



Exercise Testing for Primary Care and Sports Medicine Physicians

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This book by Corey H. Evans, Russell D. White, and coauthors is a gem. There was a time when exercise testing was largely limited to cardiologists, but no more. Exercise testing, which provides information on fitness, the risk of coronary disease, and all-around vitality, is now being performed in the offices of primary care physicians across the United States. Although there is a significant risk in some populations, a careful doctor who takes the trouble to become knowledgeable in exercise physiology and the pathophysiology of coronary artery disease can use exercise testing to improve his ability to give excellent, preventive medicine. Over the years I have read many books on this subject, and even contributed to some, and this one rates right up there with the best. Like many multi-authored books there is some repetition, but this is not all bad. A careful study of the various chapters will provide a depth of knowledge that will come in good stead when problems arise. I can especially recommend the chapter on exercise physiology. When the reader has mastered the material presented in this chapter, he has acquired a knowledge base so that he can become an expert in exercise testing equal to almost anyone. Over the years I have been privileged to know several of the authors and have followed their publications. Their contributions to our knowledge base in this field have been considerable. Acquiring this book and becoming familiar with its contents will set you apart in the field of exercise testing.

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