

# Okanagan Cardiovascular & Respiratory Symposium

March 15–17, 2018  
Silver Star Mountain  
Resort Auditorium,  
Silver Star Ski Resort,  
BC, Canada



# Preliminary Program

## March 2018

### Thursday 15

15.00 – 17.00	Registration
17.00 – 18.00	<b>Keynote 1:</b> Professor Ben Levine, UT Southwestern Medical Centre – Hypoxia and the Heart: Friend or Foe
18.00 – 19.45	<b>Scientific Session #1:</b> <b>Environmental Physiology</b> Chair – Professor Ben Levine, University of Texas Southwestern Medical Centre
20.00	Buffet dinner – Silver Star Town Hall

### Friday 16

07.30 – 08.30	<b>Keynote 2:</b> Professor Michael Joyner, Mayo Clinic – Exploring Sex Differences and Blood Pressure in Humans
08.45 – 10.45	<b>Scientific Session #2:</b> <b>Respiratory Physiology</b> Chair and first speaker – Professor William Sheel, University of British Columbia – The pulmonary physiology of exercise: sex differences, similarities and a preliminary list of unknowns
10.45 – 11.15	Refreshment break
11.15 – 13.00	<b>Scientific Session #3:</b> <b>Cerebrovascular Physiology</b> Chair and first speaker – Dr. Emma Hart - University of Bristol – Is hypertension self-protection for the brain?
13.00 – 13.30	Lunch – Auditorium
13.30 – 15.30	<b>Scientific Session #4:</b> <b>Cardiovascular Physiology</b> Chair and first speaker – Professor Rob Shave – University of British Columbia – Exercise and the heart: An evolutionary perspective
15.30 – 20.30	Evening skiing, ice-skating, snow shoeing hiking, tubing, etc.

### Saturday 17

07.30 – 08.30	<b>Keynote 3:</b> Professor Susan Hopkins, University of California, San Diego – Pulmonary gas exchange: how and why athletes outperform their lungs during exercise
08.45 – 11.45	<b>Scientific Session #5:</b> <b>Vascular Physiology</b> Chair and first speaker – Professor Maureen MacDonald – McMaster University, What happens to your arteries after a day of skiing – exercise induced vascular adaptation
12.00 – 15.45	Afternoon skiing, ice-skating, hiking, tubing, etc.
16.00 – 17.45	<b>Scientific Session #6:</b> <b>Cardiopulmonary Physiology</b> Chair and first speaker – Dr. Chris West, University of British Columbia – The cardiac consequences of spinal cord injury and implications for exercise performance
17.45 – 18.00	Refreshment break
18.00 – 19.45	<b>Scientific Session #7:</b> <b>Vascular and Autonomic Physiology</b> Chair and first speaker – Professor Kevin Shoemaker – Sympathetic Sympathy In the Time of Stress
19.45 – 20.00	Closing remarks and graduate student awards presentation
20.00	Buffet dinner – Silver Star Town Hall

### Sunday 18

Optional skiing day

### Booking information

Cost for full conference (including two evening meals on Thursday and Saturday, lunch on Friday and refreshments):  
Faculty: \$375+GST/Postdocs: \$275+GST/  
Professional: \$275+GST/Students: \$95+GST

Conference registration and payment can be made at:  
<https://cbm.ok.ubc.ca/hes/ocrs/registration.php>

#### Important dates:

**January 19, 2018** Submission deadline for abstracts and deadline for graduate competition.

**February 02, 2018** Registration deadline.

Please note: There will be no registration refunds for cancellations after February 2nd, 2018.

# Abstract content

## Each abstract should contain the following elements:

- a sentence stating the study objective (unless given in the title)
- a brief statement of methods
- a summary of the results obtained
- a statement of the conclusions
- acknowledgements of funding source(s)

**It is not satisfactory to say “the results will be discussed.”  
Limit your abstract body to 250 words.**

### Fonts and symbols:

**Use the Times New Roman font for the entire abstract.**

### Title:

**Use a short, specific and declarative title (<15 words).  
The abstract title should be prepared in UPPERCASE.**

### Authors:

**Please list authors as initials then last name.**

### Tables and figures:

**No tables or figures are allowed.**

### Abbreviations:

**Use standard abbreviations for units of measure.  
Other abbreviations should be spelled out in full at first mention, followed by the abbreviation in parentheses.**

### Submission:

**Please send abstracts as a word file to:  
okcrs2018@gmail.com**

### Notification of programming:

**The presenting author will be notified by email by Feb 1st concerning the title, date and time of the session for which their abstract is scheduled, the format of presentation, and the specific presentation time.**

### Graduate award competition:

**If you would be like to be considered for a graduate presentation award please indicate in the email associated with your abstract submission. Please also indicate the degree program you are currently in (MSc/PhD) and the name of your primary supervisor.**

