Conclusion and Future Directions
14: CONCLUSION AND FUTURE DIRECTIONS

The overall prevalence of COPD in India and in other countries is increasing day by day despite extensive research in COPD.

COPD not only affects respiratory system but it also affects the other system in our body, it is not confined only to the lungs but it is a multisystem manifestation. So it is very important to understand the effects of exercise and its response in the COPD patients which is done by present study with respect to the production of lactate and its recovery rate in COPD patients.

The physiological change which is associated with the lactate production and accumulation has significant influence on the cardiopulmonary performances. The lactate accumulation leads to hyperventilation, altered oxygen kinetics and cardiovascular responses and impaired muscle performances in an individual. Thus it is very important to find out any early lactate accumulation in COPD or in any normal individual and accordingly some kind of intervention can be initiated to reduce or delay the lactate accumulation during exercise.

In conclusion the COPD group do not only generate high concentration of blood lactate similar to those observed in normal controls at sub maximal level of exercise but also this occurs earlier than the normal group. The recovery rate is almost similar in both the group. Measurement of the lactate threshold is a very useful marker of fitness assessment and the response to intervention, such as exercise training.