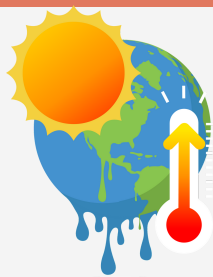


CHILDREN WITH CARDIAC DISEASE AND HEAT EXPOSURE: CATASTROPHIC CONVERGING CONSEQUENCES?

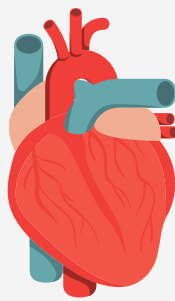
WHAT WE KNOW



Heatwaves are increasing in intensity, frequency and duration



Children are classified as a vulnerable population by WHO



Cardiovascular system plays a crucial role in thermoregulation



RESEARCH QUESTIONS

How do higher ambient temperatures affect an already compromised cardiovascular system in children with cardiac disease ?

What are the implications of exercising in the heat on these children?

WHAT WE FOUND



Children with cardiac disease and lower cardiorespiratory fitness may experience greater heat-related health impacts due circulatory competition in hot environments



UNICEF's latest heat-health policy brief contains vital information for vulnerable populations like children, pregnancy and older adults



There is a concerning lack of experimental clinical research currently being conducted on the link between heat exposure and children

TOP 4 SUGGESTIONS



Health professionals should be aware of the heat-health risks for children with cardiac conditions



PE teachers/kinesiologists are encouraged to adapt physical activities to hot environments



There is an urgent need to conduct more heat-health investigations



Promote health equity globally to adapt to a hotter world

Full-text link: <https://doi.org/10.1123/pes.2023-0086>

Souilla, Luc, Pascal Amedro, and Shawnda A. Morrison. "Children With Cardiac Disease and Heat Exposure: Catastrophic Converging Consequences?". *Pediatric Exercise Science* (published online ahead of print 2024). 4 Jan. 2024.