

# Despite humidity, runners were better prepared: docs



International elite athletes were way ahead of others on Sunday. — PHOTO: PRASHANT NAKWE

## SPECIAL CORRESPONDENT

**MUMBAI:** With only 11 runners hospitalised for dehydration and breathlessness and no cardiac arrest cases, participants were clearly better prepared for the Mumbai Marathon on Sunday. Last year, 18 participants had to be hospitalised, while one suffered a heart attack. The Asian Heart Institute (AHI), which had set up a medical base camp for the event, said it had given first aid to 2,500 participants, while 4,000 had needed basic medical attention last year.

Medical experts said there were two main reasons for this: first, the event has included a qualifier condition since 2016, which allows only those runners who have done a 10-km-long race previously, and second, there is a tremendous rise in awareness about being well-prepared.

"The change is definitely

visible. Drastic health events were thus avoided," said Dr. Vijay D'silva, medical director, AHI. He said the early start time and cooler weather compared to last year were beneficial. Those needing treatment mostly complained of cramps, sprains, exhaustion and dehydration.

Among those hospitalised was DCP Nisar Tamboli, who was taken to Jaslok Hospital after he collapsed. Dr. Tarang Gianchandani, CEO, Jaslok Hospital said Mr. Tamboli was brought in with severe breathlessness and disorientation. "He was unconscious for a while. We carried out a 2D Echo test, and the result was normal. We will see if he needs to undergo more medical tests tomorrow, but he is stable for now," he said.

Runners needing medical attention were admitted to Bombay, Hinduja, Lilavati and Jaslok Hospitals, and all were

said to be stable. Dr. Sagar Salke, spokesperson, Bombay Hospital said four runners were admitted. "All of them have suffered severe dehydration. We have put them on intravenous fluids and they are now stable," he said.

Among the participants were 85 runners who had undergone cardiac surgeries in the past, but none required medical intervention.

## Weather not right

On Sunday, most complained of humidity. Anup Sisodia, 35, a New Delhi resident who ran the full marathon in four hours and 57 minutes, said, "I began perspiring profusely in the first kilometre. We have been training in the cold Delhi weather, where we start perspiring after about five kilometres." Mr. Sisodia, who said he had weighed in at 100 kg one-and-a-half years ago, now weighs 78 kg.