

### **Would you like to volunteer for tests on your heart?**

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is researching the cardiac effects of long term high endurance exercise (>10 years at least) in older athletes.

The study is currently recruiting healthy women aged >45 years old who have been exercising for most of their life and at least >10 years. Participants should have no history of heart disease, diabetes, high blood pressure, high cholesterol or history of smoking.

It is a safe and non-invasive study and does not involve any experimental drugs or procedures. It offers the participants an opportunity to undergo free and comprehensive heart tests, which would cost more than £2000 if done privately. The tests will include heart tracings, heart ultrasound scans, exercise fitness tests (VO2 max), heart MRI and CT scans. You will be asked to attend three hospital visits, each lasting less than 2 hours. All tests will take place at St Georges Hospital, Tooting, South London.

A more detailed description of the study including what it involves, the inclusion/exclusion criteria and the potential risks to volunteers are in the attached information leaflet. Please read through it and if you have any concerns or questions then please don't hesitate to contact Dr Uchenna Ozo who is the principal investigator for this study at [masterathletes@sgul.ac.uk](mailto:masterathletes@sgul.ac.uk)

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