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THERMOREGULATORY COMPETENCE DURING EXERCISE TRANSIENTS IN A GROUP OF HEAT-ACCLIMATED YOUNG AND MIDDLE-AGED MEN IS INFLUENCED MGRE DISTINCTLY BY MAXIMAL AEROBIC POWER THAN AGE

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# INTRODUCTION

A fundamental change that occurs with advancing age is a diminishing maximal aerobic power (Vo, max) 1.4.7. In sedentary individuals the rate of decline in Vo, max as a function of age is estimated at 10% per ten years after age 20 but becomes more gradual in endurance-trained individuals regardless of gender, approaching about 5% with each ten year span<sup>1,3</sup>. Buskirk and Hodgson<sup>1</sup> proposed a curvilinear decline instead of the conventional linear drop for a given population. In very sedentary individuals, the rapid decline in Vo, max between the ages of 20-40 years is suggested to result from the combination of an increase in body weight, loss of lean body mass and reduction in aerobic activity. The eccrine sweating responses to thermal stress and specific neurochemical stimulation are generally found to be attenuated in elderly persons (>70 y) compared to younger individuals, and a higher internal body temperature threshold for the initiation of sweating and vasodilation is observed?.4. 4It is thought that reduced sweating and vasomotor responses to heat stress indicate deterioration in thermoregulatory function2.7. A scrutiny of thermoregulatory mechanisms in the aging process is necessary because other quantitative studies of actual efferent thermoregulatory drive point to a maintenance of thermoregulatory competence well into the sixth decade of life provided a level of aerobic fitness is sustained'. Pandolf et.al. studied a group of nine young and nine middle-aged men having parallel body weights, skin surface areas, percent body fat and maximal aerobic power. These groups displayed almost equivalent thermoregulatory responses to comparable exercise and heat stress conditions following 10-days of heat acclimation. Interestingly, during the initial three to four days of this 10-day heat acclimation period, the younger men lagged behind these middle-aged individuals in certain physiological responses which was associated with the olde, group having maintained their aerobic fitness possibly through long term, regular daily exercise. The present paper is an examination of the above study's thermoregulatory responses during exercise transients. Transient analysis to specific exercise/ heat stress provocation provides a clearer understanding of the influence of age and aerobic fitness on thermoregulatory control of sweating than steady-state analysis.

#### METHODS AND PROCEDURES

Subjects. Many of the procedures and evaluations have been

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covered previously<sup>4</sup> for the steady-state responses during exerciseheat acclimation. We examined the exercise transient responses of nine subjects who displayed no difficulty inserting and keeping the esophageal temperature probe in place during repeated exercise bouts. They were age-matched according to maximal aerobic power in respect to total body weight and ranked based on magnitude of aerobic capacity (Table I) and divided into two groups: a high-fit group (HFG) and a fit group (FG). Otherwise, the groups had similar specific anthropomorphic characteristics (Table I).

TABLE I. PHYSICAL CHARACTERISTICS OF THE SUBJECTS DESIGNATED AS FIT GROUP (FG-A1) AND HIGHER-FIT GROUP (HFG-B1).

Group	Age	Weight	Fat	Surface	Vo₂ max	
	(years)	(kg)	(%)	(m <sup>-2</sup> )	(ml•min <sup>-1</sup> •kg <sup>-1</sup> )	
FG-A1 (n=4)	35±16.3" (range,19-	70.2±4.2*	16.9±2.7	1.87±0.07	48.6±1.0°	
HFG-B1 (n-5)	35±13.6° (19-49)	81 0±6.0°	11.8±3.1'	2.03±0.09	55.7±4.5	

\* = no significant difference (p>0.05); i = significant difference  $(p \le 0.05)$ , between groups.

The subjects participated in the study after first giving their informed consent and did the experiments in early Spring and therefore were considered not naturally heat-acclimatized.

Protocol. Prior to the experimental runs in the heat, the subjects' percent body fat (%Fat) was determined by the hydrostatic weighing method<sup>4</sup>. Maximal aerobic power (Vo, max) was established using a treadmill protocol on separate days1.4. The subjects, unclothed except for gym shoes and shorts, were heat-acclimated over a ten day period at the same time of the day (0800 - 1200 h) by treadmill walking (1.56 m·s<sup>-1</sup> at 5% grade: 50 min work, 10 min rest, 50 min work ea.h day) in an environmental chamber set at  $T_{a} = 50$  °C and dew point temperature of 18 °C. All subjects were given water ad libitur in the heat acclimation experiments except for the first and last day (Pre- and Post Heat-Acclimation, HA) in which the measurements of esophageal temperature (T.,) were recorded continuously and dictated that the subjects expectorate into a cup for the first bout. Subjects were initially well-hydrated by drinking springwater previous to the first treadmill bout. Cnly thermoregulatory data from the first 50-min exercise transient were used in this analysis.

