

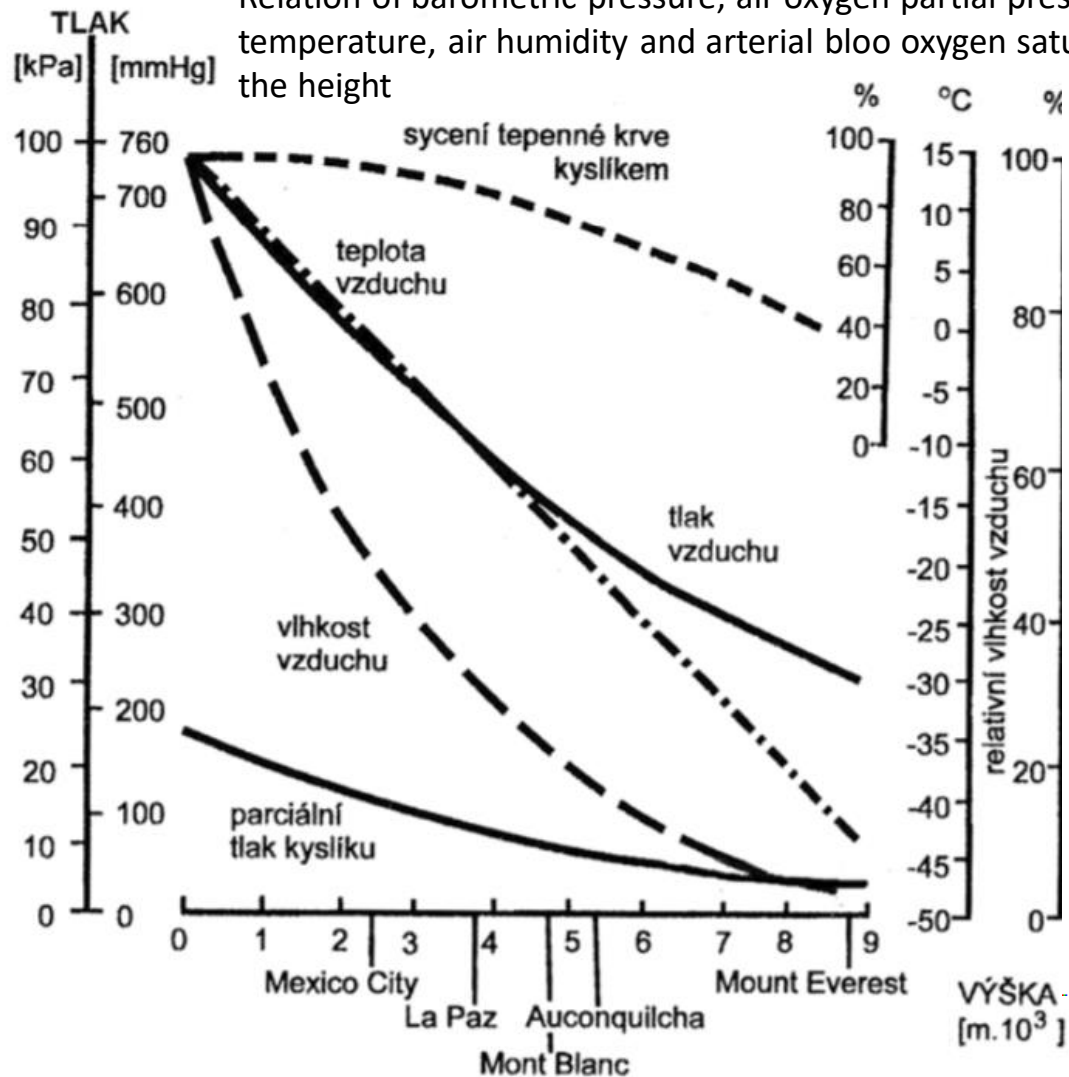
HIGH ALTITUDE DISEASE:

