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The Marathon of Life: From Near-Death by Avalanche to Ultra-Trail Run

To the Editor

We congratulate Roll et al. on their excellent study pertaining to a long-term outcome after extracorporeal membrane oxygenation (ECMO) treatment [1]. There are several reports on the neurologic and mental outcome after hypothermic cardiac arrest [2]. However, few data about the physical performance of survivors are available. It is well known that extracorporeal life support (ECLS) in severe accidental hypothermia is a complex procedure requiring all resources available in an intensive care unit (ICU) [3].

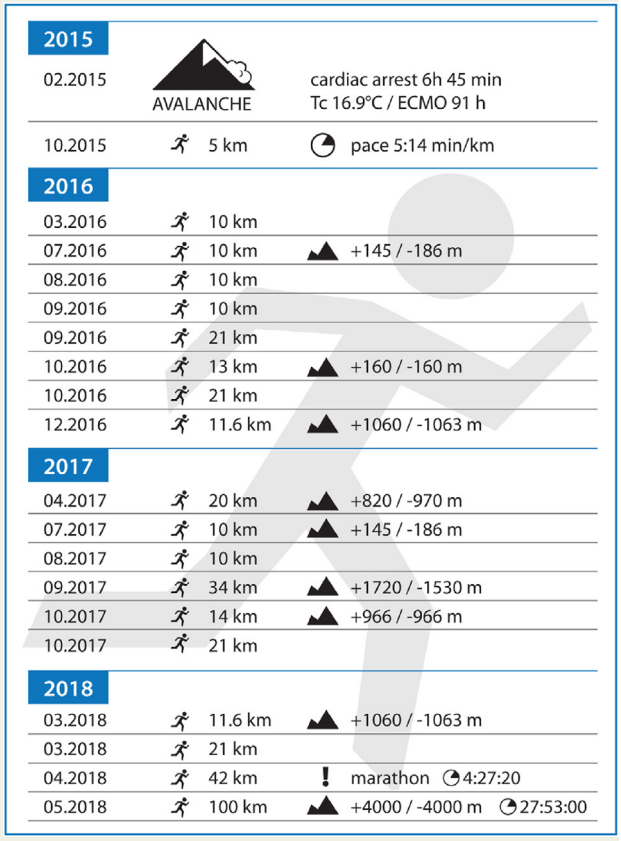

Figure 1 The history of patient's runs.

We reported the case of 25-year-old woman buried in an avalanche (February 2015), who experienced the longest reported hypothermic ventricular fibrillation (405 min) with a favourable outcome. The patient required veno-arterial (V-A) ECMO support for 4 days [4]. Because it's been 3 years since the patient left hospital we wish to summarise her achievements.

In 2016 she completed postgraduate studies and continued to work as a web-based geoportals designer. Importantly, she returned to her previous passion, continuing to explore caves.

Eight (8) months after the accident she completed her first 5 kilometre street run. After 18 months she ran a 10 kilometre, difficult cross-country run. The full list of her runs representing physical performance seems really impressive (Figure 1): up to April 2018 she had completed eight cross-country and mountain runs (from 10 to 34 kilometres), four half-marathons and one marathon run (with a time of 4:27:20), and 100 kilometre mountain ultra-trail event. She not only returned to a normal way of life but achieved objectives hardly attainable for the average person.

Consent for Publication

Written informed consent was obtained from the patient for publication of their individual details in this manuscript. The consent form is held by the authors and is available for review by the Editor-in-Chief.

Competing Interests

The authors declare that they have no competing interests.

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