NO EFFECT OF TATTOOS ON LOCAL SWEAT CONCENTRATIONS OF SELECT CYTOKINES, CORTISOL, GLUCOSE, BLOOD UREA NITROGEN, OR LACTATE DURING EXERCISE

JAMES R. MERRITT[1], MICHAL OZGA[1], PETER JOHN D. DE CHAVEZ[2], ALI BOOLANI[1], AND LINDSAY B. BAKER[1]
GATORADE SPORTS SCIENCE INSTITUTE, PEPSICO R&D, VALHALLA, NY, USA[1] AND DATA SCIENCE & ANALYTICS, PEPSICO R&D, PLANO, TX, USA[1]

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The purpose of this study was to determine if local sweat concentrations and excretion rates of epidermal growth factor (EGF), IL-1α, IL-6, IL-8, cortisol, glucose, BUN (blood urea nitrogen), and lactate, differ between tattooed skin and contralateral non-tattooed skin during exercise.

PARTICIPANTS

16 8 male 8 female

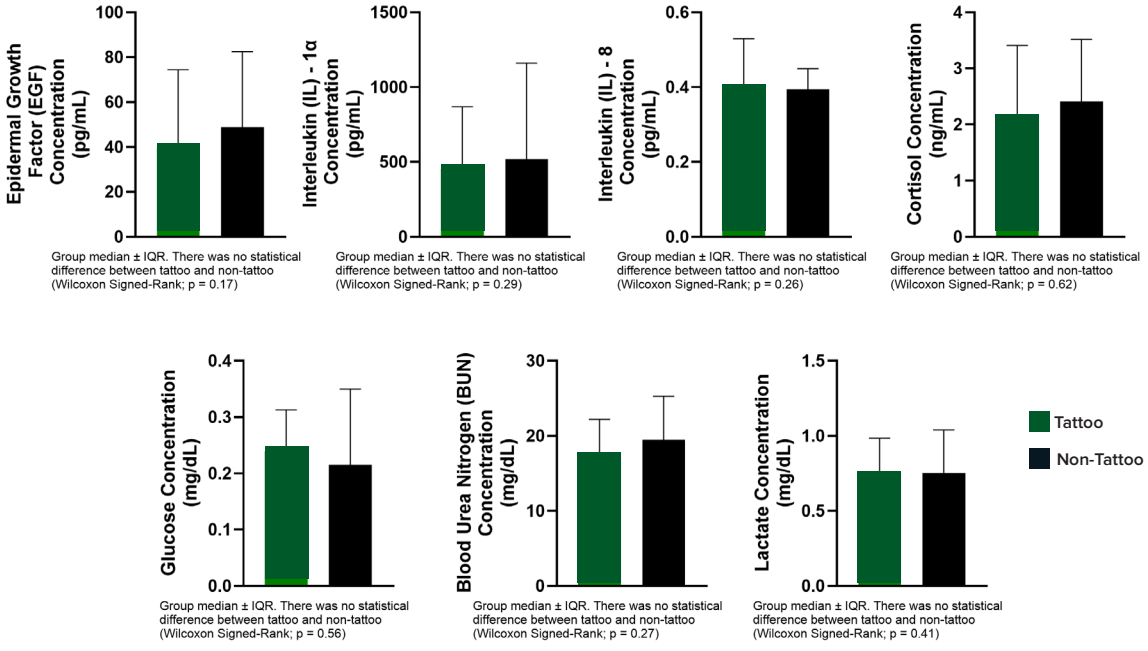
moderately-trained exercisers with ≥ 1 permanent, unilateral tattoo older than 1 year on the torso/arms

TYPES OF EXERCISE/CONDITIONS

Two 60-min outdoor, instructor-led group fitness sessions

RESULTS

Not significant differences between tattooed and non-tattooed skin for local sweating rate (LSR) or local sweat concentrations and excretions rates for ECF, IL-1α, IL-8, cortisol, glucose, BUN, or lactate during exercise.



CONCLUSION

Tattoos may not affect local sweat concentrations and excretion rates of EGF, IL-1α, IL-8, cortisol, glucose, BUN, and lactate during exercise.

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