

## Physiological and perceptual responses to exercise according to Locus of symptom limitation in COPD

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### Abstract

Chronic obstructive pulmonary disease (COPD) is a heterogeneous disease, with pulmonary and extra-pulmonary factors contributing to exercise intolerance. The primary self-reported exercise-limiting symptom may reflect the primary pathophysiological factor contributing to exercise intolerance. We compared physiological and perceptual responses at the symptom-limited peak of incremental cardiopulmonary cycle exercise testing between people with COPD reporting breathlessness (B, n = 34), leg discomfort (LD, n = 16), or a combination of B and LD (BOTH, n = 42) as their main exercise-limiting symptom(s). Despite similarly impaired health status, symptomology and peak exercise capacity, the B group had greater restrictive constraints on tidal volume expansion at end-exercise and was more likely to report unpleasant qualities of exceptional breathlessness than LD and BOTH groups. In conclusion, reporting breathlessness as the primary exercise-limiting symptom indicated the presence of distinct lung pathophysiology and symptom perception during exercise in people with COPD.

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### Biography

Dr. Jimmy Kithara is a medical parasitology's, with many years of experience in parasite, epidemiology, diagnosis and control in various countries including and not limited to India, Pakistan, Gambia, Ghana, Uganda etc. In the past 15 years I have been involved in control of STH and Schistosomiasis in School age children in Kenya, Pakistan

And India. Currently I am an associate senior research scientist with Kenya Medical Research Institute. Together with other scientists we have published many papers in peer review journals. Currently I am interested in parasite control and more so Female Genital Schistosomiasis which affects this vulnerable group in the society.