

August 21, 1967

Professor B.S. Djordjevic
Proleterski Brigada 92
Belgrade, Yugoslavia

Dear Professor Djordjevic:

Herman Wolf, engineer, will arrive from Munich by Turkish Airlines 932 August 29 at 1615 for work in Velika Krsna.

At his station he will be able to tape record resting ECG's and pulse waves followed by a short term progressive work load to a fixed heart rate endpoint of 140 beats/min.

He and Dr. Mitrevski should be given instructions by Nedelkovic concerning stopping the test with the appearance on the oscilloscope of indications you decide limiting. We stop exercise prior to 140 heart rate if we have a run of 3 or more consecutive premature ventricular beats, 2 mm. or more ischemic S-T depression, chest pain or other complaint of the subject.

He would record on a systematic sample of one out of three or one out of four from all subjects, depending on the schedule he establishes to maintain an even flow to your satisfaction. You would exclude those with frank cardiac disease on history and physical examination.

I would suggest that the test be a progressive one, so that the older or more disabled subject would not be over-stressed at the outset and to provide warm-up. We would like to have a short instruction session pedaling against no resistance, and optimal adjustment of the height of the bicycle seat (so that the knee is slightly bent at the lower point of the excursion). This would be followed by a two-minute warm up at 300 kpm/min. (about 50 watts), two minutes at 600 kpm/min. (about 100 watts), and two minutes at 900 kpm/min. (about 150 watts). We would expect virtually all to have reached the endpoint, determined on a cardiometer, by this time. A few well-trained subjects might require 1050 kpm or 1200 kpm/min.

I assume Nedelkovic can set up safety procedures, and if any problem arises readjust this program according to your best judgment such as lowering the heart rate endpoint to 130 beats/min. The men should rest on the bike three minutes for the recovery record taken immediately and at three minutes, preferably with the feet on the rest bars or handle bars.

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This test should not replace the routine single-step three minute test which should precede the bicycle test, both to conserve comparability with the study 5 years ago, and to identify subjects who should be given special attention.

Of course, feel free to modify or eliminate the bike test if it appears unacceptable to you or the subjects.

My present schedule calls for my Belgrade arrival by JU405 at 625 PM on Saturday, September 9, I hope in company with Tom Strasser. I would like to spend a couple of days with you and Dr. Keys at Velika Krsna, and a couple of days working over data with Strasser. I must return to New York for a meeting on September 15. Would you be good enough to make hotel reservations for me in Belgrade?

Your spare Elema galvanometers will arrive with Herman Wolf. Perhaps Dr. Buzina's Elema could be made available to you as a spare.

Best regards,

Henry Blackburn, M.D.

HB:mh

cc: Dr. Keys
Dr. Taylor
Dr. Rautaharja
Dr. Strasser
Herman Wolf - Special Delivery