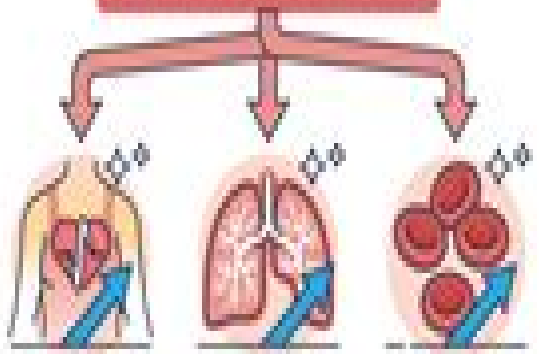




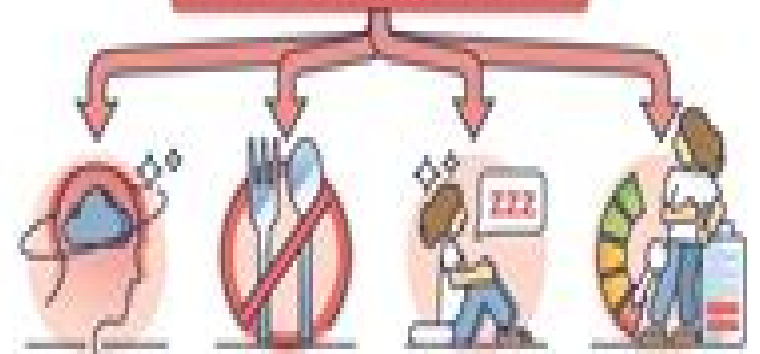
ALTITUDE SICKNESS

PHYSIOLOGICAL CHANGES



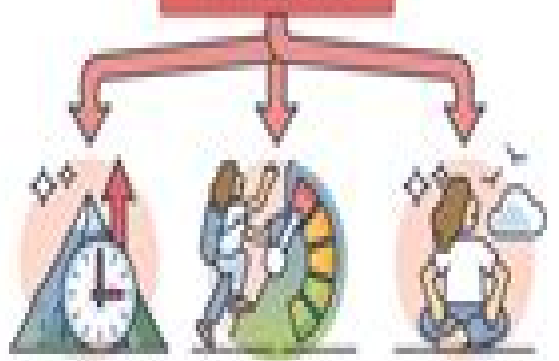
- INCREASE IN HEART RATE
- INCREASE IN BREATHING RATE
- PRODUCTION OF MORE RED BLOOD CELLS

SYMPTOMS OF ALTITUDE SICKNESS



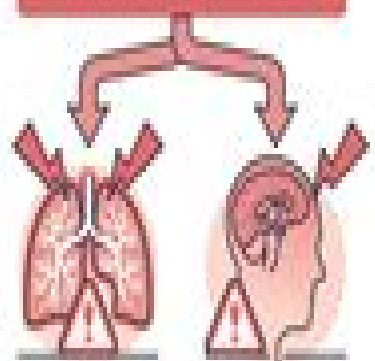
- HEADACHE
- LOSS OF APPETITE
- DISTURBED SLEEP
- NAUSEA, FATIGUE AND DIZZINESS

RISK FACTORS



- SUCH AS RAPID ASCENT
- HIGH DEGREE OF PHYSICAL ACTIVITY
- LACK OF ACCLIMATIZATION

MORE SEVERE SYMPTOMS



- HIGH ALTITUDE PULMONARY EDEMA (HAPE)
- HIGH ALTITUDE CEREBRAL EDEMA (HACE)

PREVENTION AND TREATMENT



- GRADUAL ASCENT
- STAYING HYDRATED
- TAKING CERTAIN MEDICATIONS
- DESCENT TO A LOWER ALTITUDE

Altitude Illness

PT Brinkman



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