## Abstract example:

**REGIONAL NEUROVASCULAR COUPLING AND COGNITIVE PERFORMANCE IN THOSE WITH LOW BLOOD PRESSURE SECONDARY TO SPINAL CORD INJURY: IMPROVED BY ALPHA-1 AGONIST**  
AA Phillips, DE Warburton, PN Ainslie, AV Krassioukov

Individuals with high-level spinal cord injury (SCI) experience low blood pressure (BP) and cognitive impairments. Such dysfunction may be mediated in part by impaired neurovascular coupling (NVC) (i.e., cerebral blood flow responses to neurologic demand). Ten individuals with SCI >T6 spinal segment, and 10 age- and sex-matched controls were assessed for beat-by-beat BP, as well as middle and posterior cerebral artery blood flow velocity (MCAv, PCAv) in response to a NVC test. Tests were repeated in SCI after 10 mg midodrine (alpha 1-agonist). Verbal fluency was measured before and after midodrine in SCI, and in the control group as an index of cognitive function. At rest, mean BP was lower in SCI (70±10 versus 92±14 mm Hg; P<0.05); however, PCAv conductance was higher (0.56±0.13 versus 0.39±0.15 cm/second/mm Hg; P<0.05). Controls exhibited a 20% increase in PCAv during cognition; however, the response in SCI was completely absent (P<0.01). When BP was increased with midodrine, NVC was improved 70% in SCI, which was reflected by a 13% improved cognitive function (P<0.05). Improvements in BP were related to improved cognitive function in those with SCI (r<sup>2</sup>=0.52; P<0.05). Impaired NVC, secondary to low BP, may partially mediate reduced cognitive function in individuals with high-level SCI

Funding Sources: NSERC, HSFC, the MSFHR, Paralyzed Veterans of America, The Craig Neilson Foundation, CIHR, GEHealthcare

# Information

Okanagan Cardiovascular  
& Respiratory Symposium  
March 15 – 17, 2018  
Silver Star Mountain Resort,  
Vernon, BC, Canada



## Venue:

The Symposium will be held at the beautiful Silver Star Mountain Resort, British Columbia, Canada ([www.skisilverstar.com](http://www.skisilverstar.com)).

The resort is located at the north end of the Okanagan Valley, approximately 20 minutes by car from the city of Vernon.

The nearest airport is Kelowna International Airport ([www.kelownaairport.com](http://www.kelownaairport.com)). The airport is approximately a one hour drive from Silver Star. By air, Kelowna airport (YLW) is approximately one hour west of Calgary and one hour east of Vancouver.

Silver Star is in the Pacific Time Zone (Coordinated Universal Time minus 8 hours).

## Dates:

The Symposium is set to start Thursday, March 15, check-out is on Sunday, March 18, with the option of extending your stay at the 15% discount. The Symposium will commence Thursday afternoon and end Saturday evening, with an option to stay and ski on Sunday.

## Accommodation options:

Two main accommodation options are offered: standard hotel rooms with various bedding configurations, or apartment style suites equipped with full kitchens. All accommodation is centrally located in the village. The options for accommodation are laid out on the following pages at a variety of different prices. All prices are in Canadian dollars, include the conference discount and subject to taxes.

You may arrange to increase the length of stay at Silver Star Mountain Resort by contacting the Silver Star Mountain Resort Groups Department. For Vance Creek & Chilcoot Lodge please contact the Hotel directly.

## Airport transfers:

Transportation from Kelowna International Airport to Silver Star Mountain Resort with Let's Go Transportation.

Email: [reservations@letsgotransportation.ca](mailto:reservations@letsgotransportation.ca)  
Local Phone: 778-821-0101  
Toll Free: 1-844-877-0101

Shuttle Rates and shuttle times:  
[www.letsgotransportation.ca/silver-star-kelowna-shuttle.php](http://www.letsgotransportation.ca/silver-star-kelowna-shuttle.php)  
Travel time from the airport to Silver Star by road is approximately one hour.

## Accommodation booking:

To book rooms in any of the resort accommodations please call the Central Reservations office at: 250-558-6083 or toll free at: 1-800-663-4431.

Silver Star have kindly given us a 20% discount at the Silver Creek Lodge and a 15% discount at the Snowbird Lodge, Lord Aberdeen, Firelight Lodge, Vance Creek Hotel and Chilcoot Lodge on a two-night stay or more. To obtain these discounts please use the booking code "YC" for the Silver Creek Lodge and "YB" for the Snowbird Lodge, Lord Aberdeen, Firelight Lodge, Vance Creek Hotel and Chilcoot Lodge when placing your reservation.

There is no deadline this year for hotel booking and receiving the discount. However, as the conference is being held during the BC Schools spring break the resort is expected to be relatively busy so please book early to ensure you get the room you want.

