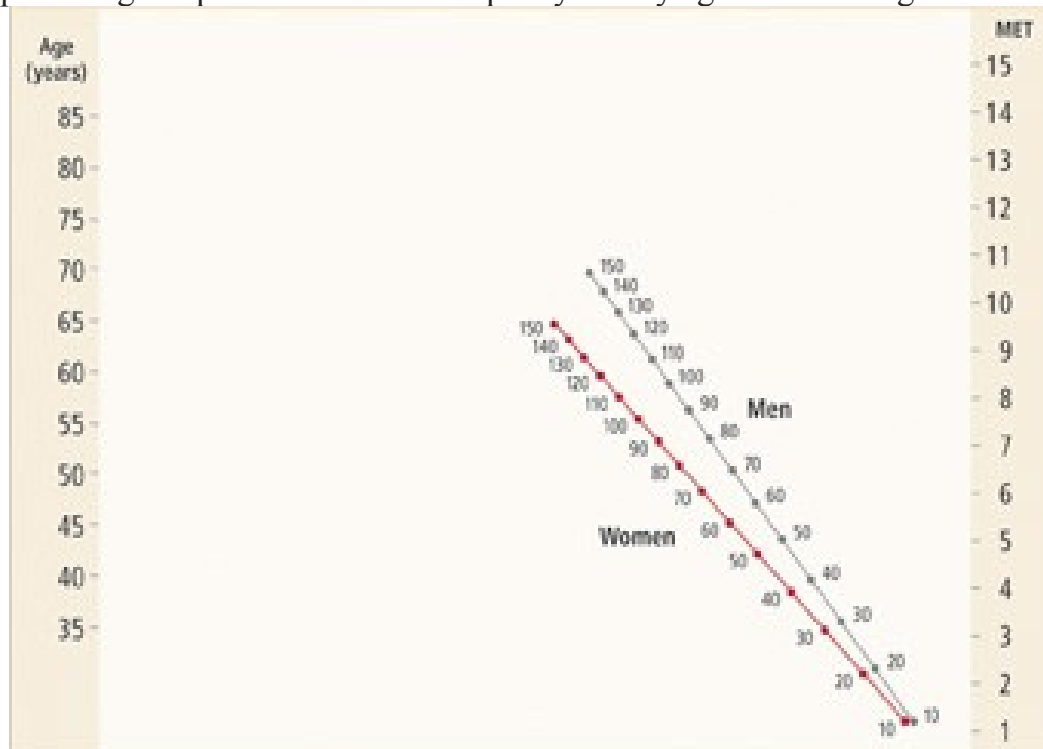


James Lombardi 9/26/2016

During the stress test that I had on August 5, 2017 at Hamot Hospital I did not have much of a warm up before they had me going relatively fast on a very steep incline. My maximum workload was 16 METs and my heart rate reached 160 bpm, which is 108% of the age-predicted maximum. Testers usually try to have the person being tested achieve about 85% of predicted maximum. To find what 16 METs corresponds to, you can use the chart below. You find 16 METs is approximately 200% of the predicted exercise capacity for my age of 73. For comparison, an average 35 year old with a 100% workload has a workload of just 11 METS.

At maximum workload I went into afib. This means that I really had to be pushed before afib occurred. When I was in afib I was more out of breath than I have ever been. I don't think I have ever experienced afib before.

In this figure, you draw a line from my age (73) on one side to the number of mets on the other. If you use 16 mets, you see I am well above the maximum shown. Extrapolating, the percentage of predicted exercise capacity for my age is something like 200%



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