



Response from eConsult Specialist

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NPI: 1000005001

**CHIEF COMPLAINT**

EKG review

**COMMENTS TO SPECIALIST**

Cardiologist interpretation of exercise treadmill test for pre-employment physical.

No cardiac history.

**MAIN QUESTION**

Please interpret the exercise treadmill test.

**SUMMARY**

Treatment options are available at the primary care level.

**DETAILS**

**Stress test interpretation:** Standard Bruce protocol stress testing was performed with this 42-year-old man. Resting blood pressure is normal. Resting twelve-lead electrocardiogram, presumably with torso leads, demonstrates NSR with normal ST segments with mild left axis deviation.

**Findings:** The patient exercised for 10.8 minutes, reaching a peak heart rate of 164, 92% predicted heart rate for age at a level of 12.1 metabolic equivalents (METs). Blood pressure response was normal. Stress was adequate with a heart rate blood pressure product of 22,270. There is no report of chest pain or cardiovascular limitation. There were no arrhythmias. The electrocardiogram during stress demonstrated no diagnostic ST segment depression. Duke treadmill score is a favorably low risk at +10.8 points.

**Conclusion:** Normal maximal Bruce protocol stress test without evidence for ischemia.

*Jonah Birde, DO*

Jonah Birde, DO - Cardiologist

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Response Date Stamp

For reference only. This eConsult is based on an actual request for specialist consultation. The primary care provider, specialist, and patient are de-identified to protect private health information (PHI).