



MARATHON MEDICINE 2023

THE 38th LONDON MARATHON MEDICINE CONFERENCE

November 3-4 November 2023

at The London School of Hygiene & Tropical Medicine

#MMD2023



Postpartum runner: **Proactive** approach

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During & after pregnancy

The 38th London Marathon Medicine Conference

Dr Isabel Moore PhD, Cardiff Metropolitan University, UK

The Postpartum Runner: A Unique Opportunity to prepare for 'Injury'

Marathon Medicine

Dan Tunstall Pedoe



Marathon Medicine:

Marathon Medicine Dan Tunstall Pedoe, 2001-05-01 Leading experts in the field examine the physiology psychology and medical aspects of long distance running focusing on the significant developments in this area over the past 25 years Topics include the history of endurance training the social phenomenon of marathon running marathon myths and medicine the effects of ageing and the dominance of African runners Encyclopedia of Sports Medicine Lyle J. Micheli, 2011 This encyclopedia presents state of the art research and evidence based applications on the topic of sports medicine Mass Gathering Medicine William J. Brady, Mark R. Sochor, Paul E. Pepe, K. Sophia Dyer, John C. Maino II, 2024-04-11 Mass medical deployments to large events such as music festivals or sporting events are increasing in number size and complexity This textbook provides guidance and direction for rational effective and practical medical management of mass gathering events for medical leaders This is the first authoritative text on mass event medicine filling a much needed gap in a large and important area of the specialty An international group of contributors introduce the specialty and cover topics such as general deployment staffing equipment and resources moving on to more complex issues such as the business aspect of mass gathering medicine and the legal implications There are also practical chapters on specific types of events and adverse events such as terrorism severe weather and civil disobedience An invaluable text for all healthcare professionals planning for and attending mass events particularly EMS professionals large event planners and administrators and law enforcement and security personnel Marathon Medicine Dan Tunstall Pedoe, 2000 **Medicine, Sport and the Body** Neil Carter, 2012-01-01 What role does sports medicine play in today's society This book analyzes the relationship between sport medicine and health from the mid 19th century to today It looks at both history of medicine and the history of sport to give a balanced view of the role of medicine in sport and how this has evolved over the past two centuries Physical Fitness/sports Medicine, 1982 Random Acts of Medicine Anupam B. Jena, Christopher Worsham, 2024-06-04 Does timing circumstance or luck impact your health care This groundbreaking book reveals the hidden side of medicine and how unexpected but predictable events can profoundly affect our health Is there ever a good time to have a heart attack Why do kids born in the summer get diagnosed more often with A D H D How are marathons harmful for your health even when you're not running Fantastically entertaining and deeply thought provoking Emily Oster New York Times bestselling author of *The Family Firm* Cribsheet and *Expecting Better* *Random Acts of Medicine* shows that the ingenious use of natural experiments can improve medicine and save lives Wall Street Journal As a University of Chicago trained economist and Harvard medical school professor and doctor Anupam Jena is uniquely equipped to answer these questions And as a critical care doctor at Massachusetts General who researches health care policy Christopher Worsham confronts their impact on the hospital's sickest patients In this singular work of science and medicine Jena and Worsham show us how medicine really works and its effect on all of us Relying on ingeniously devised natural experiments random events that unknowingly turn us

into experimental subjects Jena and Worsham do more than offer readers colorful stories They help us see the way our health is shaped by forces invisible to the untrained eye Is there ever a good time to have a heart attack Do you choose the veteran doctor or the rookie Do you really need the surgery your doctor recommends These questions are rife with significance their impact can be life changing Addressing them in a style that is both animated and enlightening Random Acts of Medicine empowers you to see past the white coat and find out what really makes medicine work and how it could work better

Marathon in Hong Kong Ben Fong,Jonathan Heung On Wai,2010-02-09 The essays in this collection cover topics relating to the history of marathon running in Hong Kong and Asia what role gender difference plays in marathon sport performance and the experience of organizing the race in Hong Kong Concluding sections offer useful advice to runners on the proper way to prevent and treat injuries and the best ways to prepare for long distance running Contributors are chosen from a range of universities and are leading scholars practitioners and experts on sport

