

#RunWithMok ST Run In The City 2017

Week 2 of 14: April 16-22

Visit runone.co for full programme and to track your progress

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	40min	20min (optional)	6 sets of (1min hard/1min easy)	REST	20min (optional)	70min

EASY RUN
• Purpose: To build the aerobic running system, training your heart and muscles to adapt to the distance patiently.
• How: Be able to have a conversation during the run. If alone, try reciting the Singapore pledge. You should be able to do this comfortably.

REST
• Purpose: Rest allows the body to get stronger.
• How: Spend the day completing other tasks in your life. Let running take a back seat.

WORKOUT
• Purpose: To introduce intensity to train different energy systems.
• How: Pacing by feel is key. Start at a comfortable effort so that you can still finish the last set strong.

Prevention is always better than cure when it comes to your heart

Pre-participation screening before taking part in strenuous activities can be a lifesaver



Yeo Tee Joo



So you've signed up for the Straits Times Run and the Standard Chartered Marathon Singapore (SCMS), and you're pumped up for these two large-scale running events.

Different runners have different targets. You may be the fitness enthusiast aiming for a personal-best timing. Perhaps you are the over-weight weekend warrior who wants prove that you can get back in shape.

Maybe you just want to walk the entire distance for the fun of it; or perhaps you had stopped running years ago, started smoking and now have high blood pressure and diabetes, but still think you have what it takes to complete the race?

Whatever your targets may be, you should go for pre-participation screening (PPS).

Why is PPS important? It aims to detect heart conditions that are potentially life-threatening as they may lead to sudden death, especially during physical activity.

A typical PPS is simple and straightforward, and is generally done before one participates in any sporting activity. You will be asked specific questions on your medical and family history, and whether you notice any symptoms while exercising.

Blood tests such as fasting blood sugar levels and cholesterol may be done to help assess the risk of cardiovascular disease.

There is also a brief physical examination which involves checking your pulse, blood pressure and listening to your heart sounds. Your heart's electrical rhythm will be assessed by capturing 10 seconds of your heartbeat via an electrocardiogram (ECG).

PPS services are available in most hospitals in Singapore. It is performed by either a sports medicine physician or a cardiologist as

they have the expertise to recognise abnormal features in the ECG.

Over the years, there have been tragic incidents of sudden deaths during sporting events. While these occurrences are rare, they are usually due to previously unknown heart conditions and can happen to anyone.

The conditions causing sudden cardiac death vary with different age groups. For those below 35 years old, abnormal heart muscle diseases and heart rhythm disorders are more common. In contrast, coronary artery disease is often the culprit for individuals above 35 years old.

The hard truth is that up to 80 per cent of those who die suddenly do not have any warning symptoms nor family history of heart conditions. The first and only clue of an underlying heart problem is often the collapse itself.

Thankfully the combination of a targeted questionnaire, physical examination and ECG in PPS has been shown to identify more than 90 per cent of potentially life-threatening heart diseases.

Early detection is vital in avoiding tragedy as it allows for proper management of the condition, including avoiding vigorous exercise in some cases.

In addition, should any component of the PPS be abnormal, further tests can be arranged. For instance, a treadmill exercise test to assess the heart's response to exercise can be done for older individuals with chest pain during running, or an echocardiogram to evaluate heart structures in younger runners with abnormal ECGs.

PPS is a valuable resource that can be used for everyone participat-



ing in any level of sport, regardless of age, gender or fitness level.

If you are one of the participants in the ST Run, SCMS or any sporting event, and have not been screened before, I encourage you to sign up for PPS.

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• Dr Yeo Tee Joo is a consultant with the National University Heart Centre, Singapore. He has completed 10 full marathons to date.

90%

of potentially life-threatening heart diseases are identifiable via a mix of electrocardiogram in pre-participation screening, questionnaire and exam.

An electrocardiogram test will help to check if an individual has any underlying heart problems. Participants signing up for the ST Run 2017 are encouraged to undergo a PPS, prior to taking part in the activities. THE NEW PAPER FILE PHOTO

Pre-race checks: What you need to know

WHERE TO GO FOR PRE-PARTICIPATION SCREENINGS (PPS)?

Runners can undergo PPS at most hospitals, including the National University Hospital, Ng Teng Fong General Hospital, Khoo Teck Puat Hospital, Gleneagles Hospital, Tan Tock Seng Hospital, Changi General Hospital and Mount Alvernia Hospital.

In addition, they can also get screened at: Singapore Sports Medicine Centre at Novena Medical Centre, and the Asian Heart and Vascular Centre, which has branches at Mount Elizabeth Novena Specialist Centre, Mount Elizabeth Medical Centre, Gleneagles Medical Centre and Parkway East Medical Centre.

Prices range between \$218 and \$1,388.

WHAT DOES PPS INVOLVE?

An electrocardiogram, which measures the electrical activity of the heartbeat, a treadmill test, a chest X-ray, and blood and urine tests.

Patients will also be asked questions such as their personal and family's medical history, in a questionnaire designed to identify symptoms or risk factors.

For those above 35 years old and/or with known heart-related problems, a different set of tests may be recommended.

The screenings will normally take a few hours, and results may come either on the same day or about two weeks later.

PAST RACE TRAGEDIES

• Last December, 29-year-old John Gibson died during the Standard Chartered Marathon Singapore half-marathon. The Briton suddenly collapsed about a kilometre from the finish line. He was given a clean bill of health after a full-body check-up months before the race.

• In 2014, 45-year-old Martynn Koh Tong Yong died at the 2XU Compression Run marathon, after collapsing near the 10km mark.

• In 2013, 25-year-old Goh Kai Lin collapsed at the 10km Nike We Run. The taekwondo enthusiast was believed to have suffered cardiac arrest near the finish line.

Charmaine Ng