

# MEDICAL MATTERS

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**MARATHON MEDICAL SERVICES**  
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[www.marathonmedicalsolutions.co.uk](http://www.marathonmedicalsolutions.co.uk)]



# AIM TO COVER

- ▶ **MEDICATIONS, WHAT HELPS ?**
- ▶ **MEDICAL PREPARATION TIPS**
- ▶ **HYDRATION**
- ▶ **BLISTERS**
- ▶ **STRAPPING**

# MEDICATIONS



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# MEDICATIONS

- ▶ PAINKILLERS
- ▶ PARACETAMOL, 1 GRAM 4 PER DAY
- ▶ SAFE
- ▶ EFFECTIVE
- ▶ TAKE BEFORE YOU START AND EVERY 6 HOURS
- ▶ NOT AN ANTI-INFLAMMATORY

# NSAID'S. (anti-inflammatory)

- ▶ For example ibuprofen/ diclofenac etc
- ▶ Painkillers and anti-inflammatory
- ▶ Work very well
- ▶ CAUTION- SIDE EFFECTS, stomach, kidneys
- ▶ Probably not a great idea for very long runs (>100kms), or in extremely hot environments

# OTHER PAINKILLERS

- ▶ CODEINE
- ▶ TRAMADOL
- ▶ COMBINATION PAINKILLERS
  
- ▶ Most of these are effective painkillers, beware of side effects– CONSTIPATION, NAUSEA, DROWSINESS, DIZZYNESS



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# OTHER MEDICATION

- ▶ ANTI-DIARRHOEA TABLETS.
- ▶ LOPERAMIDE IS BEST
- ▶ 1 TABLET BEFORE EACH LOOSE POO
- ▶ DONT TAKE PRIOR TO STARTING
  
- ▶ MEDS FOR CONSTIPATION
- ▶ SENNA.
- ▶ NOT USUALLY AN ISSUE ANYWAY

# OTHER MEDICATIONS

- ▶ ANTI-SICKNESS TABLETS
- ▶ METOCLOPRAMIDE
- ▶ 10 MG EVERY 8 HOURS
  
- ▶ ANTI-ITCH MEDICATION
- ▶ DONT GET THE ONES THAT MAKE YOU SLEEPY
- ▶ CETIRIZINE

# OTHER MEDICATION

- ▶ CAFFEINE– PROVEN TO IMPROVE PERFORMANCE, BUT NOT IF IN COFFEE
- ▶ ITS A DIURETIC SO BE CAREFUL NOT TO DEHYDRATE
  
- ▶ VASELINE– for chafing, take plenty
- ▶ ALCOHOL HAND GEL– espec. Multi Days.
- ▶ SUN SCREEN LOTION– P20
- ▶ PLASTERS/ TAPE

# ALSO REMEMBER

- ▶ USUAL MEDICATION (INCLUDING INHALERS)
- ▶ FEMALE SANITARY ITEMS (OR ENSURE NO PERIOD WHILE AWAY)
- ▶ VACCINATIONS, AND ANTIMALARIALS IF RELEVANT (NOT DOXYCYCLINE)
- ▶ LEAVE MEDS IN WRAPPING (CUSTOMS, AND ALSO TAKING WRONG ONE IE SLEEPING TABLETS)

# Wrong tablets



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# CONSIDER

- ▶ ANTIBIOTICS ( FOR SKIN, LUNG, URINE, BOWEL INFECTIONS)- DONT TAKE UNLESS NEEDED
- ▶ COLD SORE CREAM
- ▶ ICE PACKS
- ▶ SPECIFIC TREATMENTS FOR SPECIFIC ENVIRONMENTS

# MEDICAL PREPARATION

- ▣ Personal health.
- ▣ get medical and ECG early if applicable
- ▣ Consult a professional, if unwell, or if injury (GP, physio, sports doctor)
- ▣ –make sure any chronic medical conditions are well controlled

# INJURIES

- ▶ DON'T ALLOW INJURIES TIME TO DEVELOP
- ▶ IF YOU HAVE AN INJURY THAT IS NOT GETTING BETTER WITH THE FOLLOWING, THEN SEE YOUR GP, PHYSIO, OR A SPORTS DOCTOR

# COMMON INJURIES

- ▶ FRONT OF KNEE PAIN (OFTEN FROM DOWNHILL)
  - ▶ ACHILLES TENDONITIS
  - ▶ SHIN SPLINTS
  - ▶ PLANTAR FASCIITIS
  - ▶ ITBS
  - ▶ STRESS FRACTURES
- 
- ▶ ANKLE AND KNEES MOST OFTEN THE ISSUE FOR RUNNERS

# FOR ALL OF THESE

- ▶ REST
- ▶ ICE, INTERMITTENTLY
- ▶ COMPRESS, IE TUBI GRIP
- ▶ ELEVATE THE LIMB,
- ▶ CONSIDER ANTI-INFLAMMATORIES, FITTED SHOES

# DONT

- ▶ CONTINUE THE AGGRAVATING ACTIVITY, CONSIDER CYCLING/ SWIMMING / OFF ROAD INSTEAD
- ▶ PUT IT IN A HOT BATH, DRINK LOADS OF ALCOHOL OR ANYTHING ELSE THAT WILL CAUSE TE TISSUE TO SWELL FURTHER
- ▶ TRAIN TOO HARD, OR RACE MARATHON/ ULTRA CLOSE TO IMPORTANT EVENT

# PREPARATION

- ▶ TAKE NOTE OF MEDICAL PROBLEMS THAT COMPETITORS COMMONLY HAVE AT CHOSEN RACE, AND PLAN ACCORDINGLY, ON HOW TO AVOID, AND THINK WHAT YOU'D DO IF THESE THINGS HAPPENED

# ADVICE/ RESOURCES

- ▶ [www.themds.co.uk](http://www.themds.co.uk) ultrarunning forum
- ▶ [www.patientuk.com](http://www.patientuk.com) good, sensible advice
- ▶ [www.marathonmedicalservices.co.uk](http://www.marathonmedicalservices.co.uk)
- ▶ [www.sand-baggers.com](http://www.sand-baggers.com)– access to medical services and advice
- ▶ [www.alandalus-ut.com](http://www.alandalus-ut.com) information sheets on racing in hot environments.

# questions

