

Mayo Clinic News Network

Medics at the Marathon

Intro: Running a marathon takes time and dedication. But sometimes, those 26.2 miles can take a toll no matter how much you train. That’s why the medical tent is a key element of every marathon. In this story, we’ll visit a medical tent staffed by Mayo Clinic to learn about the health issues unique to endurance running.

Video

Audio

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| TRT 1:36 | At the start of the marathon, most runners are feeling good. But as the race progresses, medical problems can start to happen. |
| Walter Taylor, M.D. Mayo Clinic Family Medicine | Marathon medicine is extremely important in an endurance race of this length. |
| | Mayo Clinic Dr. Walter Taylor spends his time at the race in the medical tent where a team is ready to launch into action if a runner needs help. |
| | Exercise-related collapse |
| | Is a common issue. It happens when runners stop running. Their blood pressure drops, causing lightheadedness and dizziness. Other issues include muscle cramps, muscle strains, stress fractures, heat stroke, and a condition called hyponatremia, which is often a result of drinking too much liquid. |
| | Sometimes the slower runners who are out there longer drink a lot more fluid and sometimes that dilutes their sodium levels and they can get into trouble. |
| | These runners can develop mental status changes like confusion or disorientation. |
| | The first thing we do is evaluate them. |
| | They take vital signs, measure electrolytes in their blood and take a core temperature. |
| | Most emergency rooms are not going to be able to respond this quickly. |

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| | Often times medical tent staff can treat runners successfully right on the scene. But If symptoms are severe such as a very high temperature, unconsciousness or dangerously imbalanced electrolytes, the medical team will start treatment and then transport runners to the emergency room. |
| | Most runners will finish the race without getting hurt or sick. But for those who do run into trouble, medical personnel in the medical tent are ready to respond. For Mayo Clinic News Network, I'm Vivien Williams. |

Anchor tag:

For more information on medical conditions marathon runners could experience...

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