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## Center for LAM Research and Clinical Care

### **The Evaluation Process: What to Expect?**

The following includes a list of tests you may be scheduled for during the evaluation process at the Center for LAM Research and Clinical Care. You may not be scheduled for all of these tests, depending on your needs. Testing will be spread over 2 days if necessary.

### **Who will I meet? Meet with LAM Center Coordinator**

Once you arrive at Brigham and Women's Hospital, you will meet with Betsy Peters, LAM Nurse Coordinator. Together you will go over your schedule of appointments and tests and discuss any questions you may have. Betsy is available at 617-525-9331, Monday – Friday, 9AM to 5PM for any questions you have about your symptoms, medical concerns, appointments, and testing.

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### **What are the Types of Tests for LAM Patients?**

#### **High Resolution CT Scan (HRCT)**

A high resolution CT Scan is designed to provide detailed images of the structure of your chest. The CT of your chest will provide information about the portion of your lungs involved with cysts caused by LAM. A CT of your abdomen may also be done to help your doctor determine if you have any growths in your kidneys, other abdominal organs, or lymph nodes.

#### ***What to expect***

During this test you will lie on a table that is hooked to the CT Scanner, a donut shaped machine. The CT scanner sends x-ray pulses through your chest and/or abdomen. You may or may not require any intravenous medication for the CT scan. You may be alone in the scanning room, but a technologist will watch you through a window and you can talk to him/her during the test.

#### **Full Pulmonary Function Tests (PFTs)**

PFTs are one way to measure your lung function and the progress of LAM. Full PFTs include spirometry, lung volume tests, and diffusing capacity of the lung for carbon monoxide (DLCO). Spirometry measures the amount and speed of air that you can inhale and exhale. You will be asked to take a bronchodilator, an inhaled medication to relax your breathing tubes. Lung volume tests measure how much air is in your chest. DLCO testing measures how well oxygen passes from the air sacs of your lungs into your blood. You will be provided with instructions in preparation for these tests.

#### ***What to expect***

Pulmonary function tests require that you perform a variety of breathing exercises by blowing into a tube. These tests usually take 1 to 1.5 hours.

### **Six Minute Walk Test**

We will ask you to walk for six minutes while we monitor your oxygen saturations (the amount of oxygen in your blood stream), heart rate, and how far you are able to walk. You may be provided with oxygen during this test.

### **Laboratory Testing**

Blood and urine will be collected to monitor your lab values. The blood tests will give us information about your blood count levels, electrolyte levels, liver and kidney functioning, and clotting ability.

### **Nutrition Assessment**

A nutrition counselor will be available to discuss your diet with you and any concerns you may have.

### **Exercise Testing**

Exercise testing can give information about how the heart and breathing ability respond to the extra demands of activity.

### ***What to expect***

An exercise physiologist will record your pulse, blood pressure, height and weight before you begin the test. He/She will also perform an electrocardiogram (ECG). The test will be performed on a stationary bike with resistance or work increasing in progressive stages. Your heart rhythm will be monitored by an ECG throughout the test. You will also have your blood pressure taken at various times during the exercise test. Throughout the test you will be breathing through a mouthpiece to measure the amount of oxygen you use during the test.

### **Physical Exam**

The pulmonologist will review your past history of medical problems, medications you are currently taking, and perform a comprehensive physical exam. She will then review all of your testing and consultations for an individualized care and treatment plan. This appointment is scheduled to take 90 minutes.

### **Thoracic Consultation**

Women with LAM often develop pleural diseases, such as pleural effusions (fluid in your chest), pneumothorax (collapsed lung), chylous effusions (lymphatic fluid in your chest). These complications are managed by your pulmonologist in collaboration with Thoracic Surgery. You will meet with a Thoracic surgeon to evaluate any of these complications.

### **Other Specialty Consultations**

The Center for LAM Research and Clinical Care offers a multi-disciplinary approach to clinical care. Specialty consultants in Psychiatry, Urology, GYN Oncology, Dermatology, Obstetrics, and Reproductive Endocrinology will be available to you depending on your needs.