CORRESPONDENCE

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To the Editor:

Dear Sir,

HAEMATURIA, RUNNING, BLADDER STONE

A fifty-six year old male presented to his general practitioner with a history of painless haematuria associated with running. He had been otherwise well and played badminton regularly one or two times per week. He decided to take up jogging and on the first two occasions that he ran (three miles) he noticed blood in his urine.

Two days after the second run his urine was microscopically clear but contained albumen. His prostate was moderately enlarged, the blood chemistry normal, the intravenous pyelogram showed normal kidneys and ureters but the radiologist reported "a fair sized oval stone in a trabeculated bladder that emptied poorly."

He was admitted for transurethral prostatectomy and litholapaxy when the intravesical calculus was broken down and flushed out — 10 grams of prostatic tissue was removed. Six weeks after the operation he had resumed running and has had no further episodes of haematuria.

Haematuria after exercise, athletic pseudonephritis, has been well reported and the duration of an event has been shown to be a major determinant. It may occur not only in running but in other sports such as rowing and swimming (1). Bladder trauma as a cause of haematuria has also been reported and may be due to the repeated impact of the flaccid wall of the bladder against the bladder base. It may in addition be a sign of urinary tract pathology such as hydronephrosis, renal stone, cyst or tumour (2). Haematuria derived from either kidney or bladder wall usually resolves rapidly within 24-48 hours but if episodes recur underlying abnormalities should be suspected and looked for (3).

This case illustrates the need for a high degree of suspicion when a runner presents with haematuria. Even though the patient was taking regular exercise playing badminton it is noteworthy that the haematuria occurred only after running.

Yours sincerely,

P. L. THOMAS, MB, BS, DObstRCOG

References

- (1) E. P. Alyer and H. H. Parish.
- (2) N. J. Blacklock, *The American Journal of Sports Medicine*, Vol. 7, No. 4, 1979.
- (3) Unsigned Editorial. *British Medical Journal* No 6183, p. 159, July 1979.