

# Enhancing Heat Resiliency in Older Adults During Indoor Overheating Via Heat Acclimation by Warm Water Immersion

NCT06670365

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Ottawa
Enrollment	12 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Non-smoking.
- English or French speaking.
- Ability to provide informed consent.
- With or without a) chronic hypertension (elevated resting blood pressure; as defined by Heart and Stroke Canada and Hypertension Canada), b) type 2 diabetes as defined by Diabetes Canada, with at least 5 years having elapsed since time of diagnosis

### Exclusion (6)

- Episode(s) of severe hypoglycemia (requiring the assistance of another person) within the previous year, or inability to sense hypoglycemia (hypoglycemia unawareness).
- Serious complications related to your diabetes (gastroparesis, renal disease, uncontrolled hypertension, severe autonomic neuropathy).
- Uncontrolled hypertension - BP  $\geq$ 150 mmHg systolic or  $\geq$ 95 mmHg diastolic in a sitting position.
- Restrictions in physical activity due to disease (e.g. intermittent claudication, renal impairment, active proliferative retinopathy, unstable cardiac or pulmonary disease, disabling stroke, severe arthritis, etc.).
- Use of or changes in medication judged by the patient or investigators to make participation in this study inadvisable.
- ... and 1 more (see full listing online)

## Locations (1 total)

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University of Ottawa, Ottawa, Ontario, Canada