

Marathon Study Makes New York Times

A research study by St. Boniface clinician/researcher [Dr. Davinder Jassal](#) was recently quoted in the New York Times article “Phys Ed: How Do Marathons Affect Your Heart?” by writer Gretchen Reynolds.

The study, conducted at St. Boniface Hospital, in partnership with the University of Manitoba, shows running marathons causes short-term cardiac injury, but does not result in permanent heart muscle damage. The study is the first of its kind to use advanced cardiac imaging technology, specifically cardiac MRI (CMR), to show the cardiac abnormalities experienced by long-distance runners.

[Click here for the NY Times article](#)