

purpose of avoiding that the sample be composed by women who have anovulatory menstrual cycles, this study used transvaginal ultrasound to confirm ovulation. In addition, to provide a great stimulus to the sweat gland, the exercise protocol proposed by Vimieiro-Gomes et al. [11] was used in this work for measurement of sweat rate. To enhance the production of sweat, the exercise was conducted in a hot environment.

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Keywords: Sweat rates; Menstrual cycle; Progressive exercise; Thermoregulation

Introduction

During the menstrual cycle, the internal temperature at rest is on average 0.3 to 0.5°C higher in the luteal phase compared to the follicular phase. This rise in temperature observed in the luteal phase is due to an increase in the thyroid hormone. In order to compare the local (forearm) and global sweat rates, between the follicular and luteal phases of ovulatory menstrual cycles. With the

Methods

Sample

This study was approved by the Ethics Committee of the Federal University of Minas Gerais (protocol number 475/04). All procedures adopted in this study are consistent with the “Guidelines and Norms Regulating Research Involving Human Beings” of the National Health Council (Resolution Number. 196/1996). Participants received information about the objectives and procedures of the study and signed an informed consent by agreeing to participate voluntarily in the study.

Eight women found to be healthy and undergoing a physical examination participated in this study. The mean (\pm SD) age was 24.38 \pm 2.33 years, body weight was 55.72 \pm 6.82 kg, height was 159.75 \pm 8.03 cm, body surface was 1.57 \pm 0.13 m² and body fat was 24.69 \pm 5.50%.

over a minimum of 4 months) and did not use hormonal cugTdpno-8(ui)7(o)16(9(Reis))TJEMC /Span <</Lang (en-GB)/MCID 222 >>BD.473 -D47 f)380

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