

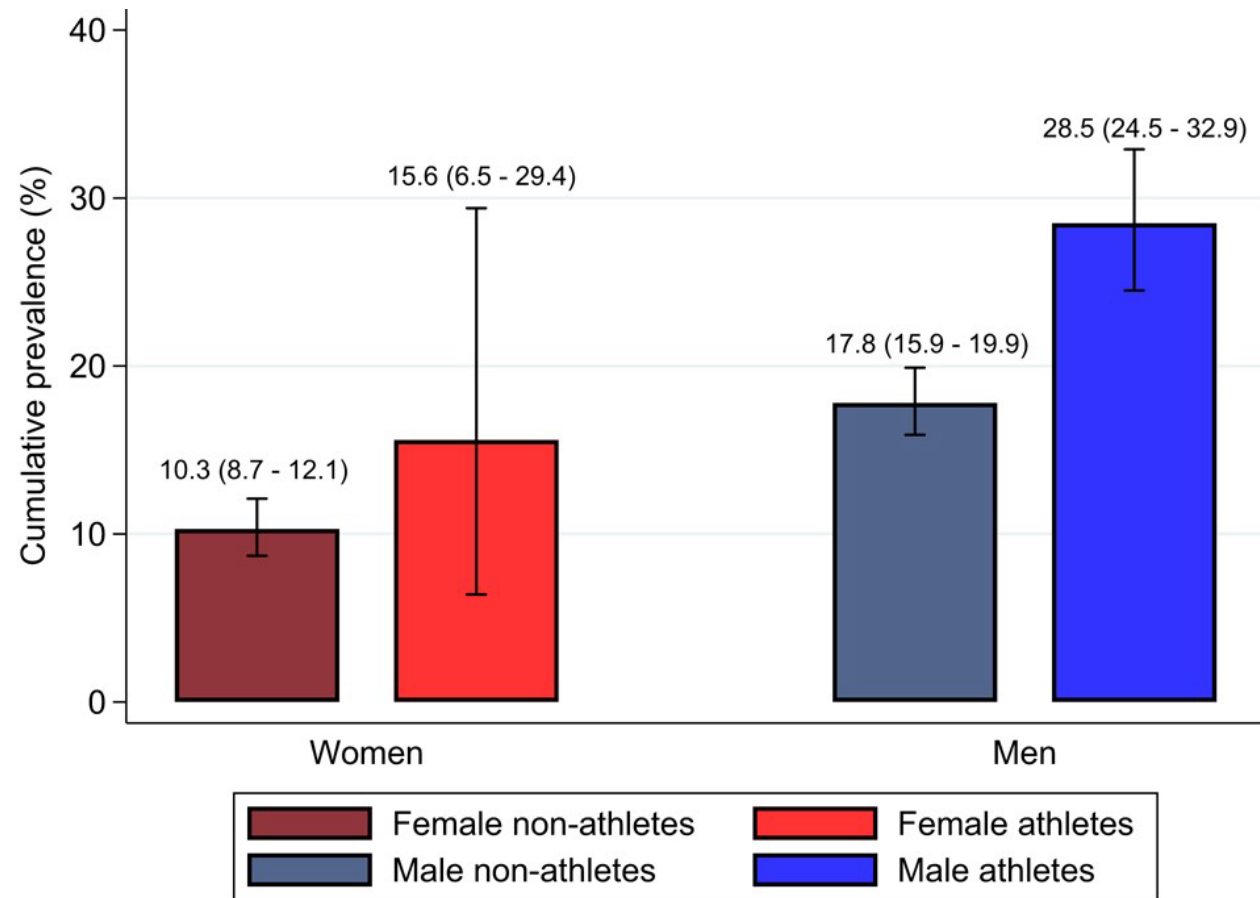
FEMME-HEART

The female athletic heart through the lifetime



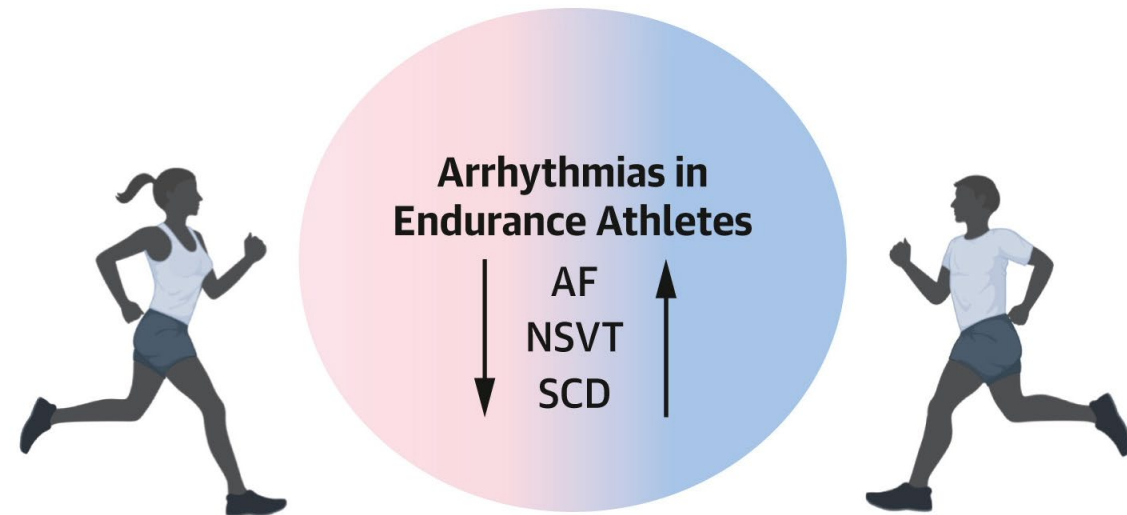
Nicola Macdonald | PhD candidate

AF risk in female athletes



Lower AF risk ?

