



Principles of Exercise Testing and Interpretation: Including Pathophysiology and Clinical Applications

By Karlman Wasserman MD PhD, James E. Hansen MD, Darryl Y. Sue MD, William W. Stringer MD, Kathy E. Sietsema MD, Xing-Guo Sun MD, Brian J. Whipp PhD DSc

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The text begins by explaining the processes by which cells receive oxygen and dispose of carbon dioxide produced as a byproduct of exercise and metabolism. By measuring gas exchange, we can better evaluate cardiovascular and cardiopulmonary functioning, as well as cellular respiration. Detailed discussions explore various types of exercise intolerance, their effects on test results, and clinical diagnoses. Using real-world cases, the text illustrates how cardiopulmonary exercise testing can evaluate the functional competency of each component in the coupling of cellular to external respiration, including the cardiovascular system. Expert authors' comments, analysis, and conclusions for each case, help to improve readers' interpretive and diagnostic skills.

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