

MUMBAI MARATHON: OVER 2,300 MARATHONERS GET BACK ON THEIR FEET

Asian Heart Institute (AHI) the medical partner to the Tata Mumbai Marathon, helps over 2300 marathoners get back on their feet at the TATA Mumbai Marathon 2018. In general, a majority of the cases were of muscle cramps, dehydration, minor injuries and exhaustion. 15 runners who suffered from dehydration were given intravenous fluid therapy at the medical base camps and were sent back. Physiotherapy treatment was also given to several runners



AHI had set up 11 medical aid stations all along the route for any first aid requirements; 2 base camps (of 40 and 20 beds each) at the start/finish equipped to handle all emergencies. Total participants: 44,407. Participants needing medical assistance: 2300. Percentage of participants needing medical assistance: 4.57%. The hospital deployed 11 cardiac ambulances (each with a doctor and a nurse to ply on the entire route). The team also had 8 'mobile medics' (doctors on motor-bikes for the entire route). Over 500 volunteers from AHI including doctors, nurses, paramedical and support staff were on duty.

This effort was headed by Dr Vijay D'Silva, Medical Director and Director of Critical Care, Asian Heart Institute, and Dr Nilesh Gautam, Medical Director to the marathon itself and Head of Department of Cardiology and Preventive Cardiac Rehabilitation at Asian Heart Institute.

Total marathon runners who needed medical attention were over 2300 across the marathon route

All the cases were picked up from the marathon course by AHI volunteers and brought to the medical base camps.

This year from AHI, 70 rehabilitated cardiac patients (13 half marathoners and 57 dream runners) participated in the marathon. None of them needed any kind of medical help.

Six hospitalisations pertaining to the marathon were overseen by the two medical base camps. "Out of these six patients, four were severe dehydration cases. They were given intravenous re-hydration therapy at the medical base camp and were admitted to nearby hospitals and were subsequently discharged," said Dr D'Silva, the Medical Director and Director of Critical Care, Asian Heart Institute.

He added, "Two patients have been admitted to Bombay Hospital. One patients collapsed near the end stretch. His heart had stopped. We revived him with artificial breathing, cardiac massage, defibrillation (electric shock to revive the heart). He regained consciousness and had normal vital parameters during his transfer to Bombay Hospital for further treatment."

"The second patient felt disoriented after finishing the race and collapsed. He has suffered from paralysis of one side of the body and is a likely case of brain stroke. This must have happened due to electrolyte imbalance in the body. After reviving, he was shifted to Bombay Hospital for further treatment. Asian Heart Institute is proud to be the medical partner of the Mumbai Marathon for the 15th year running. Just being an enthusiast cannot suffice the purpose of participating but thorough training, medical fitness and following medical guidance are always the better options. Adequate preparation under supervision is key to completing the marathon," said Dr D'Silva.

"I am proud that our Fit-2-Run (cardiac patients turned marathon runners), were able to complete the marathon. They did not need any medical treatment in spite of going through heart procedures. This shows that conditioning and preparation under medical supervision can avoid any problems during long runs," said Dr Ramakanta Panda, Vice Chairman and Cardiovascular Thoracic Surgeon, Asian Heart Institute.

Dr Nilesh Gautam, Head Preventive cardiology and Cardiac rehabilitation, Asian heart Institute said, "This is a great event for the city and Procama has once again put up a great show. On our part, we are happy that all the medical cases were attended to on time, and less than 5% of total participants needed medical attention. Last four years have proven to be the safest for Mumbai marathon. The Asian Heart Institutes' medical team achieved zero percent mortality on course and hope to replicate this perfect score every year.