



Lenskyj, Adam

Toronto
Rehab

Everything Humanly Possible

D.O.B. mm/dd/yy

ID: 05-1718

CARDIOPULMONARY EXERCISE TEST REPORT

Referring Professional: Dr. J. Floras

Adam Lenskyj has been participating in the Cardiac Rehabilitation and Secondary Prevention Program for a period of six months. In order to monitor the patient's progress, a second Cardiopulmonary Exercise Test was performed on 02/07/07. The results are detailed below for your review.

The test was conducted on a cycle ergometer using a 100 kpm/minute incremental protocol. The duration of the test was 8 minutes 30 seconds.

The heart rate and blood pressure responses to exercise were normal. The resting heart rate was 65 BPM which increased to 129 BPM at peak of exercise which represents 84 % of the age predicted maximum heart rate. The resting blood pressure was 140/70 mmHg which increased to 188/170 mmHg at peak of exercise.

The electrocardiogram showed occasional unifocal ventricular premature beats at rest and during exercise becoming frequent in recovery with several ventricular couplets, triplets and two 4 beat runs of ventricular tachycardia.

There was no ST-segmental evidence of myocardial ischemia.

The patient did not experience anginal symptoms.

The patient's fitness level measured by peak V_{O₂} was 23.1 mL/kg/mm or 6.6 METs. This represents 98 % of age and gender predicted norms for a healthy population. The results indicate an improvement in the patient's cardiopulmonary fitness compared to the previous test.

The test was terminated when a physiological maximum was achieved, as determined by analysis of expired air.

Adam Lenskyj continues to attend the weekly exercise and education sessions and will have a final test in six months. If you have any additional questions, please contact us at 416-597-3422 ext. 5200.

M. Sarin MD, FRCPC

cc. Dr. A. Lofters
Dr. P. Dorian