National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.), *Disaster Medicine* Gregory R. Ciottone,2006-01-01 This new volume includes Individual Concepts and Events sections that provide information on the general approach to disaster medicine and practical information on specific disasters You ll also find an exhaustive list of chapters on the conceivable chemical and biologic weapons known today as well as strategies for the management of future events or possible scenarios for which there is no precedent **BOOK JACKET** *Ciottone's Disaster Medicine* Gregory R. Ciottone,Paul D Biddinger,Robert G. Darling,Saleh Fares,Mark E Keim,Michael S Molloy,Selim Suner,2015-11-05 The most comprehensive resource of its kind Ciottone s Disaster Medicine 2nd Edition thoroughly covers isolated domestic events as well as global disasters and humanitarian crises Dr Gregory Ciottone and more than 200 worldwide authorities share their knowledge and expertise on the preparation assessment and management of both natural and man made disasters including terrorist attacks and the threat of biological warfare Part 1 offers an A to Z resource for every aspect of disaster medicine and management while Part 2 features an exhaustive compilation of every conceivable disaster event organized to facilitate quick reference in a real time setting Quickly grasp key concepts including identification of risks organizational preparedness equipment planning disaster education and training and more advanced concepts such as disaster risk reduction tactical EMS hazard vulnerability analysis impact of disaster on children and more Understand the chemical and biologic weapons known to exist today as well as how to best manage possible future events and scenarios for which there is no precedent Be prepared for man made disasters with new sections that include Topics Unique to Terrorist Events and High Threat Disaster Response and Operational Medicine covering tactical and military medicine Get a concise overview of lessons learned by the responders to recent disasters such as the earthquake in Haiti Hurricane Sandy the 2014 Ebola outbreak and active shooter events like Sandy Hook CT and Aurora CO Learn about the latest technologies such as the use of social media in disaster response and mobile disaster applications Ensure that everyone on your team is up to date with timely topics thanks to new chapters on

disaster nursing crisis leadership medical simulation in disaster preparedness disaster and climate change and the role of non governmental agencies NGOs in disaster response a critical topic for those responding to humanitarian needs overseas Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices

Endurance Sports Medicine Timothy L Miller,2016-08-12 Providing comprehensive discussion of this newly developing branch of sports medicine this unique and up to date book focuses specifically on the treatment of athletes who train for and participate in endurance sporting events including not only traditional endurance athletes such as runners swimmers bikers and triathletes but also rowers adventure racers military personnel and cross fit athletes Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete s performance it is divided into three thematic sections The first section covers common medical conditions faced by the endurance athlete including cardiovascular conditions asthma and heat and altitude related illnesses while also discussing gender differences pregnancy and the pediatric endurance athlete Section two focuses on the management of common musculoskeletal conditions such as stress fractures overuse injuries of the soft tissue compartment syndrome shoulder and hip injuries and exercise and osteoarthritis The last section presents special considerations for the endurance athlete including gait and swim stroke analysis bike fitting mental preparation optimizing nutrition and how to organize medical coverage for events as well as decision making for return to play A timely topic and one which has not been written about extensively in one concise collection of chapters Endurance Sports Medicine is a valuable guide for sports medicine physicians orthopedists athletic trainers physical therapists coaches officials and athletes in understanding the needs of the determined individuals who participate in endurance sports

Year Book of Sports Medicine 2011 Roy J Shephard,2011-08-01 Year Book of Sports Medicine 2011

Endurance in Sport R. J. Shephard,P.-O. Astrand,2008-04-30 Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science The book also embraces medical and sport specific issues of particular relevance to those interested in endurance performance The scientific basis and mechanisms of endurance physiological psychological genetic and environmental are all considered in depth Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance

ABC of Sports and Exercise Medicine Gregory Whyte,Mike Loosemore,Clyde Williams,2015-07-27 The ABC of Sports and Exercise Medicine provides general practitioners with a comprehensive overview of the field of sports medicine This highly illustrated and thoroughly revised and updated new edition Reflects new developments and current practice Includes new chapters on medical care at sporting events environmental factors of sports and exercise benefits of exercise in health and disease nutrition and ergogenic supplements and the use of drugs in sport Covers the benefits of exercise among special populations such as the disabled obese pregnant children and the elderly Covering the latest topics and including case studies of common sports and exercise medicine conditions the ABC of Sports and Exercise Medicine is an essential

practical guide for general practitioners family physicians junior doctors medical students physiotherapists and all health professionals dealing with the treatment and prevention of sports related injuries **Clinical Coach for Fluid &**