OUR 20 YEARS EXPERIENCE WITH HIGH ALTITUDE DISEASES AT CZECHOSLOVAK MOUNTAINEERING EXPEDITIONS

European Congress on Sports Medicine Prague, 1985

I. Rotman, T. Skříčka, J. Wolf, Health Board of the Czechoslovak Mountaineering Association

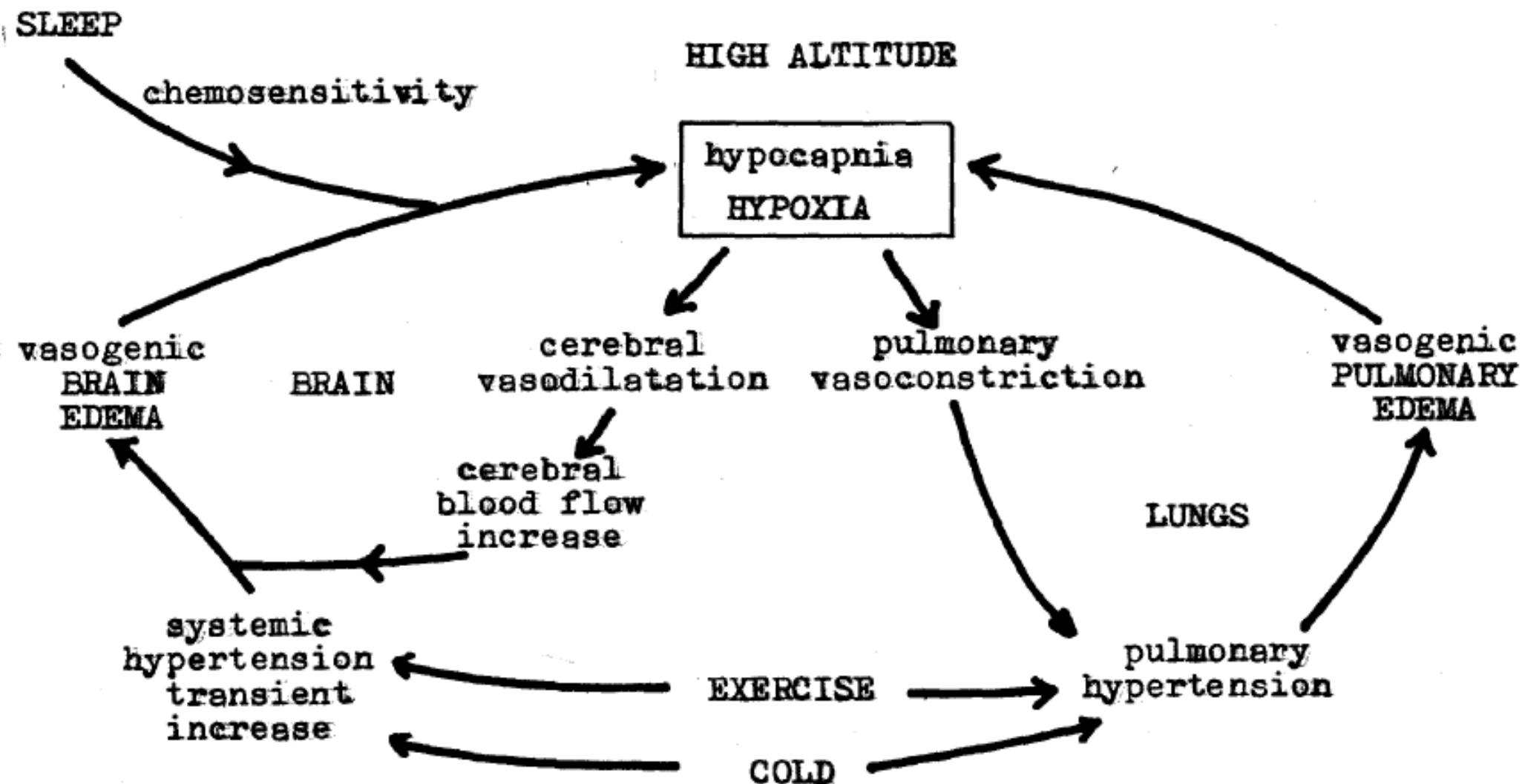
Relation of barometric pressure, air oxygen partial pressure, air temperature, air humidity and arterial blood oxygen saturation to the height



