

# BEWARE OF OVER EXERCISING BEFORE A MARATHON

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Exercising is one of the best remedies for cardiovascular diseases. However, with the growing number of marathons being held in the city, there are too many people who are turning into runners overnight. Dr Bipeenchandra Bhamre, cardio-thoracic surgeon says, “Beginning an intense exercise regimen suddenly in midlife will not help stay away from heart diseases. Those with risk factors especially a family history should address the physician.”

Doctors say that moderate amount of exercise is advisable but excessive exercise can lead to a rhythm disturbance atrial fibrillation that increases the risk of stroke and can cause weakness and breathlessness. Senior cardiologist Dr Nilesh Gautam says, “Heart patients should keep monitoring electrolytes. Do not try anything new before a marathon.”

## Optimum exercise levels

Dr Bhamre says, “Certain studies found that those who indulge in 450 minutes/week exercise gets long term mortality benefit of 39 per cent if compared to those who do not exercise at all. However, those who exercise for three hours in a day have a mortality benefit of only 30 per cent which is equivalent to those who work out for 150 minutes per week. If those who are genetically prone to heart diseases run for longer distances, it can cause harm to your heart in the form of arrhythmias, diastolic dysfunction as seen in endurance athletes.”