

## **Lifelong Exercise training and vAscular function in Females – The LEAF Study**

### **About**

Blood vessel function declines with age and often precedes cardiovascular disease (CVD). Hormonal changes during menopause may also further contribute to vascular dysfunction and CVD risk in females. While it is well-established that exercise training can reduce CVD risk, it is currently unclear if initiating exercise training pre-menopause is more effective at improving vascular function than post-menopause. The **Lifelong Exercise and vAscular function in Females (LEAF) study** is looking at how cardiovascular function changes in females throughout the lifespan and how exercise training may improve age and menopause-related declines in vascular function. The population of interest for this trial are post-menopausal females aged 50 – 60 years old and pre-menopausal females aged 45-55 with a BMI  $\leq$  30, that are either 'exercise trained' or 'physically inactive'.

### **Researchers**

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### **Ethics Approval**

This study has been approved by the Alfred Health Human Research Ethics Committee. HREC Approval No: 114169.

### **Contact**

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