



DOVER PULMONARY, P.A.
BRIAN J. WALSH, D.O., F.C.C.P., FACOI

530 S. State Street, Suite 107A
Dover, DE 19901
Telephone: (302) 734-0400

Brian J. Walsh D.O.

I have been in practice as a Pulmonary Physician since 1987 with a special interest in sleep medicine and exercise physiology. I have been in Dover and associated with Bayhealth since 1991. I am presently the Medical Director of the Respiratory Care Department and the Pulmonary Rehabilitation Program.

I became a regular runner late in life after toying with other fitness methods sporadically through my younger adult years. I had put on a great deal of weight and in my first year of running managed to shed 50 pounds. I have always been fortunate to have my favorite running buddy close by. In fact my wife of 33 years had the running bug a few years before me and inspired me both to get started and keep it up over the years.

In the last 11 years I have tried many distances including 4 marathons, over 25 half-marathons (including all of the Virginia Beach Rock and Roll Series, and that string continues). I have done all of the CR half Marathons except 2003 when I had three screws placed in my right ankle from a skiing mishap. There have been countless 5 K's over the years. There have been some 5M, 10 K, 15 K and 10 milers as well. I have been a cross trainer over the years, once I discovered I could not run every day. Lately I have been doing triathlons. These have been mostly sprint triathlons but I did do the Escape from Fort Delaware (International Distance) race this year. I have a half-ironman on my radar.

I have been personally lucky when it comes to injuries myself. The skiing thing was a first in 35 years of skiing. I have had plantar fasciitis and iliotibial band issues. On a professional level I do treat many patients with exercise induced asthma.