"Training Champion" phenomenon, "the guy who does it all in training but cannot race" — and on relaxation techniques, particularly the autogenic training so popular in Europe.

Finally the World Congress is, of course, the major four-yearly reunion of the International Federation of Sports Medicine and its major business meetings are important focal points for policy developments. The Inter-Federal Medical Commission, which co-ordinates FIMS with the international governing bodies of sport formally called for wider educational programmes in sports medicine, more co-ordination between authorities, particularly to standardise and to improve dope control protocol and for a more prominent voice for the medical viewpoint in sport, particularly in the drafting of safety regulations.

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CORRESPONDENCE

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To the Editor:

Dear Sir,

NON-STEROIDAL ANTI-INFLAMMATORY DRUGS AND ETHANOL

In September you published my case report about possible damage to the caecal wall of a marathon runner (Porter, 1982). I now believe it to be an incomplete statement.

In April an important paper was published in the USA (Deykin et al, 1982). The authors found an ethanol-induced potentiation of the effects of aspirin on the bleeding time and a similar potentiation with ibuprofen or indomethacin.

The runner who was the subject of my report took 100 mg of flurbiprofen (Froben) on the evening before the marathon. In the evening after the marathon he took a modest amount of alcohol. I suspect that there was a drug interaction and that a haematoma of the damaged caecal wall developed. It has been subsequently shown, however, that the subject's bleeding time does not seem to be prolonged by taking alcohol after flurbiprofen. Perhaps extreme exertion is also required to trigger the interaction. The subject will run a further marathon in 1983 repeating the suspect sequence (Froben — exertion — alcohol) and detailed pathological tests will then be done.

Meanwhile I think the work of Deykin et al should be more widely known. It has an obvious importance for all marathon runners and for those who take part in combative sports.

Yours sincerely,

A. M. W. Porter

REFERENCES

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- Porter, A. M. W., 1982 "Marathon running and the caecal slap syndrome". British Journal of Sports Medicine 16: 178.