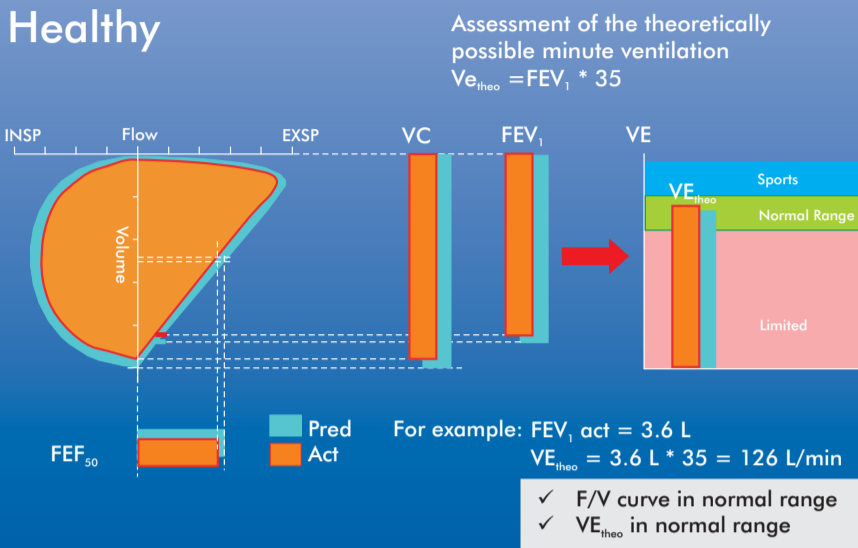


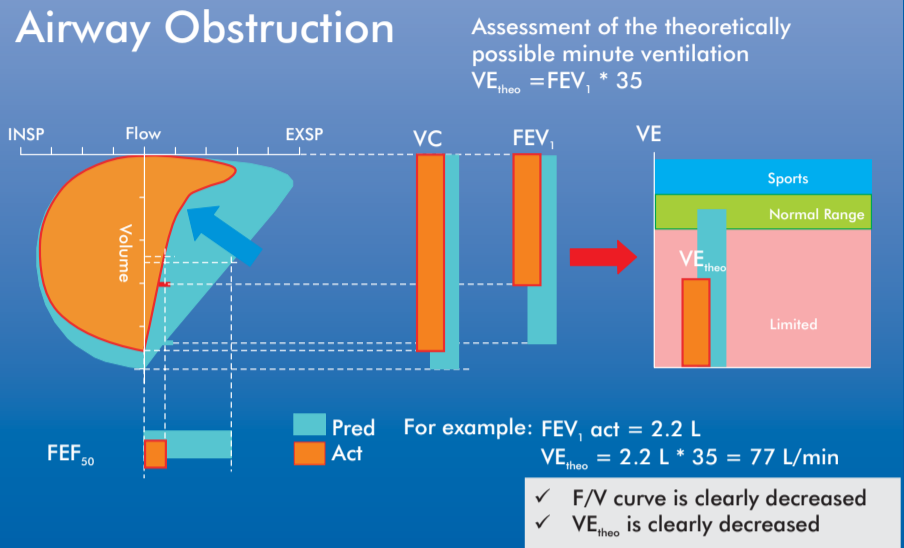
# Interpretation of Cardio Pulmonary Exercise Testing

In Healthy and Subjects with Respiratory Diseases

## Healthy



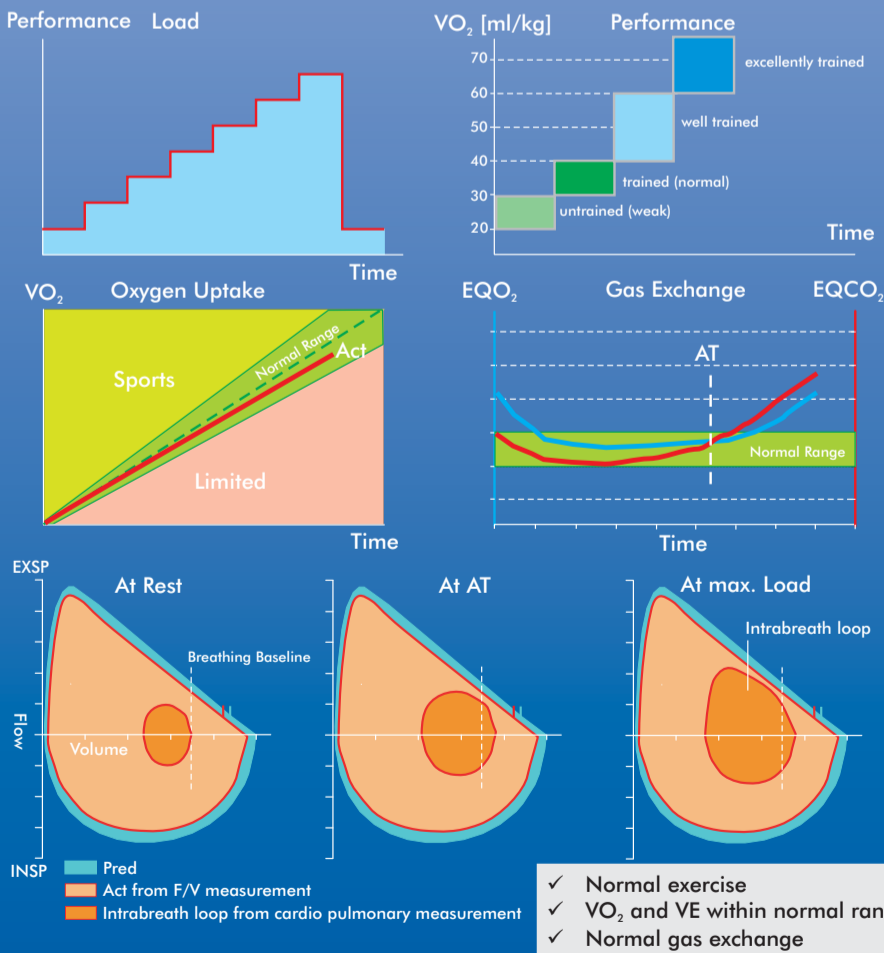
## Airway Obstruction



## Parameter Definition:

- VC Vital Capacity
- $FEV_1$  Forced Vital Capacity after 1 s
- $FEF_{50}$  Forced Expiratory Flow after 50% of VC
- $VE_{theo}$  Theoretically Possible Minute Ventilation (VE)
- $VO_2$  Oxygen Uptake
- $VCO_2$  Carbon Dioxide Output
- BF Breathing Frequency
- VE Minute Ventilation
- RER Respiratory Exchange Rate (RQ)
- $EQO_2$  Breathing Equivalent for  $O_2$
- $EQCO_2$  Breathing Equivalent for  $CO_2$
- AT Anaerobic Threshold
- HR Heart Rate
- $VO_2/kg$   $VO_2$  per kg Body Weight
- MET Metabolic Unit (1 MET = 3.5 ml/min/kg)
- HRR Heart Rate Reserve ( $Pred \text{ HR}_{max} - HR_{act}$ )
- $HR/VO_2$  Increase in Heart Rate
- $dO_2/dHR$  Increase in Oxygen in Relation to Heart Rate
- Lactate Salt of Lactic Acid, End Product of the Anaerobic Glycolysis

## Performance Assessment in Healthy



## Performance Assessment in Subjects with Airway Obstruction

