

HEART AND SOUL

Marathon marathoner

What do you do after running 100 marathons? Run another 100, of course.

Janet Green, a Vancouver Island GP, completed the first 100 of her 42-km races in October 2001. "I wanted to run 100 races before age 50, and I made it by 48," she says.

The marathon circuit has taken Green from Baffin Island to Stockholm and from Whitehorse to Athens. In London, she experienced an awful mass start involving 30 000 people. In Medoc, France, "we ran through vineyards, and they offered us wine and raw oysters." She's run 5 marathons in Boston and 3 in New York, but still rates California's Big Sur as the most beautiful course. At the Mayo Midnight Marathon in the Yukon, competitors ran under the midnight sun, with patrollers out along the course to chase away the bears.

Green's most memorable marathon was run last year in Antarctica. Runners arrived by ship, but for the first time in the event's 4-year history they were unable to land. "The waves were horrendous and snow that was blowing horizontally. We waited for the weather to improve, but it didn't, so we [simply] ran around the ship." Competitors ended up running 422 laps of the deck in "the strangest marathon I've ever run."

Green, who practises in a busy clinic in Courtenay, gets up at 6 am so that she can begin most days with a 10-km run. "It's the only way I can fit regular exercise into my crazy schedule. If I'm expecting a delivery I run with my cell phone." No one seems to mind, she adds, if she arrives in the case room in running gear.

Green started out at a much slower pace. During her first triathlon in 1985 she walked part of the 10-km run, and "when I had finished only the biking part, everyone at the finish line was cheering. I thought they were cheering for me, but they were cheering the person who had already won."

Undaunted, Green continued running and finished her first marathon in Victoria in 1988, on the same course where she completed her 100th race. "If you are in shape and your body likes doing it, you can run a marathon every second weekend," says Green, although she may face knee-replacement surgery in the future.

Green, who has worn out 50 pairs of running shoes in the past decade, says running gives her life "a nice balance" because "most of my running friends are not doctors."

And how long will it take to run the next 100 marathons? "I'm aiming for 2013, when I'll be 60." — *Anne Tempelman-Kluit*, Vancouver



Antarctic marathon: Green (centre, glasses) gets shipshape

Liver transplants in Nova Scotia to be revived

The on-again, off-again liver transplant program at Halifax's Queen Elizabeth II Health Sciences Centre is on again. The program, suspended after 2 surgeons resigned unexpectedly, will be revived because a review showed it is cheaper for the QE II to operate its own program than to transfer patients for the surgery.

"An extensive analysis revealed that there is significant [enough] demand for liver transplantation in Atlantic Canada to offer a viable program," says Bob Smith, president and CEO of Capital Health, which oversees the QE II.

The review, conducted by administrators and clinicians, found that approximately \$500 000 could be saved annually by performing liver transplants in Halifax instead of sending patients to London, Ont. The interprovincial billing rate for liver transplantation is \$82 400.

The review team based its financial conclusions on an estimate of 25 liver transplants being performed annually. This is higher than the current rate but well below future estimates. The transplant program, which was launched in 1995, was responsible for a high of 29 liver transplants in 1998 and a low of 16 in 2001. However, research conducted as part of the review determined that the transplantation rate will jump significantly by 2008, when the QE II is expected to perform 45 of the procedures.

Dr. Philip Belitsky, the hospital's director of transplantation, says it will take time to recruit 2 new surgeons. "The reality is it may be a year or more before we can develop our team and offer the surgery."

In the meantime, patients who require a liver transplant will continue to travel to London, where the London Health Sciences Centre has a "priority arrangement" with Atlantic Canada. Since May 2001, 7 patients from the area have had a liver transplant in London; 17 remain on a waiting list.

The pancreas-transplant program will also resume when the liver program restarts. Patients requiring a new pancreas are now sent to Toronto.

Heart, tissue and kidney transplants at the QE II have been unaffected by closure of those 2 programs. — *Donalee Moulton*, Halifax