Electrolyte Balance Elizabeth Westgard, 2011-02-03 From classroom to practice your own clinical coach by your side This evidence based guide gives you the knowledge of fluid and electrolyte balance you need to excel on exams and care for patients Sport, Medicine and Health Dominic Malcolm, 2016-12-01 The relationship between sport medicine and health in

our society is becoming increasingly complex This important and timely study explores this relationship through an analysis of changing political economies altered perceptions of the body and science s developing contribution to the human condition Surveying the various ways in which medicine interacts with the world of sport it examines the changing practices and purposes of sports medicine today Drawing on the latest research in the sociology of sport this book investigates the scientific discourse underlying the promotion of physical activity to reveal the political context in which medical knowledge and public policies emerge It considers the incongruities between these policies and their attempts to regulate the supply of and demand for sports medicine Through a series of original case studies this book exposes the social construction of sports medical knowledge and questions the potential for medicine to influence athletes well being both positively and negatively Sport Medicine and Health The medicalization of sport provides valuable insights for all students and scholars interested in sports medicine sports policy public health and the sociology of sport Routledge Handbook of Sport and Exercise Systems

Genetics J. Timothy Lightfoot, Monica Hubal, Stephen Roth, 2019-03-14 Technological advances over the last two decades have placed genetic research at the forefront of sport and exercise science It provides potential answers to some of contemporary sport and exercise s defining issues and throws up some of the area s most challenging ethical questions but to date it has rested on a fragmented and disparate literature base The Routledge Handbook of Sport and Exercise Systems Genetics constitutes the most authoritative and comprehensive reference in this critical area of study consolidating knowledge and providing a framework for interpreting future research findings Taking an approach which covers single gene variations through genomics epigenetics and proteomics to environmental and dietary influences on genetic mechanisms the book is divided into seven sections It examines state of the art genetic methods applies its approach to physical activity exercise endurance muscle strength and sports performance and discusses the ethical considerations associated with genetic research in sport and exercise Made up of contributions from some of the world s leading sport and exercise scientists and including chapters on important topical issues such as gene doping gender testing predicting sport performance and injury risk and using genetic information to inform physical activity and health debates the handbook is a vital addition to the sport and exercise literature It is an important reference for any upper level student researcher or practitioner working in the genetics of sport and exercise or exercise physiology and crucial reading for any social scientist interested in the ethics of sport **Netter's Sports Medicine E-Book** Christopher Madden, Margot Putukian, Eric McCarty, Craig Young, 2013-11-25

Netter's Sports Medicine by Christopher C Madden MD Margot Putukian MD FACSM Craig C Young MD and Eric C McCarty MD is a reference designed to help you meet the challenges presented by your patients in this growing interdisciplinary field. More than 1 000 Netter images along with photos of physical examination techniques and imaging examples provide a rich visual understanding while a bulleted text format combined with a user friendly organization by specific types of injuries as well as different types of sports makes reference quick and easy. Discussions of a full range of sports traditional as well as less common ensure that the coverage is comprehensive and up to date. From pre participation exams musculoskeletal injuries sports nutrition and sports psychology to general medical problems in athletes this reference equips you with the guidance you need to keep your patients at the top of their game. Presents more than 1 000 Netter illustrations accompanied by photos of physical examination techniques radiographs and other imaging techniques including CT and MRI that equip you with a rich visual understanding of sports medicine. Features a bulleted text format for quick read guidance. Organizes information by specific types of injuries as well as different types of sports for an easy to access reference. Discusses traditional along with less common sports for comprehensive coverage that is up to date. Includes a section that examines considerations for specific athlete populations including children women the senior athlete and the physically challenged to help you meet their special needs. Presents the cross disciplinary contributions of primary care physicians athletic trainers physical therapists dentists orthopaedic surgeons and others who provide a well rounded perspective on the subject. Combines current evidence based information with expert clinical guidance for a high yield reference.

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