

MUMBAI MARATHON 2017

Injuries down by half from previous years

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MUMBAI: There were fewer injuries in this year's marathon — almost reduced to half — when compared with last year's version. Even as the 35% rise in humidity levels dehydrated runners, most said an early start and a dedicated practice routine was the reason why they did not fall prey to injuries at the 14th edition of Mumbai Marathon on Sunday.

Doctors from Asian Heart Institute (AHI), Bandra-Kurla Complex, the health partner for marathon, said that last year, more than 4,000 participants received treatment at the medical camps, about 2,500 patients were treated for muscle cramps, exhaustion and minor injuries this year.

"This year, the runners seem better prepared. An early flag off saved them from more time under the sun. This is why the rate of injuries declined drastically," said Dr Vijay D'Silva, medical director and director of critical care, AHI.

D'silva added that 11 patients needed to be hospitalised, and a majority complained of dehydration, muscle cramps, sprains and exhaustion. "All three hospitals, including Bombay Hospital, Jaslok Hospital and Lilavati Hospital, said that the patients were better and will be discharged by the end of the day," he added.

Seven runners, who suffered from dehydration, were given intravenous fluid therapy at the



• A volunteer carries a participant after he started getting cramps while running the half marathon.

KUNAL PATIL/HT

medical base camps and didn't need hospitalisation.

The hospital, along with their own employees, had trained other volunteers, residents and policemen on the cardiopulmonary resuscitation technique in the event of a cardiac arrest.

"Fortunately, none of the amateurs or elite runners suffered a heart attack. All the volunteers were perfectly trained to handle such situations, but we didn't face a single such case," said D'silva. He added that none of the elite runners suffered any injuries.

AHI had set up 11 medical aid stations all along the route for any first-aid requirements. "Health base camps (of 40 & 20 beds each) were equipped to handle all emergencies. The hospital deployed 11 cardiac ambulances (doctors on motorbikes for the entire route) to attend to any medical emergency. Over 500 volunteers from AHI were on duty.