- Not known if this is due to it occurring less frequently
- Or if we haven't looked hard enough





Why are we doing this research?

Females make up 24.3% of all exercise-induced remodelling research

What we want to understand

- How the female heart adapts to endurance exercise
- How those adaptations change with ageing and menopause
- Whether continuing or retiring from competitive sports is associated with different cardiovascular characteristics



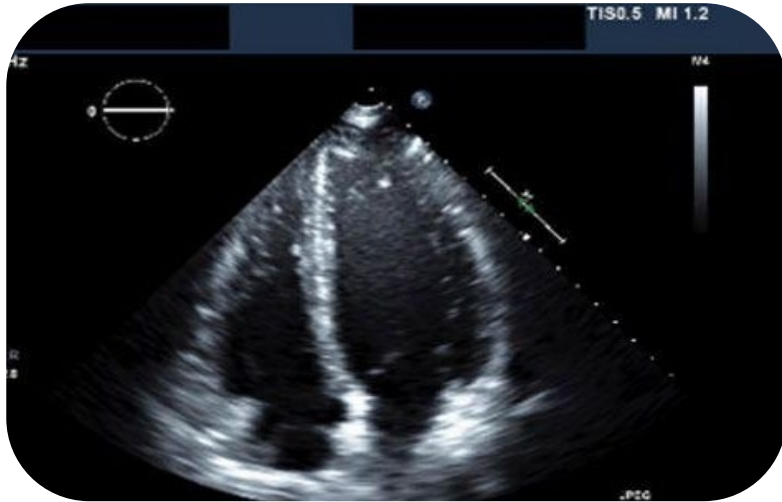
Current elite endurance athletes



Masters and retired female athletes

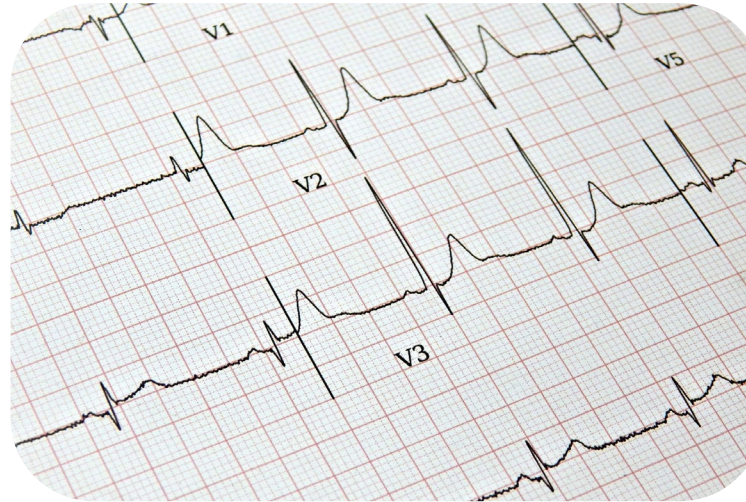


Healthy non-athletic controls



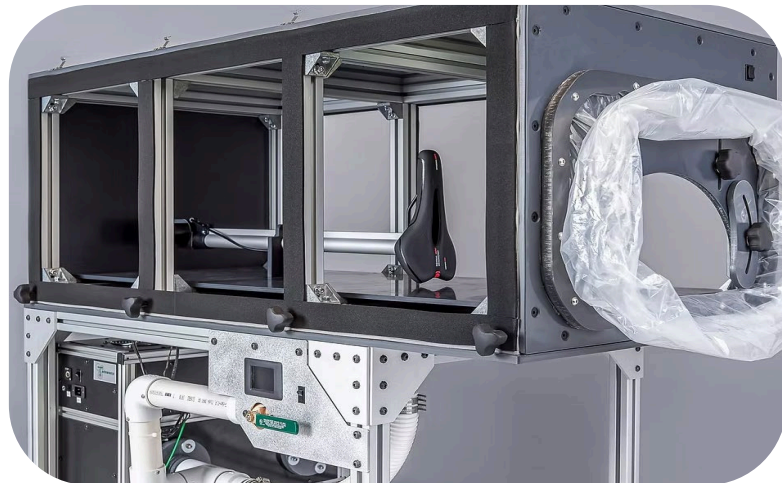
Heart structure

Echocardiography



Electrical function

ECG and rhythm-related measures



Autonomic function

Blood pressure and cardiovascular responses



DXA scan

Body composition



Cardiopulmonary exercise testing

VO_{2max}

Why should female athletes be apart?

We want to move away from using male physiology

Define the female athletic heart



Years of training

What happens to the cardiovascular system after years of endurance training?



Continuing to exercise as you age

How does the heart of a master's athlete compare with that of a younger athlete?



The female athlete's experience

How might ageing, menopause and changes in training relate to cardiovascular adaptations

Interested?

Scan the QR code to
register your interest



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