Roles of Blood Volume in Exercise-Induced Heat Acclimation for Able-Body and Spinal Cord Injury Persons

Yoshi-ichiro Kamijo
Department of Rehabilitation Medicine, Wakayama Medical University, Wakayama, 641-8509, Japan.

Abstract

When an able-body person exercises in the heat, skin blood flow and sweating increase with an increase in body temperature. At the same time, blood pooling in the cutaneous vein and hypovolemia due to large amounts of sweating reduce the venous return to the heart, which is resulting in threatening a maintenance of arterial blood pressure. To avoid it, cutaneous vasodilation is suppressed through baroreflexes.

Previous studies have demonstrated that protein and carbohydrate supplementation during moderate and/or intensive endurance training enhances plasma volume (PV) expansion and thermoregulatory and cardiovascular adaptations in young, healthy elderlies, and also hypertensive elderlies. The adaptations for heat might include an enhanced skin sympathetic nervous activity related with cutaneous vasodilation through baroreflexes. Therefore, the results suggest that an increase in blood volume plays a role in improving thermoregulatory responses. However, none of studies have so far examined whether the same adaptations occur in persons with cervical spinal cord injury (CSCI) who suffer from sympathetic nervous dysfunction.

In CSCI, although thermoregulatory responses during whole body heating are absent, cutaneous vasodilation via local heating in preserved and cardiac function is possibly adapted to exercise. We have recently observed that a trained CSCI person has relatively higher VO2peak [30 ml/min/kg] measured by hand ergometer than untrained persons [~20 ml/min/kg] and his cardiac volume was approximately two times greater than that in the untrained group, while ejection fraction was normal level. Thus, PV expansion may be associated with the adaptation even in CSCI persons, which is favoring the adaptation to exercise in the heat.

Yoshi-ichiro Kamijo, M.D., Ph.D.
yoshikmj@wakayama-med.ac.jp or yoshikmj@gmail.com
Education:
1997 Graduated from Shinshu University, School of Medicine
2001 Ph.D. in Medical, Shinshu University, Graduated School of Medicine, Matsumoto, Japan (supervised by Prof. Hiroshi Nose M.D., Ph.D.)

Experience:
Oct 2001 – Sep 2003 Postdoctoral fellow, John B. Pierce Lab., Yale University (PI: Gary W. Mack Ph.D.)
Oct 2003 – Ma 2012 Assistant professor, Department of Sports Medicine or Sports Medical Sciences, Shinshu University Graduate School of Medicine
Apr 2012 – Mar 2015 Junior Associate Professor, Department of Sports Medical Sciences.
Apr 2015 – Feb 2016 Chief Coordinator, Joint Usage/Research Center of Sport for Persons with Impairments (authorized by the Ministry of Education, Culture, Sports, Science and Technology), Medical Center for Health Promotion and Sport Science, Wakayama Medical University.
Ma 2016 – Present Associate Professor, Department of Rehabilitation Medicine, Wakayama Medical University. (Supervised by Prof. Fumihiro Tajima)

Academic societies:
Physiological Society of Japan
The Japanese Society of Physical Fitness and Sports Medicine
American Physiological Society
The Japanese Association of Rehabilitation Medicine