

## #SundayWiMIN23 Week 36: Dr Suzi Clarke

Dr Suzi Clarke is a Consultant in Sport and Exercise Medicine and Clinical Lead for Musculoskeletal Medicine at the Vhi360 clinics.

Suzi graduated from UCD in 2002. She obtained her MRCPI in 2005 and in 2006 she completed a Masters in Sports and Exercise Medicine in Trinity College, Dublin.

In 2007 she was appointed team doctor for the FAI women's teams, starting with the U17 and U19 teams then progressing to the senior women's team.

As there was no specialist training programme for Sports and Exercise medicine at that time, she worked in the relevant specialty rotations in SVUH ED and Cappagh National Orthopaedic Hospital.

In 2009 she did a Sports Medicine Fellowship at Wake Forest University, Winston-Salem, North Carolina where duties included care of all the NCAA Division 1 sports teams as well as the local minor league ice hockey and baseball teams.

Suzi returned to Ireland and worked as a Sport Medicine Fellow in the Sports Surgery Clinic, Santry. She became a Fellow of the Faculty of Sports and Exercise Medicine in 2010.

She has travelled all over Europe and the USA with the women's football teams. A particular highlight was travelling to the U17 women's world cup in Trinidad and Tobago where a number of today's senior women's team players started their international journeys.

She has also worked as Team Doctor for Irish Athletics at European Championships and for Swim Ireland at World Championships in Shanghai. She served as medical officer for the men's and women's Irish hockey team for a number of years.

One lifelong goal was achieved being a member of the Irish medical team at the London Olympics in 2012.

She worked as a Consultant in Sports and Exercise Medicine in the Sports Surgery Clinic and then returned full time in 2013 to SVUH ED as a specialist in Sports Medicine.

In 2020 the opportunity arose to join Vhi Health & Wellbeing as Lead for Musculoskeletal Medicine. The same year she completed a very enjoyable Masters in Healthcare Management in the RCSI and also became a Fellow of the Royal College of Physicians of Ireland. In 2022 she completed a Fellowship in Integrative Medicine from the University of Arizona.

She is currently Vice Dean of the Faculty of Sports and Exercise Medicine, having previously been Honorary Secretary from 2012- 2015 and treasurer from 2018-2021. Significant progress has been made in the speciality of Sports and Exercise Medicine in Ireland with the commencement of the Higher Specialist Training scheme in 2019. Suzi served as Training Programme Director for the HST from 2020-2021.

Her most demanding job however is as coach of the Granada U9 girls football team in which her two daughters are very enthusiastic members with dreams of playing for Ireland someday! She still manages to fit in the odd hockey match and even odder game of tennis, and tries to play golf once a week if work and family permit.

Exercise is Medicine!