

**Tips to have a hearty Run at the Marathon: by Dr Nilesh Gautam,  
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If you are a heart patient, then unless you are re-evaluated by a qualified cardiologist you should not participate in the marathon. Your fitness levels must be justified with proper tests. Coronary artery bypass graft surgery or angioplasty patients can definitely participate in the marathon provided their recent stress test, 2D echo colour Doppler evaluation; pulse and blood pressure are certified as acceptable by the cardiologist.

Patients who have recently had a heart attack should avoid participating in the marathon at least for 3 months. For complete healing and healthy scar formation it takes almost 2-3 months.

Non-athletes or first timers need to first acclimatize and prepare themselves with brisk walks. If a one hour brisk walk is carried out without any complaints, then slow jogging can be initiated post two weeks or so. If a person is grossly de-conditioned for effort tolerance (but has normal ECG, 2D Echo and stress test results) then brisk walks are advisable for a longer time stretch to prepare the physique for jogging and bearing stress later.

Cardiac patients who wish to participate need to take all the prescribed medications in the morning at least an hour before the actual marathon run. Diabetic's can skip one morning dose of oral tablet for sugar control to avoid hypoglycaemia.

All participants need to carry glucose energy power drinks or powder and ensure adequate hydration two hours before the marathon.