Comparison of Esophageal, Rectal, and Gastrointestinal Temperatures During Passive Rest After Exercise in the Heat: The Influence of Hydration

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Context: It is unknown how esophageal, rectal, and gastrointestinal temperatures (TES, TRE, and TGI) compare after exercise-induced hyperthermia under different hydration states. Objective: To examine the differences between TES, TRE, and TGI during passive rest after exercise-induced hyperthermia under 2 different hydration states: euhydrated (EU) and hypohydrated (HY). Design: Randomized crossover design. Setting: Controlled laboratory setting. Participants: 9 recreationally active male participants (mean ± SD age 24 ± 4 y, height 177.3 ± 9.9 cm, body mass 76.7 ± 11.6 kg, body fat 14.7% ± 5.8%). Intervention: Participants completed 2 trials (EU and HY) consisting of a bout of treadmill exercise (a 10-min walk at 4.8–7.2 km/h at a 5% grade followed by a 20-min jog at 8.0–12.1 km/h at a 1% grade) in a hot environment (ambient temperature 39.3°C ± 1.0°C, relative humidity 37.6% ± 6.0%, wet bulb globe temperature 31.3°C ± 1.5°C) followed by passive rest. Main Outcome Measures: Root-mean-squared difference (RMSD) was used to compare the variance of temperature readings at corresponding time points for TRE vs TGI, TRE vs TES, and TGI vs TES in EU and HY. RMSD values were compared using 3-way repeated-measures ANOVA. Post hoc analysis of significant main effects was done using Tukey honestly significant difference with significance set at P < .05. Results: RMSD values (°C) for all device comparisons were significantly different in EU (TRE-TGI, 0.11 ± 0.12; TRE-TES, 1.58 ± 1.01; TGI-TES, 2.04 ± 1.19) than in HY (TRE-TGI, 0.22 ± 0.28; TRE-TES, 1.27 ± 0.61; TGI-TES, 1.16 ± 0.76) (P < .01). Across the 45-min bout of passive rest, there were no differences in TES, TGI, and TES between EU and HY trials (P = .468). Conclusions: During passive rest after exercise in the heat, TES and TGI were in good agreement when tracking body temperature, with a better agreement appearing in those maintaining a state of euhydration versus those who became hypohydrated during exercise; however, this small difference does not appear to be of clinical significance. The large differences were observed when comparing TGI and TES with TES.

Keywords: body temperature, thermoregulation, temperature device, validity

Esophageal temperature (TES), rectal temperature (TRE), and gastrointestinal temperature (TGI) have been shown to be valid measures of temperature assessment. Although the gold standard for core-temperature assessment is in the pulmonary artery, its lack of practicality in exercise settings warranted identification of both viable and valid measures of body temperature. Similarly, the use of TES in exercise settings lacks practicality due to the methods of obtaining the measurement. Therefore, TRE and TGI are often the methods of choice in monitoring body temperature during exercise.

It has been established that increasing levels of dehydration exacerbate thermoregulatory strain during exercise in the heat. Evidence states that for every 1% increase in body-mass loss there is a 0.15°C to 0.23°C increase in body temperature. However, there is a lack of evidence explaining the influence of dehydration on body temperature during recovery.

Although prior literature has validated the use of TES, TRE, and TGI during and immediately after exercise, limited research has investigated body temperature using these measurements during passive recovery. In addition, little is known about whether hypohydration influences these body-temperature measurements during passive recovery. Thus, the purpose of our study was to examine the influence of hydration on changes in body temperature during passive rest using TES, TRE, and TGI. We hypothesized that hydration status would influence the way TES, TRE, and TGI track body temperature.

Methods

Nine recreationally active men (mean ± SD age 24 ± 4 y, body mass 76.7 ± 11.6 kg, height 177.3 ± 9.9 cm, body fat 14.7% ± 5.8%) participated in this study. All tests were conducted in an environmental chamber (Minus-Eleven Inc, Weymouth, MA) that was set at ambient
temperature 39.3°C ± 1.0°C, relative humidity 37.6 ± 6.0%, and wet bulb globe temperature (WBGT) 31.3°C ± 1.5°C. All trials occurred at the same time of day ± 1 hour to control for circadian changes in body temperature. Trials were separated by at least 1 day to allow for full recovery from each trial.

