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| Nota di contenuto       | Intro -- Preface -- Acknowledgments -- Contributors -- 1 Exercise Testing and Interpretation -- WHAT IS CARDIOPULMONARY EXERCISE TESTING? -- CELL RESPIRATION AND BIOENERGETICS -- NORMAL COUPLING OF EXTERNAL TO CELLULAR RESPIRATION -- WHY MEASURE |

GAS EXCHANGE TO EVALUATE CARDIORESPIRATORY FUNCTION AND CELLULAR RESPIRATION? -- CARDIAC STRESS TESTS AND PULMONARY STRESS TESTS -- PATTERNS OF CHANGE IN EXTERNAL RESPIRATION ( $\text{VO}_2$  AND  $\text{VCO}_2$ ) AS RELATED TO FUNCTION, FITNESS, AND DISEASE -- FACTORS LIMITING EXERCISE -- Fatigue -- Dyspnea -- Pain -- EVIDENCE OF SYSTEMIC DYSFUNCTION UNIQUELY REVEALED BY INTEGRATIVE CARDIOPULMONARY EXERCISE TESTING -- Diagnosis of Exercise Intolerance, Especially Exertional Dyspnea and Myocardial Ischemia -- Cardiopulmonary Exercise Testing and Prognosis in Patients With Known Disorders -- Cardiopulmonary Exercise Testing and Preoperative Assessment -- SUMMARY -- 2 Physiology of Exercise -- SKELETAL MUSCLE: MECHANICAL PROPERTIES AND FIBER TYPES -- BIOENERGETICS -- Sources of High-Energy Phosphate and Cellular Respiration -- Phosphocreatine Breakdown -- Substrate Utilization -- Carbohydrates -- Lipids -- Amino Acids -- OXYGEN COST OF WORK --  $\text{VO}_2$  Steady State and Work Efficiency --  $\text{VO}_2$  Nonsteady State -- ARTERIAL LACTATE INCREASE -- Arterial Lactate Increase as a Function of Work Rate -- Arterial Lactate Increase as a Function of Time -- Mechanisms of Arterial Lactate Increase -- Increasing Glycolytic Flux and Exercise Intensity -- Sequential Recruitment of Type II Muscle Fibers -- Pyruvate Dehydrogenase Activity -- Change in Cytosolic Redox State Limiting Mitochondrial Proton Shuttles -- Lactate Production and Clearance -- Oxygen Supply and Critical Capillary  $\text{PO}_2$  -- pH Change and Oxyhemoglobin Dissociation Above the Anaerobic Threshold -- BUFFERING THE EXERCISE-INDUCED LACTIC ACIDOSIS.

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Ischemia -- Comment -- Treadmill Tests With Even Increments in Work Rate -- Arm Ergometry -- Critique -- Other Tests Suitable for Fitness or Serial Evaluations -- Harvard Step Test and Modifications -- 600-Yard Run-Walk -- 12-Minute Field Test -- 12-Minute Walk Test -- 6-Minute Walk Test -- Incremental Shuttle Walk Test and Endurance Shuttle Walk Tests -- SUMMARY -- 6 Approaches to Data Summary and Interpretation -- CONSIDERATIONS IN FORMATTING AND SUMMARIZING DATA -- Averaging Breath-by-Breath Data -- Formatting Data for Viewing During and After Testing -- Quantifying Peak Values -- Characterizing Submaximal Exercise Patterns -- ORGANIZING DATA: APPROACH TO REVIEW OF A NINE-PANEL GRAPHICAL DISPLAY -- Data Reflecting Cardiovascular and Metabolic Responses -- Cardiovascular and Metabolic Variables: Summary -- Data Reflecting Ventilation Responses to Exercise -- Ventilatory Variables: Summary -- Data Reflecting Efficiency of Pulmonary Gas Exchange -- Pulmonary Gas Exchange Efficiency: Summary -- Graphing Strategies to Facilitate Data Analysis -- Summarizing Key Variables -- EXAMPLES OF FINDINGS IN THE NINE-PANEL DISPLAY IN SELECTED CARDIORESPIRATORY DISORDERS -- Panel 1:  $\text{VO}_2$ ,  $\text{VCO}_2$ , and Work Rate as Related to Time -- Panel 3: Heart Rate and Carbon Dioxide Output as a Function of Oxygen Uptake -- Panel 2: Heart Rate and Oxygen Pulse as a Function of Time -- Panel 9: Tidal Volume as a Function of Exercise Minute Ventilation -- Panel 6: Exercise Minute Ventilation as a Function of Carbon Dioxide Output -- Panel 4: Ventilatory Equivalents for Oxygen and Carbon Dioxide Versus Time -- Panel 7: End-Tidal Oxygen and Carbon Dioxide Tensions Versus Time -- Panel 5: Minute Ventilation as a Function of Time. Panel 8: Respiratory Exchange Ratio at Rest, Increasing Work Rate Exercise, and Recovery.

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