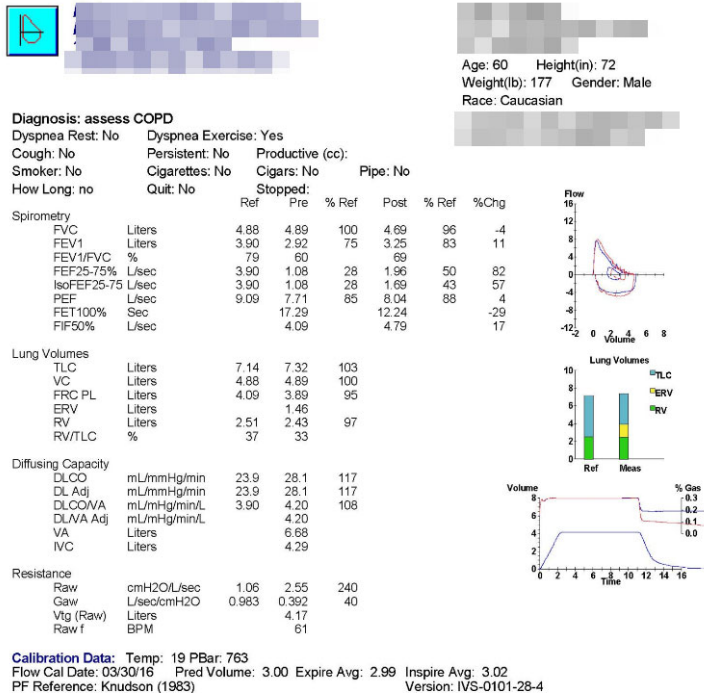


## Results from the breathing test



Someone out there will be able to make better sense of this than I! Sure, I've done a 'net search and learned what a lot of the "PFT" terminology refers to (PFT=Pulmonary Function Test), but the only obvious takeaway I get is that my exhaling sucks... apparently 28% of normal, improving to 50% of normal with Albuterol. The improvement from 28% to 50% is actually pretty substantial, and a bit surprising. I had given up on Albuterol a couple years ago, when it just didn't seem to be doing that much for me. But the post-power-measuring version of me is thinking there might be something to it, because my power numbers are beginning to come up a bit, and my times up Kings Mtn are beginning to come down a bit.

So for now, I'm sticking to the program. Two hits of Qvar morning & night, and two hits of Albuterol before each significant ride. Crossing my fingers! --MikeJ