Before the exercise sessions, participants’ sweat rate was assessed in the environmental chamber (ambient temperature 37.9°C ± 1.1°C, relative humidity 35.4% ± 8.3%, WBGT 29.6°C ± 2.5°C). All participants arrived in a euhydrated state (urine specific gravity [USG] ≤1.020) (Atago Model N-1, Tokyo, Japan) and were restricted from fluid consumption during exercise. Nude body mass (Defender 5000, Ohaus, Parsippany, NJ), height, and body-fat percentage using 3-site skinfolds (Lang skinfold caliper, Cambridge, MD) were obtained. Participants inserted a rectal thermometer (Model 401, Measurement Specialties, Hampton, VA) 10 cm past the anal sphincter. They completed a 30-minute bout of exercise on a motorized treadmill, performing a 10-minute walk (4.8–7.2 km/h) at a 5% grade followed by a 20-minute jog (8.0–12.1 km/h) at a 1% grade. Participants were allowed to self-select their pace as the goal was to achieve a hyperthermic state. To familiarize participants with the TES measurement, an esophageal probe (Model 402AC, Measurement Specialties, Hampton, VA) was inserted through a nostril at a depth defined by previous literature.

For exercise sessions, participants ingested a TGI pill (HQ, Inc, Palmetto, FL) 6 to 8 hours before their arrival at the laboratory. Participants consumed an extra 500 mL of water the night prior and the morning of their trial for euhydrated (EU) trials and were restricted from fluids for 14 hours before the hyphohydrated (HY) trials. Fluid consumed during exercise either matched sweat rate or was 10% of sweat rate for EU and HY, respectively. Preexercise USG was measured to ensure an appropriate hydration status for the designated trial (EU, USG ≤1.020; HY, USG >1.020). Participants provided a nude body mass, inserted a rectal thermometer, and donned a thermal long-sleeve shirt and leggings (Under Armour, Baltimore, MD) to accelerate the rise in body temperature during exercise. The same exercise protocol from the sweat-rate assessment was repeated. Exercise was continued until the participants’ Tre reached 39.75°C or on volitional exhaustion, with TRE and TGI being measured every 10 minutes.

Once exercise was terminated, participants changed into shorts and a T-shirt and sat in the environmental chamber to begin passive rest. The TES probe was inserted and passive rest continued until TRE ≤ 38°C while TRE, TGI, and TES were measured every 3 minutes. On completion, postexercise USG and nude body mass were obtained to examine hydration status and body-mass loss.

**Statistical Analysis**

All statistical analysis was performed using SPSS version 21 (IBM, Armonk, NY). Root-mean-square difference (RMSD) was calculated to examine the variance between TRE and TGI, TRE and TES, and TGI and TES, where a RMSD of 0 depicts a perfect agreement between the measurement devices. To determine if hydration affected the agreement between TRE, TGI, and TES, RMSD values were compared using a 3-way (measurement × trial × time) repeated-measures analysis of variance (ANOVA). A repeated-measures ANOVA was also used to compare measurements over time across the resting period. Tukey post hoc analysis was used to determine where significant differences occurred. The data were reported in mean ± SD, and significance was set at .05 a priori.

**Results**

Percentage of body-mass loss, pretrial and posttrial USG, total exercise time, and postexercise TRE and TGI are summarized in Table 1.

<table>
<thead>
<tr>
<th>Body-mass loss (%)</th>
<th>Pretrial USG</th>
<th>Posttrial USG</th>
<th>Total exercise time (min)</th>
<th>Postexercise TRE (°C)</th>
<th>Postexercise TGI (°C)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euhydration</td>
<td>1.5 ± 0.5</td>
<td>1012 ± 0.006</td>
<td>1018 ± 0.005</td>
<td>46.8 ± 7.1</td>
<td>39.48 ± 0.28</td>
</tr>
<tr>
<td>Hyphohydration</td>
<td>3.2 ± 0.8*</td>
<td>1021 ± 0.004*</td>
<td>1027 ± 0.003*</td>
<td>45.3 ± 11.5</td>
<td>39.47 ± 0.28</td>
</tr>
</tbody>
</table>

Abbreviations: USG, urine specific gravity; TRE, rectal temperature; TGI, gastrointestinal temperature.