<u>Physiclogical variables.</u> Continuous recordings were made of T<sub>e</sub>, by a thermistor/polyethylene probe positioned at heart level. We calcul ted mean skin temperature using weighted averages of upper arm, calf, and chest skin temperatures recorded with thermocouples. A We continuously recorded arm sweating rate (m,) using a dew point

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sensor assembled into a 13.85 cm<sup>2</sup> individually-ventilated plastic unit placed on the upper arm adjacent to the arm thermcouple<sup>1,4</sup>. All the temperatures were recorded on a data acquisition/computer system for later analysis. Heart rate was monitored from an interval scan of continuous electrocardiographic records (CMS chest electrode placement) registered on a telemetric system. Vo, was analyzed by open-circuit spirometry and heat production ( $M,W*m^2$ ) was calculated from the respirometry parameters obtained and the Dubois surface area equation<sup>6</sup>. Evaporative heat loss ( $W*m^2$ ) was estimated by total nude body weight loss less metabolic and respiratory heat losses. Rate of heat storage (S,  $W*m^2$ ) was calculated by partitional calorimetric analysis using estimates of a mean body temperature weighting of  $0.89*T_{est}$ ,  $0.11*T_{m}$ <sup>6</sup>.

Statistical and data analysis. Individual sweating onset times (min) were determined by on-line observation of the rapid inflection of skin dew point temperature following an initial 10min baseline recording. The relationships between m, and T, were compared minute to minute during the transients of exercise for the first 50-min treadmill walk of each Pre-HA and Post-HA experiment. A specific T, inflection point for m, > 0.05 mg·min<sup>-1</sup>·cm<sup>-2</sup> was identified as the threshold locus for initiation of thermoregulatory sweating. The slope of the linear part of the regression ( $\geq r^2$  of 0.90) of  $\dot{m}_*$  and  $T_{**}$  was characterized as a thermoregulatory "gain" coefficient for the thermoregulatory system {\dots\_ /\dots\_ [mg\*min<sup>-1</sup>\*cm<sup>-2</sup>\*K<sup>-1</sup>]} of each subject's specific CNS efferent drive for sweating'. Standard analysis of variance (repeated, pairwise, etc.) was performed on all the data and post hoc tests (Tukey) were performed whenever a significant F-ratio occurred (p <0.05).

# RESULTS

Jable II is a summary of the results. In the FG, sweating onset times were longer, T., thresholds for sweating onset were higher, the rate of heat storage (S) was elevated, and the gain of thermoregulatory sweating response was less in comparison to the HFG, either Pre-HA or Post-HA. A comparison of the dm, /dT., [mg.min] <sup>1</sup>• cm<sup>-2</sup>•K<sup>-1</sup>] determined for each subject within the two groups and their age is shown in Figure 1. The data in Figure 1 indicate a decline in the  $\delta \dot{m}$ ,  $/\delta T_{abc}$ , when plotted as a function of age in the FG. This response has been observed in other studies2.4. However, when the data are plotted in terms of the subjects' lean body mass (e.g. Vo, max-FF, fat-free calculated from hydrostatic weighing and \$body fat), a marked response in  $\delta \tilde{m}_*$  / $\delta T_{**}$  is apparent in the HFG (Figure 2). Typically, the individuals who displayed fitness levels (in terms of Vo, max-FF) less than about 60 ml·min<sup>-1</sup>·kg<sup>-1</sup>, also had the lowest gains (p<0.001) in the thermoregulatory sweating: T. relationship. Alternatively, individuals primarily in the HFG with  $\dot{V}_{0_2}$  max-FF > 64 ml·min<sup>-1</sup>·kg<sup>-1</sup> also improved their respective  $\delta m_{s} / \delta T_{s}$ significantly after the 10-day heat acclimation period notwithstanding their age.



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Figure 1. Change in rate of sweating to Tes as a function of age in the subjects.



