

## Results from the breathing test

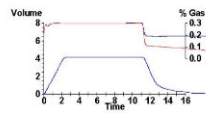
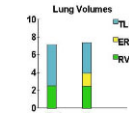
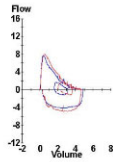


Age: 60 Height(in): 72  
 Weight(lb): 177 Gender: Male  
 Race: Caucasian

### Diagnosis: assess COPD

Dyspnea Rest: No      Dyspnea Exercise: Yes  
 Cough: No      Persistent: No      Productive (cc):  
 Smoker: No      Cigarettes: No      Cigars: No      Pipe: No  
 How Long: no      Quit: No      Stopped:

		Ref	Pre	% Ref	Post	% Ref	%Chg
<b>Spirometry</b>							
FVC	Liters	4.88	4.89	100	4.69	96	-4
FEV1	Liters	3.90	2.92	75	3.25	83	11
FEV1/FVC	%	79	60	69	69	69	0
FEF25-75	L/Sec	3.90	1.08	28	1.96	50	82
IsoFEF25-75	L/Sec	3.90	1.08	28	1.69	43	57
PEF	L/Sec	9.09	7.71	85	8.04	88	4
FET100%	Sec		17.29		12.24		-29
FIF50%	L/Sec		4.09		4.79		17
<b>Lung Volumes</b>							
TLC	Liters	7.14	7.32	103			
VC	Liters	4.88	4.89	100			
FRC PL	Liters	4.09	3.89	95			
ERV	Liters		1.46				
RV	Liters	2.51	2.43	97			
RV/TLC	%	37	33				
<b>Diffusing Capacity</b>							
DLCO	mL/mmHg/min	23.9	28.1	117			
DL Adj	mL/mmHg/min	23.9	28.1	117			
DLCO/VA	mL/mHg/min/L	3.90	4.20	108			
DLVA Adj	mL/mHg/min/L		4.20				
VA	Liters		6.68				
IVC	Liters		4.29				
<b>Resistance</b>							
Raw	cmH2O/L/Sec	1.06	2.55	240			
Gaw	L/Sec/cmH2O	0.983	0.392	40			
Vtg (Raw)	Liters		4.17				
Raw f	BPM		61				



Calibration Data: Temp: 19 PBar: 763  
 Flow Cal Date: 03/30/16 Pred Volume: 3.00 Expire Avg: 2.99 Inspire Avg: 3.02  
 PF Reference: Knudson (1983) Version: IVS-0101-28-4

Someone out there will be able to make better sense of this than I! Sure, I've done a 'net search and learned what a lot of the "PFT" terminology refers to (PFT=Pulmonary Function Test), but the only obvious takeaway I get is that my exhaling sucks... apparently 28% of normal, improving to 50% of normal with Albuterol. The improvement from 28% to 50% is actually pretty substantial, and a bit surprising. I had given up on Albuterol a couple years ago, when it just didn't seem to be doing that much for me. But the post-power-measuring version of me is thinking there might be something to it, because my power numbers are beginning to come up a bit, and my times up Kings Mtn are beginning to come down a bit.

So for now, I'm sticking to the program. Two hits of Qvar morning & night, and two hits of Albuterol before each significant ride. Crossing my fingers! --MikeJ