

Help us to understand if an exercise program can reduce the risks to the heart in overweight children

We are looking for children who are overweight to participate in this study to help us better understand if exercise can improve heart function.

We will compare findings before and after an exercise program to see the effects on heart function.

Overweight children between 10-18 years are invited to participate

What does the study involve?

The study requires you to have an ultrasound of the heart (echocardiogram) to assess the structure and function of your heart and to perform an exercise test. An echocardiogram is non-invasive, pain-free and radiation-free. The exercise test will require you walking on a treadmill. You will then be asked to partake in a 12-week exercise program that runs twice a week for 75 minutes per session. In total, we expect that the amount of time that you will spend in our study is between 30-35 hours over a one-year period. At least 30 of these hours will be spent at the Hospital at the exercise sessions.

This study is being conducted by Dr. Harris and Dr. Potts at the Division of Cardiology at B.C. Children's Hospital

If you are interested in receiving additional information or wish to participate in this study, please contact:

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