



Take charge & recharge  
– book your CPET today!



*Recharge your life.*

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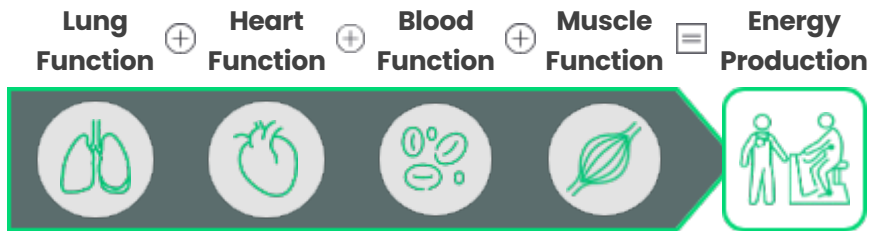
## Cardiopulmonary Exercise Testing (CPET) Services



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## What is a cardiopulmonary exercise test (CPET)?

A CPET measures how well your lungs, heart, blood & muscles work, & work together, to **intake, transport, & use oxygen (O<sub>2</sub>) to create energy during exercise.**



## Why do I need a CPET?

There are **2 MAJOR REASONS** we recommend CPETs for people living with, or trying to prevent, **cancer fatigue!**

### REASON 1: Better understand your fatigue

Cancer & its treatments damage &/or disrupt the function of organs & systems that support energy production in your body. Yet, measuring these organs & systems at rest does not help us understand what limits your ability to work, play, & care for yourself.

**CPETs are the 'gold standard' for measuring organs & systems 'under stress'.** This means CPETs give us the best information to understand how well or poorly these organs & systems work together to produce the energy you need to keep up with & enjoy life!

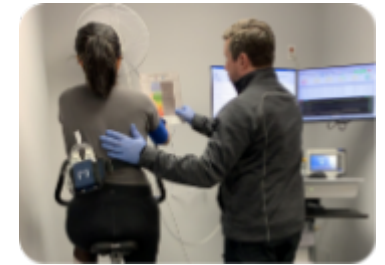


### REASON 2: Optimize your fatigue treatment

#### Did you know that Exercise Therapy is the best single treatment for cancer-related fatigue?

We know it seems counter-intuitive, but **it is true.** **Exercise Therapy** is the only treatment for cancer-related fatigue that is universally recommended for all people by the Oncology Nursing Society!

CPETs support exercise in two key ways. First, CPETs are used to **confirm it is safe for you to exercise.** Second, CPETs measure your aerobic fitness (the maximum amount of effort / work you can do when exercising), which is used to **create a tailored, safe & effective exercise plan!**



## What happens during a CPET?

- The full CPET procedure takes about 1 hour.
- We assess your resting lung function, heart function, blood pressure, & O<sub>2</sub> saturation before the test to confirm it is safe to start.
- The test requires you pedal on a stationary bike against a gradually increasing resistance/workload while you breathe through a mouthpiece.
- The exercise portion typically lasts 8 to 12 minutes.