

Results from the breathing test

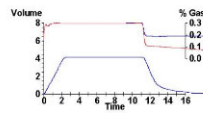
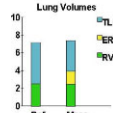
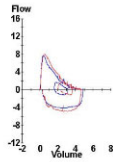


Age: 60 Height(in): 72
 Weight(lb): 177 Gender: Male
 Race: Caucasian

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
Spirometry							
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	50	82
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
Lung Volumes							
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				
Diffusing Capacity							
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				
Resistance							
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