

vancouver 2010

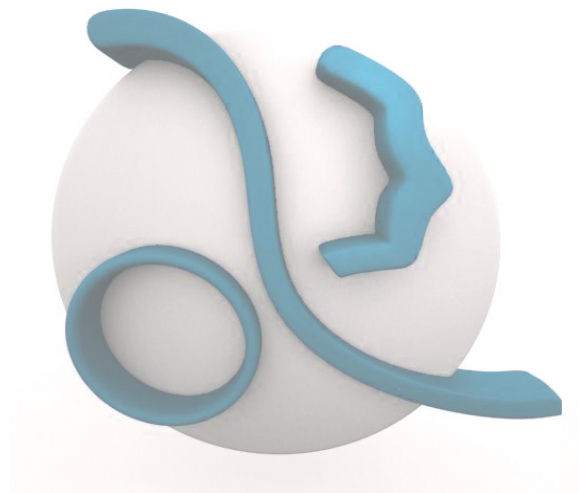
winter paralympic games

- ▶ Are you concerned with your **blood pressure** or **heart health**?
- ▶ Do you experience significant episodes of **dizziness**, **lightheadedness**, **unusual sweating** or **headaches** during exercise?
- ▶ Address your questions to the experts and visit the daily **clinic**.

Cardiovascular Health Education Clinic For Paralympic Athletes

Open daily from: March 9 to March 22, 2010 9:00am to 6:00pm

Clinic locations: Paralympic Athlete's Village, Vancouver BC
and the Blusson Spinal Cord Centre
@ 818 West 10th Ave, Vancouver BC



Make an appointment by e-mail:
paralympic.clinic@gmail.com

or by calling:
1-604-675-8803

This initiative is supported by the IPC

AS YOU MAY ALREADY KNOW.... It is stated by the International Paralympics Committee (IPC) that classification of wheelchair athletes is an ongoing process, and continues to evolve to this day.

The classification of wheelchair athletes was originally based on medical opinion alone, but now they are evaluated according to the athlete's functional ability, with the goal of determining which athletes with differing ability levels will compete against each other. The classes are determined by a variety of processes that may include a physical and technical assessment, and observation both during and outside of competition.

A significant disadvantage in the present classification is that it does not take into account autonomic factors (such as autonomic control of the heart and blood pressure) that could significantly impact upon an athlete's performance.

The purpose of this study is to develop an addition to the current classification of wheelchair athletes so that it takes into consideration the impact that different levels of spinal cord injury have on regulation of the cardiovascular systems.

You qualify if you are:

A wheelchair athlete with spinal cord injury competing during the Winter Paralympics games in Vancouver, BC.

Unfortunately we cannot accept you as a participant if: you have any active medical urinary tract infections, etc that is likely to affect your ability to complete the study.

In brief, what you need to know is:

- This involves a commitment of **one visit** for this study during the winter Paralympics games in Vancouver, BC. Clinics will be operating from March 9 to March 22, 2010, between 9:00 am to 18:00.
- You will be asked to attend one 90-minute session either at the Cardiovascular Health Education Clinic which will have two locations: one within the medical clinic in The Vancouver Paralympic Athletes Village or at the clinic located at the ICORD – building situated close to the Paralympics village (818 West 10th Ave. Vancouver, BC, - Vancouver General Hospital campus).
- During the visit, you will expect following:
 - You will be asked to fill out a short questionnaire
 - Next, you will undergo a standardized neurological examination in order to confirm your level of injury (ASIA exam, no rectal exam will be needed)
 - Next, you will undergo a simple blood pressure evaluation where your blood pressure will be measured first while you are lying down and next when you are sitting up.
 - Finally, you will be examined with an electrophysiological test for the presence of sympathetic skin responses.
 - These are non-invasive and non-painful procedures.
- This evaluation does not involve any exertion and will not affect your performance during the games.
- You will receive **\$100 CAD** compensation for your time and participation in the study.
- We have only limited funds available for this project; we will be accepting participants on a first come first serve basis.

The Principal Investigator of the study is Dr. Andrei Krassioukov (krassioukov@icord.org), Associate Professor, Division of PM&R, Dept of Medicine, Associate Director and Scientist ICORD, University of British Columbia, Vancouver, BC, Canada.

In order to schedule an appointment please contact us via email or phone number:

Clinic email: paralympic.clinic@gmail.com

TEL: 1-604-675-8803

*This project is approved by the IPC
 and is supported by grants from:*



THE CRAIG H. NEILSEN FOUNDATION

