Exercise-induced dyspnea

History, exam & spirometry

Cardiac symptoms, fatigue or weakness
Yes
Consider cardiac or systemic disease
Myopathy
No

Abnormal exam
Yes
Workup as indicated
No

Exercise challenge, EVH: monitor ventilation, SpO2, HR, inspiratory loops (for suspected VCD), oxygen consumption

Abnormal spirometry
Yes
Decreased FEV1/FVC
No

Positive
EIB

No

Decreased FEV1/FVC
Yes

Restrictive lung disease (confirm with lung volumes)
COPD or Asthma (differentiate by hx smoking, BD response, DLCO)

If no response to therapy and FEV1 > 80%, consider exercise challenge or EVH

Normal or elevated VO2 max

Low VO2 max

Hypoxemia

Hyperventilation

Blunted inspiratory loops and/or stridor

Physiologic limitation
Deconditioning
Pulmonary AVM
Anxiety
Vocal cord dysfunction
Laryngomalacia

Hyperventilation

Hypoxemia

Low VO2 max

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