



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Centre for Heart Lung Innovation Research in Progress (R.I.P.)



Face Masks During Exercise: Investigating sex differences in the multidimensional components of dyspnea

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Monday, Jan 30th, 2023
9:00 – 10:00 a.m.

James Hogg Conference Centre RM 103
Zoom Video Conference
(Meeting ID: 693 1997 7044; Passcode: 030679)

“To contain the COVID19 virus, public health officials have implemented face mask (FM) mandates. Initially, many researchers feared that individuals who exercise with a FM would be faced with a respiratory resistance that could reduce oxygen and increase carbon dioxide levels in the blood. However, recent studies show no adverse physiological effects when a healthy individual exercises with a FM. Despite this observation, studies consistently demonstrate that FMs increase the sensation of breathlessness. Unfortunately, there are few studies explaining the causes of breathlessness with a FM. Moreover, it is unknown if biological sex influences the experience of breathlessness with FMs during exercise. As a result, the purpose of our study is to examine sex differences in the intensity and unpleasantness of dyspnoea during exercise with a FM and determine what qualities of dyspnoea are experienced.”

This event is a Self-Approved Group Learning Activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada



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