**Treadmill test의 적응증과 해석**

차의과대학 분당차병원 양필성

1. **Diagnostic indications for treadmill test**

* Assessment of chest pain in patients with intermediate probability for coronary artery disease
* Arrhythmia provocation
* Assessment of symptoms (presyncope. et. al.) occurring during or after exercise

1. **Prognostic indications for treadmill test**

* Risk stratification after myocardial infarction
* Risk stratification in patients with hypertrophic cardiomyopathy
* Evaluation of revascularization or drug treatment
* Evaluation of exercise tolerance and cardiac function
* Assessment of cardiopulmonary function in patients with dilated CMP or heart failure
* Assessment of treatment for arrhythmia

1. **Contraindications for treadmill test**

* Acute myocardial infarction (within 4›6 days)
* Unstable angina (rest pain in previous 48 hours)
* Uncontrolled heart failure
* Acute myocarditis or pericarditis
* Acute systemic infection
* Deep vein thrombosis
* Uncontrolled hypertension (systolic blood pressure >220 mm Hg, diastolic >120 mm Hg)
* Severe aortic stenosis
* Severe hypertrophic obstructive cardiomyopathy
* Untreated life-threatening arrhythmia
* Dissecting aneurysm
* Recent aortic surgery

1. **Normal electrocardiographic changes during exercise**

* P wave increases in height
* R wave decreases in height
* J point becomes depressed
* ST segment becomes sharply upsloping
* Q-T interval shortens
* T wave decreases in height

1. **Findings of treadmill test suggesting high probability of coronary artery disease**

* Horizontal ST segment depression of < 2 mm
* Downsloping ST segment depression
* Early positive response within six minutes
* Persistence of ST depression for more than six minutes into recovery
* ST segment depression in five or more leads
* Exertional hypotension