## Discount for lift tickets and rentals:

A 15% discount on lift tickets and ski rentals is available for all conference attendees and their guests. To book please call the Central Reservations office at: 250-558-6083 or toll free at: 1-800-663-4431. Please book before you arrive and your tickets will be available at your accommodation on check-in.

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Hotel information for the conference hotels (i.e. Silver Creek Lodge, Snowbird Lodge, Lord Aberdeen, and Firelight Lodge, Vance Creek Hotel and Chilcoot Lodge) can be found on the Silver Star website: [www.skisilverstar.com/lodging-packages](http://www.skisilverstar.com/lodging-packages)

## Silver Creek Lodge



Best known for spacious units, warm atmosphere and spectacular views. Silver Creek Lodge was built in 1998 and is located in our Upper Village Centre just above Snowbird Lodge. Enjoy cable TV, a fireplace, balcony, shared laundry facilities, fitness room, and free wireless internet access. Please note all suites have access to a shared hot tub on the roof of Silver Creek; this hot tub is only operational in the Winter Season.

The Silver Creek Lodge offers Studios and 3 sizes of 1 Bedroom units with Alcove.

Rates for units start from Studio at \$176.80 + taxes per night - 1 bed-room / 2 bathroom with alcove at \$236.30 + taxes per night. Rates are based on 20% off rack rates on a minimum 2 night stay or more.

## Snowbird Lodge



Built in 2006, Snowbird Lodge features 54 deluxe units located in the heart of the village. Snowbird Lodge includes private hot tubs, cable TV, a fitness room, a 24-seat theatre, private laundry and free personal internet access. Please note that there are no hot tubs in Studio Suites.

The Snowbird Lodge offers Studios 1, 2 and 3 bedroom units.

Rates for units start from Studio at \$180.00 + taxes per night - 3 Bedroom at \$552.50 + taxes per night. Rates are based on 15% off rack rates on a minimum 2 night stay or more.

## Lord Aberdeen



The Lord Aberdeen Hotel provides excellent value one to three bedroom apartment style suites right in the centre of the village. The Lord Aberdeen Hotel is home to H.B Pizza, Long John's Pub, the Aberdeen Market & Liquor Store, and Out of Bounds Café. Built in 1988, Lord Aberdeen had a new wing added in 2002, and renovations to some 2 bedroom & 3 bedrooms in 2009-10. Please note that

select suites have shared hot tubs, and private hot tubs.

The Lord Aberdeen Hotel offers 1, 2 and 3 bedroom units.

Rates for units start from Studio at \$189.55 + taxes per night - 3 Bedroom at \$348.50 + Taxes. Rates are based on 15% off rack rates on a minimum 2 night stay or more.

## Firelight Lodge



Experience the newest resort property at SilverStar. Immaculate decor condos located right next to the Brewer's Pond and Tube Town. Stay cozy and warm in our modern style suites after a day of adventuring on SilverStar Mountain. Stay in Firelight and enjoy cable TV, free wireless internet, full kitchen, shared BBQ plus a fire pit, and much more. Please note that select suites have shared hot tubs, and private hot tubs. Also, Firelight Lodge has no air conditioning.

The Firelight Lodge offers Studio and Bachelor Suites as well as 1, 2 and 3 bedroom units with and w/o hot tubs.

Rates for units start from Studio at \$161.50 + taxes per night - 3 Bedroom at \$486.20 + taxes per night. Rates are based on 15% off rack rates on a minimum 2 night stay or more.

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## Vance Creek Hotel



The Vance Creek Hotel is located at the heart of Silver Star village providing great ski-in, ski-out accommodation. These suites provide cable TV and free Wi-Fi. Within the building there is a shared outside hot tub, ski lockers and 1609 Restaurant & Lounge. Pets are allowed in select units for a nightly charge. The front of Vance Creek Hotel is home to a large boardwalk featuring a variety of shops, restaurants and a café.

The Vance Creek Hotel offers Hotel Rooms, 1 and 2 bedroom units.

Rates start from regular hotel rooms at \$143.65 per night plus taxes to 2 Bedroom/ 2 Bathroom at \$279.65

and the 1 & 2 bedroom units offer fireplaces. Within the building there are two shared outdoor hot tubs, an elevator, ski lockers, coin operated laundry, meetings rooms and the Chilcoot Conference Centre.

The Chilcoot Lodge offers Hotel Rooms, 1 and 2 bedroom units.

Rates start from regular hotel rooms at \$147.90 per night plus taxes to 2 Bedroom/ 2 Bathroom at \$293.25.

## Chilcoot Lodge



Chilcoot Lodge offers country charm just footsteps from our village center. All units provide cable TV, free Wi-Fi