Figure 2. Slope of sweating rate:T,, as a function of  $\dot{v}_{0},$  max-FF.

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#### DISCUSSION

The separation of the nine subjects into two fitness groups allowed the evaluation of thermoregulatory function owing to both the aging process and level of aerobic fitness of each subject. We examined the thermoregulatory data as a function of the lean bocy mass of the subjects because the change in muscle mass per se is often considered an important reason for the age-related drop in  $V_{0}$  max'. How this variable affects thermoregulatory competence is a interesting issue. It was determined previously that middle-aged men acclimated to heat as easily as younger men with a similar  $V_{0}$ , max and body morphology'.

The exercise transient data show that the increase in  $\delta \tilde{m}_{\star}/\delta T_{\star}$  caused by heat acclimation was less in the fit group compared to the highly fit group, regardless of age (Fig. 1). Subjects in the highly fit group also displayed a further augmentation in  $\delta \tilde{m}_{\star}/\delta T_{\star}$ , between the lst and last days during the heat acclimation process (Fig. 2).

Variable	FIT GROUP PRE-ACCL POST-ACCL		HIGHER FIT GROUP PRE-ACCL POST-ACCL			
	A1	л2 	B1	32	Sig dif. p≤0.001	
Vo, max (l•min <sup></sup> )	3.42±0.14		4.50±0.15		A1 < B1	
m, onset (min)	8.3±1.7	3.3±1.3	5.2±2.2	1.2±0.4	λ1>λ2, B1>B2;λ1> B1;λ2>B2	
δm, /δr [mg·min <sup>-1</sup> ·cm <sup>-1</sup> ·K <sup></sup> ]	0.41±0.10	0.52±0.08	0.53±0.13	0.66±0.13	A1 < B2	
T"-intercept	36.97±0.18	36.75±0.11	36.85±0.24	36.66±0.15	All Pre Accl> Post-Accl	
Rate of Heat Storage (W+== <sup>-2</sup> ) -	71.3±26 2	49.2±15.3	52.3±16.7	32.3±14.3	λ1>λ2>B1 λ2>B2; λ1>B2 B1>B2	

TABLE II. PHYSIOLOGICAL AND THERMOREGULATORY RESPONSES OF SUBJECTS. MEANS (±sd).

Generally, muscle mass decreases with age in sedentary persons even though body weight stays within normal surface area:body weight boundaries".". With loss of muscle mass during the aging process, given a constant muscle  $\dot{v}_0$ , utilization,  $\dot{v}_0$  max would have to decrease. In a population of subjects ages 22 to 67 years, Fleg and Lakatta<sup>3</sup> measured 24-h urinary creatinine excretion rates, (a proportional measurement of total body muscle mass) and found about a 64  $\dot{v}_0$  max decline per decade. They concluded that almost 50% of the age-drop in  $\dot{v}_0$ , max was associated with the decreased muscle

mass based on this measurement. Our results confirm that maintenance of a competent thermoregulatory sweating process, in respect to an internal body temperature drive, is associated with augmentation of maximal aerobic power (MAP). A high MAP in the middle-age individuals of our study suggests that adequate improvements might also occur in efficiency of the working muscle groups (Vo, per muscle fiber mass). One study supports the idea of a constant metabolic efficiency being maintained in fit individuals and little abatement of critical enzymes involved in energy transport pathways found in individuals between the ages of 16 to 78 years'. We are aware that MAP expressed in terms of lean body mass (FF) encompasses ancillary tissues (bone and other organs). As such, %Fat determined from body density measurements does not wholly take into account changes in total body water flux' so loss of muscle mass associated with age drop of Vo, max may not be wholly valid. Such effects on the thermoregulatory system. especially density, potentiation, and interstitial fluid delivery to the sweat glands deserve further investigation. The maintenance of long term training (LTT), evident by the improvement in the  $\delta m_s$  /  $\delta T_{ss}$  in the piddle-age persons in this study, clearly assists in the acquiring of heat acclimation. This would potentiate the thermoregulatory system to guard against hyperthermia and therefore lessen its risks (by the fact that unfit persons have a higher heat storage). Also undoubtedly, LTT improves the distribution of blood flow to the active muscle groups. Finally, mechanisms which adjust thermoregulatory effector drive in middle-aged persons are strongly weighted by maintenance of a high maximal aerobic power and this i a critical property in this age group.

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