



Research Opportunity

Are you interested in participating in an innovative study investigating the safest time of day to exercise?

A research team from SportsCardiologyBC, a clinical and research program out of UBC Hospital, (www.sportscardiologybc.org) is recruiting male and female athletes 18 years of age or older that participate in competitive or recreational sport to partake in a research study. Your participation will help to evaluate the safest time of day to exercise based on the presence of arrhythmia during exercise.

Through participation you can expect to gain comfort by undergoing cardiovascular testing that will provide any indication of underlying cardiovascular disorder. You will also be able to take pride in participating in a research project that could potentially have a significant impact on the medical, health, and athletic communities.

Participants will be asked to attend a testing session at UBC Hospital that includes a questionnaire, resting 12-lead electrocardiogram (ECG), and exercise stress testing followed by a 24-hour Holter monitor. About one week after initial testing, participants will be asked to come back to UBC hospital to complete another 24-hour Holter monitor. Participants will be followed up with after 1, 5 and 10 years to complete a survey on their health status and exercise patterns.

If after reading the study description you would like to participate, please contact research coordinator Kenzie MacDonald at 604-822-9494 or email scbcresearch@alumni.ubc.ca.