



## Volunteers Needed For Research Study

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SportsCardiologyBC is recruiting participants for a study to determine whether Masters athletes heart screenings should include an exercise stress test.

### You may be eligible to participate if:

You are 35 years of age or older and you are physically active at least three times each week.

### What does it involve?

You will be randomized to either the control or screening group.

#### Screening group participants will:

- Complete a pre-screen questionnaire and blood analysis
- Have a screening session involving a resting electrocardiogram, blood pressure testing and body measurements
- Possibly have follow-up testing (exercise stress test and visits to a cardiologist)
- Have yearly online questionnaire for 10 subsequent years.

#### Control group participants will:

- Complete an Initial questionnaire
- Have yearly online questionnaire for 10 subsequent years.

If you participate, you will have the opportunity to undergo testing that can provide indication of potential underlying cardiovascular disorders. You will also be able to address general concerns about your health and well-being while participating in sport. Also, this research may have a significant impact on the medical, health and athletic communities.

If you have any questions about the study or if you are interested in participating, please contact the study coordinator, Barb Morrison, at **604 822 7923** or by email at **barb.morrison@vch.ca**

