
What health conditions will prevent testing or interfere with testing?

The stationary bike is an excellent alternative to the traditional treadmill exercise test. The exercise bike places less stress on your joints and eliminates safety concerns if you have balance difficulties.

Most people are able to perform a CPET and PFT without complications unless you are unable to walk or stand. Be sure to give your best effort to ensure the most accurate test results.

On the day of the test....

- **Do not eat or drink anything, including caffeine, for at least 3 hours prior to testing.** You may drink water as needed. If you are diabetic and need to eat, you may consume a light snack no less than 2 hours prior to testing.
 - **Take your medications as normal** unless specifically instructed differently by your doctor.
 - If you use an **inhaler**, bring it with you.
 - **Dress in loose fitting, comfortable clothes** that are appropriate for exercise. Avoid wearing a skirt, dress, high heels or one-piece body suit.
 - Feel free to bring a **bottle of water** for after the test.
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Other Helpful Information

Please bring a current list of your medications to your appointment.



Cardiopulmonary Exercise Test & Pulmonary Function Test

Patient's Guide

“What You Need To Know”

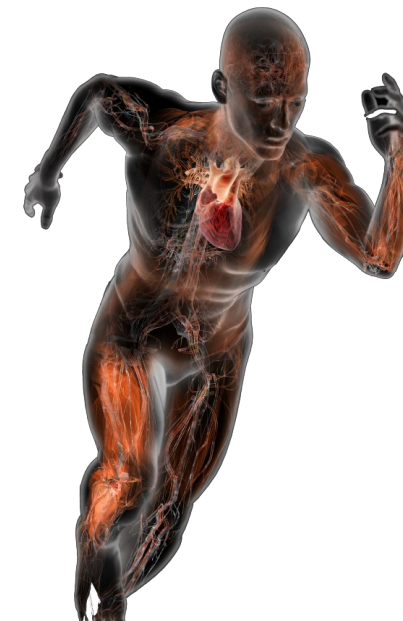
Appointment Information

Patient: _____

Date: ____ / ____ / ____

Time: ____ : ____ *AM / PM*

Other Instructions



Heart Health Matters!

Atherosclerosis is a chronic disease process that starts early in life and results in diminished circulation throughout the body over time. It is the leading cause of death in men & women. The key to a healthy, productive life is to identify the problem early and to treat it aggressively before a heart attack, stroke, heart failure, dementia & loss in sexual function occur. Our goal is to keep you healthy, out of the hospital and to minimize long-term costs for you.



How can a CPET help you?

The Cardiopulmonary Exercise Test (CPET) is a safe, non-invasive test that measures how well your heart and lungs function during exercise. Your doctor will use this information to:

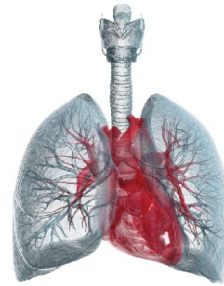
- Detect early stage heart disease before you have complications.
- Establish a baseline to guide future management of your health.
- Customize your medications and therapies to improve symptoms and ensure good circulatory health for years.
- Get a personalized exercise prescription.

What is involved in a CPET?

You will pedal a stationary exercise bicycle for approximately *15 minutes*, starting with a warm up, increasing in difficulty as the test progresses. **EKG electrodes** will monitor and analyze your heart rhythms. A **mask** will monitor your breathing (tell the technician if you are claustrophobic). A **blood pressure cuff** on your arm will monitor your blood pressure.

Lungs are Important Too!

Asthma & COPD are common respiratory disorders. Both can make it difficult to breathe (*shortness of breath, wheezing, chest tightness, and chronic cough*). Smoking causes a slow, gradual decline in lung function. A well-performed Pulmonary Function Test (PFT) can provide insight into the health of your lungs and quantify disease severity. Damage to your lungs cannot be reversed. A proper diagnosis and treatment are important to maintain a high quality of life.



Your doctor may also repeat PFT tests over time to monitor treatment, follow disease progression and to track drug effectiveness and drug interactions due to drugs you may take for other medical conditions.



What is involved in a PFT?

A PFT is composed of several different test procedures and lasts approximately 45 minutes. During each procedure, you will be asked to breathe through a mouthpiece. Some of the procedures include:

- **Spirometry** measures airflow in the lungs. The test involves taking a full breath into your lungs and blowing the air out as fast and as hard as you can.
- **Maximum Voluntary Ventilation** requires rapid breathing for a few seconds.
- **Pulmonary Circulation Assessment** requires holding your breath for a few seconds.
- **Lung Volumes** involves breathing 100% oxygen for several minutes.

Why should I do both a CPET and PFT?

A combined CPET and PFT is the most accurate *non-invasive* test to assess heart and lung function at *rest* as well as during *exercise*. It is the gold standard to quantify exercise capacity (which determines how long you live) and to determine the exact mechanism of exercise intolerance (symptoms). The total time required to perform both a CPET and PFT is approximately 1 hour and 15 minutes.

How do I get the best test results?

It is extremely important that you listen carefully to the technician, and give your *best effort* to accurately assess your condition. If you feel that you cannot continue the test, tell the technician and the test will be stopped.

Putting forth an excellent effort will help to ensure that your doctor gets the most precise data for the best possible treatments to manage your condition.

Have You Had Your MET-test Yet?

- ✓ Heart disease is the #1 killer in men and women and the #1 healthcare cost
- ✓ Heart disease affects the small blood vessels before the big arteries get clogged
- ✓ Small vessel disease is responsible for **heart attacks, stroke, sexual dysfunction** and **dementia**
- ✓ Early treatment can stop and **REVERSE** heart disease
- ✓ MET-test detects the earliest stages of heart disease in patients in need of medical therapy
- ✓ MET-test is the most effective heart test for **WOMEN**

Who needs a **MET-test**?

- ✓ Patients over 30 with one or more risk factors: **diabetes, hypertension, high cholesterol, smoking** and **family history**
- ✓ Persons with chest pain or shortness of breath (*even mild symptoms*)
- ✓ Fatigue / Snoring / sleep problems / Leg swelling
- ✓ Every woman after menopause; *more important than a mammogram!*

How will you benefit?

- ✓ Ensure you are on **adequate medical therapy** to avoid future problems
- ✓ Establish a baseline for future comparison
- ✓ Get a personalized **exercise** prescription
- ✓ Annual testing to ensure you are headed in the right direction as part of your long-term wellness plan



Small vessel disease



**Our goal is to keep you out of the hospital to lead a healthy and productive life
Talk to your doctor and get enrolled today**