

Mayo Clinic Medical Edge
Marathon after Bypass

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Nats of running	AS 66 YEAR OLD GLENN GREENBERG HITS THE ROAD, HE REFLECTS ON HOW HE WENT FROM BARELY BEING ABLE TO WALK AFTER A HEART ATTACK TO RUNNING MARATHONS.
Glenn Greenberg, patient	"I LEARNED TO WALK. AND THEN I LEARNED TO RUN A LITTLE BIT."
	AND HE HASN'T STOPPED, RUNNING MARATHONS ON SEVEN CONTINENTS. BUT ONE DAY GLENN FELT A FAMILIAR TIGHTENING IN HIS CHEST.
Hartzell Schaff, M.D.	"HE HAD VERY SEVERE CORNARY

	ARTERY DISEASE WITH NARROWINGS IN EACH OF THE THREE MAJOR ARTERIES.”
	MAYO CLINIC DR. HARTZELL SCHAFF TOLD GLENN HE NEEDED BYPASS SURGERY. ALL THE RUNNING HAD GLENN IN GOOD SHAPE, MAKING IT EASIER FOR HIM TO GET OVER THE IMMEDIATE EFFECTS OF THE OPERATION. AFTER A FEW WEEKS OF REHAB GLEN WAS BACK IN THE RACE.
Glenn	“THE BOSTON MARATHON. 109 DAYS AFTER I HAD SURGERY.”
	DR. SCHAFF SAYS THE MORE EXERCISE YOU DO BEFORE AND AFTER SURGERY, THE MORE QUICKLY YOU’LL RETURN TO A FULL LIFE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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