

6- WD

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 , .
 6-MWD 18-
 25 . 85 , .
 I-II , 43 , .
 (<0,0001).
 1:5,3,
 -5,7:1.
 : 6- 6-MWD. (),
 6-MWD
 18-25 . 6-MWD 85
 I-II 43 , .
 (<0,0001). 1:5,3,
 -5,7:1.
 : 6- 6-MWD. (),
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 [1].
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 (1980-1990- -
 80 100 000) [3].
 [2, 3].
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 [2, 3, 5].
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[6, 7].

« 2011–2015 ».

0111U000194.

». 4.1.

6-MWD

6-
[8,9].

6

: « », « ».

Sa₂.

Sa₂ 80–86%.
(6-MWD)
6-MWD (i)

6-MWD (i).

6-MWD (i)

: BMI ()

(1 2):

$$6\text{-MWD (i)} = 7,57 \cdot \quad - 5,02 \cdot \quad - 1,76 \cdot \quad - 309, \quad (1.)$$

$$6\text{-MWD (i)} = 1140 - 5,61 \cdot \text{BMI} - 6,94 \cdot \quad . \quad (2.)$$

$$= 6\text{-MWD (i)} - 153 .$$

(2009 – 2010).

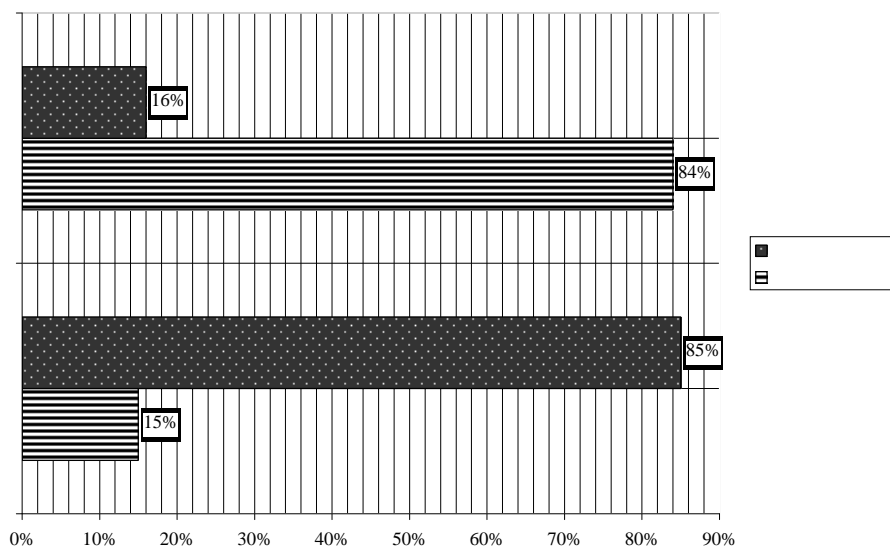
I-II

18–25

85

43

– 6-MWD.



I

1. -
 2. 6-MWD
 3. 6-MWD,
 4. 6-MWD
 5. -
- 1:5,3,
 - 5,7:1.
 (35% 6%), (22 4%). (28
 5%)

SUMMARY

THE USE OF 6-MWD TEST FOR DETERMINATION OF TOLERANCE TO PHYSICAL ACTIVITY IN STUDENTS, PATIENTS WITH CHRONIC OBSTRUCTIVE LUNG DISEASE

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There were studied the diagnostic possibilities of the test of 6-MWD in the students of masculine sex at the age 18-25 of years. 6-MWD is a test with the dosed regulation of the load by patient himself. Frequency of cardiac beat (FCB) and blood pressure (BP) were measured before and after loads. Among the inspected there were 85 patients with COLD of the I-II degrees and 43 students, who did not have bronchopulmonary pathology. After physical load in the patients of basic group, sick on COLD, the FCB reaction was stronger in comparison with the

healthy persons ($p < 0,0001$). Ratio between the normotonic type of reaction and atypical in the basic group was 1:5,3, in the control group – 5,7:1.

Key words: chronic obstructive lungs disease (COLD), physical load, test with 6-minute walking 6-MWD.

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