



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

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

---



### **Sex Differences in Exercise-Induced Arterial Hypoxemia and Pulmonary Edema Development in Elite Athletes Following High-Intensity Exercise**

**Alanna Hind**  
MSc Candidate  
Dr. Jordan Guenette

Monday, Mar 6<sup>th</sup>, 2023  
9:00 – 10:00 a.m.

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

---

*“During high-intensity exercise, heart rate increases to meet oxygen demands of working muscles, resulting in a subsequent elevation in blood pressure. When placed under high pressures, such as during high-intensity exercise, the blood vessels in the lungs are susceptible to damage. Such damage may potentially result in fluid accumulation in the lungs, referred to as pulmonary edema. Further, evidence suggests that females are more likely to experience low blood oxygen levels and increased feelings of breathlessness compared to males. The mechanisms behind these sex differences are not fully understood but may be attributed to fluid accumulation in the lungs. It is believed that females may be more susceptible to developing pulmonary edema as a result of smaller lungs and airways impacting oxygen uptake into the blood.”*

*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*



a place of mind

THE  LUNG ASSOCIATION™  
British Columbia



HEART &  
STROKE  
FOUNDATION  
OF BC & YUKON

*Finding answers. For life.*