



**PREMIERE**  
**MEDICAL & CARDIOVASCULAR LABORATORY**  
**TREADMILL EXERCISE TEST REPORT**  
**NEPTET Protocol**

Name: **FOJAS, RODRIGO C.**

Age: 64

Sex: MALE

Date: March 20, 2019

Diagnosis:

Ht(cm): 170

Wt (Kgs): 77

Referring Physician:

Medications:

**MONITORED LEADS:** I, II, III, aVR, aVL, aVF, V1, V2, V3, V4, V5, V6

Three minute of walking of each indicated stage of exercise

		SPEED (mph)	GRADE (%)	OXYGEN CONSUMPTION (ml O2/kg min)	WORKLOADS ( METS )	FUNCTIONAL CLASS	BP	HR
Control supine								
Control standing							140/60	94
	1	2.0	0	7.0	2	IV	140/60	117
	2	2.0	3.5	10.5	3	III	160/70	127
	3	2.0	7.5	14.0	4	II	160/70	132
	4	2.0	10.5	17.0	5		160/70	134
	5	2.0	14.5	21.0	6		160/70	135
	6	2.0	17.5	24.0	7			
	7	3.0	12.5	28.0	8			
	8	3.0	15.0	31.5	9			
	9	3.0	17.5	35.0	10			
	10	3.0	20.0	38.5	11			

**RECOVERY PERIOD**

	Immediately after	1 min	2 min	3 min	5 min	8 min	11 min
BP	160/70	160/60	160/60	150/60	140/60	140/60	120/60
HR	135	130	122	120	109	109	105

**TREADMILL EXERCISE TEST**

**BASELINE ECG:** Non-specific ST-T wave changes

**EXERCISE CAPACITY, BLOOD PRESSURE and HEART RATE:**

Maximum workload : 6.4 METS  
Peak SBP : 160 mmHg  
Peak Heart rate : 135 beats/min (87% MPRH)  
Total exercise duration : 13 mins. 51 secs.

**REASON FOR TERMINATION OF EXERCISE TEST:** 85% MPRH

**RESPONSE TO EXERCISE :** Abnormal response to exercise characterized by the development of ST depression of 1.5 mm or more in leads II, III and AVF during recovery stages.

**INTERPRETATION** : Abnormal Stress Test at 6.4 METS.

**Blood pressure response** : Normal

**Heart Rate Response** : Normal

**Cardiovascular Fitness** : Fair

Original Signed  
**JOSE MELANIO GRAYDA, MD**  
**CARDIOLOGIST**