



Letter of Invitation

Title of Project: Time of day study: When is the safest time of the day to exercise?

Investigators: Dr. Saul Isserow – Director of Cardiology Services, UBC Hospital
Dr. James McKinney – Division of Cardiology UBC Hospital
Dr. Jack Taunton – Division of Sports Medicine, UBC
Carlee Cater – UBC Faculty of Medicine
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To the participant,

You are being contacted because a research team from SportsCardiologyBC is recruiting male and female athletes older than or equal to 18 years of age that participate in sport (competitively or recreationally) to partake in a research study to evaluate the safest time of day to exercise as evidenced by presence of arrhythmia during exercise.

The sample population for this study is 126 athletes across British Columbia. Participation in the study is voluntary and non-invasive. It consists of attending a screening session that includes a family history, personal health, and lifestyle questionnaire, resting 12-lead electrocardiogram (ECG), exercise stress testing followed by a 24-hour Holter monitor. Following this initial testing, as a participant, you would be asked to come back to the hospital at a time of convenience to complete another 24-hour Holter monitor.

Expected benefits include providing athletes with general concerns about health and well-being while participating in competitive sports may gain comfort in the knowledge that they have undergone testing that indicates they have no indications of a cardiovascular disorder. Furthermore, participants can take pride in participating in an innovative research project with potentially significant impact on the medical, health and exercise communities.

If at any point during testing the participant experiences worrisome symptoms or exhibits potentially abnormal test results, a consultation with a cardiologist will be recommended and organized.

Should you consent to participate (consent form provided and necessary for enrolment), you will be followed up with via email/phone at 1, 5 and 10 years subsequently with surveys on health status and exercise patterns.

If after reading the study description carefully, you would like to participate in this study, please contact research coordinator Kenzie MacDonald at 604-822-9494 or email scbcresearch@alumni.ubc.ca. Thank you for your interest in this investigation.

Sincerely,
Dr. Saul Isserow, M.D., Principal Investigator
Telephone: 604-822-1747