* Significantly different from EU trial (P < .001). * Significantly different from EU trial (P < .01).
Cooling rates for $T_{RE}$, $T_{GI}$, and $T_{ES}$ during the EU trials were 0.02°C/min ± 0.01°C/min, 0.02°C/min ± 0.01°C/min, and 0.02°C/min ± 0.01°C/min, respectively ($P > .05$). The cooling rates for $T_{RE}$, $T_{GI}$, and $T_{ES}$ during the HY trials were 0.03°C/min ± 0.01°C/min, 0.03°C/min ± 0.02°C/min, and 0.02°C/min ± 0.01°C/min, respectively ($P > .05$).

**Discussion**

The purpose of our study was to investigate the influence of hydration on temperature measures using $T_{ES}$, $T_{RE}$, and $T_{GI}$ after exercise in the heat. Previous literature has compared the aforementioned temperature devices during exercise and found good agreement between devices (RMSD 0.13–0.23°C). Our results suggest that $T_{RE}$ and $T_{GI}$ are in good agreement during passive rest; however, there were large differences observed between $T_{ES}$ and the other measures ($T_{RE}$ and $T_{GI}$). The differences observed when compared against $T_{ES}$ are largely different from that observed in the study by O’Brien et al. ($T_{GI}$ vs $T_{ES}$, 0.23°C ± 0.04°C). The higher RMSD value observed in our study might be attributed to the distribution of blood immediately postexercise, where body-temperature changes in $T_{RE}$ are delayed due to the greater perfusion of blood to the periphery than the splanchnic region during exercise. Furthermore, the lower $T_{ES}$ in our study may be reflective of circulating blood returning to the heart from the periphery, which may dissipate heat more rapidly than the organs and tissues in the gut.

O’Brien et al. examined the RMSD between $T_{ES}$, $T_{RE}$, and $T_{GI}$ at rest and during exercise while participants were immersed in water at 2 different temperatures (18°C and 36°C). They found no significant differences between temperature devices in either condition even though the magnitude difference in RMSD between devices ranged from 0.01°C to 0.29°C. The differences in our study for $T_{RE}$ versus $T_{GI}$ and $T_{RE}$ versus $T_{ES}$ were 0.01°C and 1.58°C during EU, respectively. However, when these 2 comparisons were examined between EU and HY, the observed RMSD had opposite trend; $T_{RE}$ versus $T_{GI}$ had better agreement in the EU trial while $T_{RE}$ versus $T_{ES}$ and $T_{GI}$ versus $T_{ES}$ showed better agreement in the HY trial. While it is unclear why this difference in agreement was observed between EU and HY with the aforementioned comparisons, a plausible reason could be the decreased potential for heat dissipation in HY compared with EU.

There were several limitations to the study. The relatively small sample size may have increased the variability in the data we observed. The large variation in humidity in the environmental chamber may have affected the magnitude of evaporative heat loss. In addition, the self-regulation of exercise intensity may have influenced the magnitude of hypohydration achieved. Finally, our study design did not account for the $T_{ES}$ during exercise, resulting in missing data points during
the initial 6 minutes of passive rest since the thermistor required time to equilibrate.

**Conclusions**

During passive rest after exercise in the heat, $T_{RE}$ and $T_{GI}$ were in good agreement when tracking body temperature, with a better agreement appearing in those maintaining a state of euhydration versus those who became hypohydrated during exercise; however, this small difference does not appear to be of clinical significance. The large differences observed when comparing $T_{GI}$ and $T_{RE}$ with $T_{ES}$ may be due to $T_{ES}$ being more sensitive to temperature changes after exercise in the heat.

**References**