner syndrome: A case
report
- 2016 Brans et al., *PLoS ONE* 11(1):e0148119 · January 2016. Cross-Cultural Adaptation and
Validation of the Dutch Version of the Hip and Groin Outcome Score (HAGOS-NL)

Research Institute SHARE

This thesis is published within the **Research Institute SHARE** (Science in Healthy Ageing and healthcaRE) of the University Medical Center Groningen / University of Groningen.

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More recent theses can be found in the list below.

((co-) supervisors are between brackets)

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Schenk HM

Affect and physical health; studies on the link between affect and physiological processes

(prof JGM Rosmalen, prof P de Jonge, prof JPJ Slaets)

Wilk AD van der

Patient centered development and clinical evaluation of an ankle foot orthosis

(prof GJ Verkerke, prof K Postema, dr JM Hijmans)

Koorevaar R

Psychological symptoms and clinical outcome after shoulder surgery

(prof SK Bulstra)

Beijersbergen CMI

Effects of lower extremity power training on gait biomechanics in old adults; the Potsdam Gait Study (POGS)

(prof T Hortobagyi, prof P DeVita, prof U Granacher)

Islam Md A

Statistical approaches to explore clinical heterogeneity in psychosis

(prof ER van den Heuvel, dr R Bruggeman, dr BZ Alizadeh)

Dallinga JM

Injury prevention in team sport athletes

(prof KAPM Lemmink, dr A Benjaminse)

Geboers BJM

Understanding the role of health literacy in self-management and health behaviors among older adults

(prof SA Reijneveld, prof CJM Jansen, dr AF de Winter)

Zult TD

Inter-limb mechanisms and clinical relevance of cross-education in humans

(prof T Hortobagyi, prof G Howatson, dr CAT Zijdewind, dr JP Farthing)

Eilers R

In search of healthy ageing; the willingness of older adults to receive vaccination

(prof E Buskens, dr HE de Melker, dr PFM Krabbe)

Monden R

Deconstruction depression; a 3d perspective

(prof P de Jonge, dr KJ Wardenaar, dr A Stegeman)

Daud NAA

Paving ways for personalizing drug therapy during pregnancy; a focus on the risk of drug teratogenicity

(prof B Wilffert, dr JEH Bergman)

Spoorenberg SLW

Embracing the perspectives of older adults in organising and evaluating person-centred and integrated care

(prof SA Reijneveld, prof HPH Kremer, dr K Wynia)

Uittenbroek RJ

Impact of person-centered and integrated care for community-living older adults on quality of care and service use and costs

(prof SA Reijneveld, prof HPH Kremer, dr K Wynia)

Folbert E

Geriatric traumatology; the effectiveness of integrated orthogeriatric treatment on 1-year outcome in frail elderly with hip fracture

(prof JPJ Slaets, prof HJ ten Duis, dr JH Hegeman)

Panman CMC & Wiegersma M

Pelvic organ prolapse; conservative treatments in primary care
(*prof MY Berger, dr JH Dekker*)

Postema SG

Upper limb absence; effects on body functions and structures, musculoskeletal complaints and functional capacity
(*prof CK van der Sluis, prof MF Reneman, dr RM Bongers*)

Adrichem EJ van

Physical activity in recipients of solid organ transplantation
(*prof CP van der Schans, prof PU Dijkstra, dr R Dekker*)

Luten KA

Development and evaluation of a community-based approach to promote health-related behavior among older adults in a socioeconomically disadvantaged community
(*prof A Dijkstra, prof SA Reijneveld, dr AF de Winter*)

Setiawan D

HPV vaccination in Indonesia; a health-economic & comparative perspective
(*prof MJ Postma, prof B Wilffert, dr JA Thobari*)

Sluis A van der

Risk factors for injury in talented soccer and tennis players; a maturation-driven approach
(*prof C Visscher, dr MT Elferink-Gemser, dr MS Brink*)

Bouwmans MEJ

A sad day's night; the dynamic role of sleep in the context of major depression.
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