HIGH ALTITUDE DISEASES AND COMPLICATIONS OF THE STAY IN HIGH MOUNTAINS

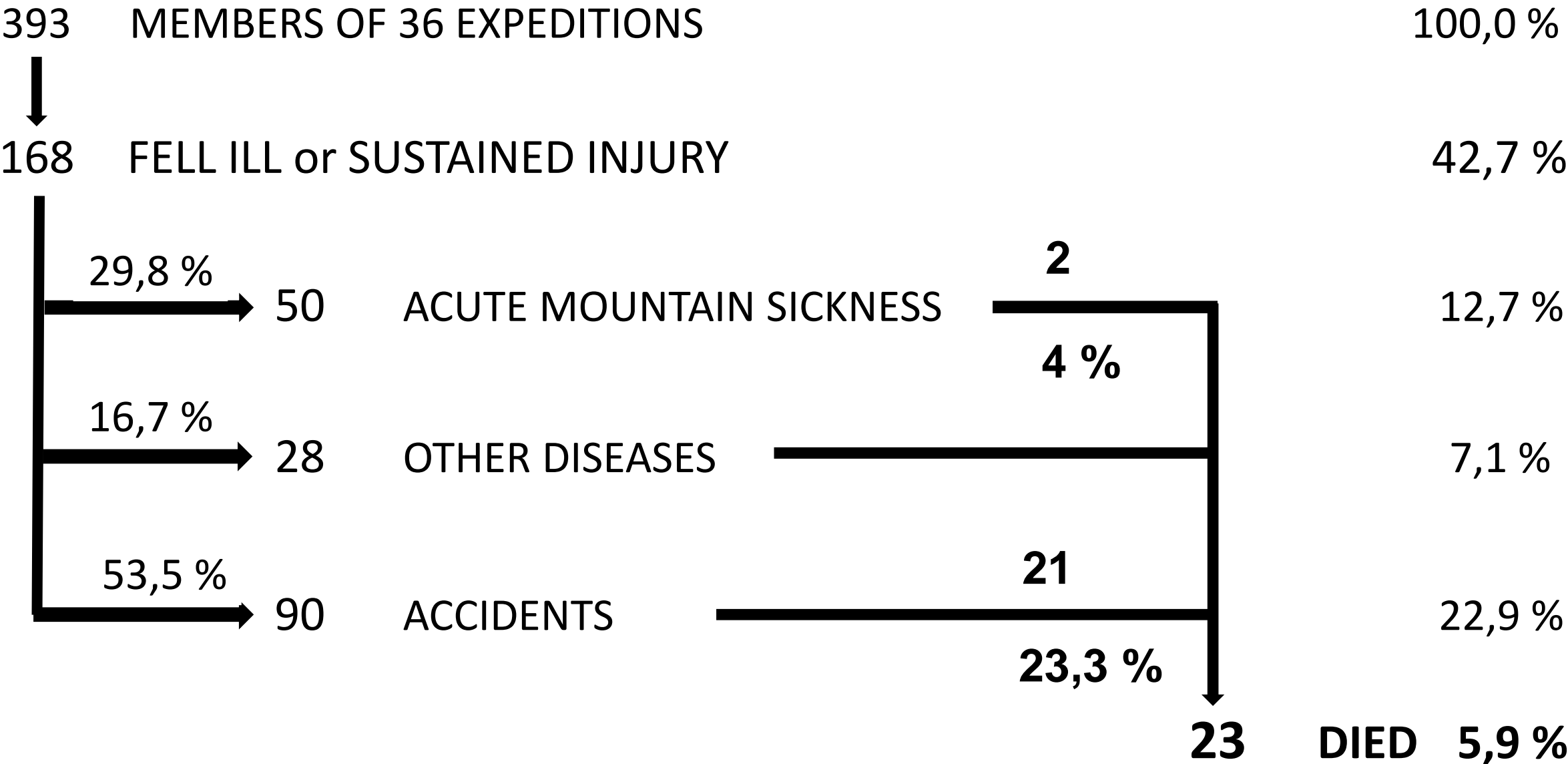
ACUTE ALTITUDE SYNDROMES	OTHER ALTITUDE RELATED PROBLEMS
ACUTE MOUNTAIN SICKNESS headache, anorexia, nausea vomiting, weakness, insomnia	COLD INJURY: FROSTBITE HYPOTHERMIA
HIGH ALTITUDE CEREBRAL EDEMA severe headache, ataxia, drowsiness abnormal behaviour, hallucinations coma	THROMBOEMBOLISM thrombophlebitis cerebral and pulmonary thrombosis
HIGH ALTITUDE PULMONARY EDEMA dyspnea at rest, cough, audible rales white or pink frothy sputum, cyanosis	"HIGH ALTITUDE COUGH" HAEMORRHOIDS
MIXED FORMS: CEREBRAL AND PULMONARY HIGH ALTITUDE CEREBRAL ASTHENIA SUBCUTANEOUS EDEMA	SOLAR KERATOCONIUNCTIVITIS
HIGH ALTITUDE DETERIORATION irritability, weight loss, fatigue insomnia, decreased work performance - above 6 000 m where permanent adaptation is not possible	
CHRONIC MOUNTAIN SICKNESS (MONGE)	

PATHOPHYSIOLOGY OF HIGH ALTITUDE DISEASE



(Sutton, J.R.: Bull.Eur.Phytopathol.Respir., 15: 1049, 1979)

Health Risks at Czechoslovak Mountaineering Expeditions



H I G H A L T I T U D E D I S E A S E P R E V E N T I O N

PHYSICAL AND MENTAL HEALTH AND FITNESS

medical and laboratory examination, exercise ECG

maximal oxygen uptake, anaerobic threshold

hypoxia tolerance - exercise tolerance

- hypocapnia tolerance

- ventilatory response

- mental performance

SLOW ASCENT: 300 - 600 m/24 hrs

SUFFICIENT NUTRITION WITH FLUID INTAKE 5 - 8 LITRES A DAY

diuresis 1000 ml/24 hrs

COLD PROTECTION

DESCENT OR RAPID TRANSPORT OF THE PATIENT TO LOWER LEVELS, OXYGEN

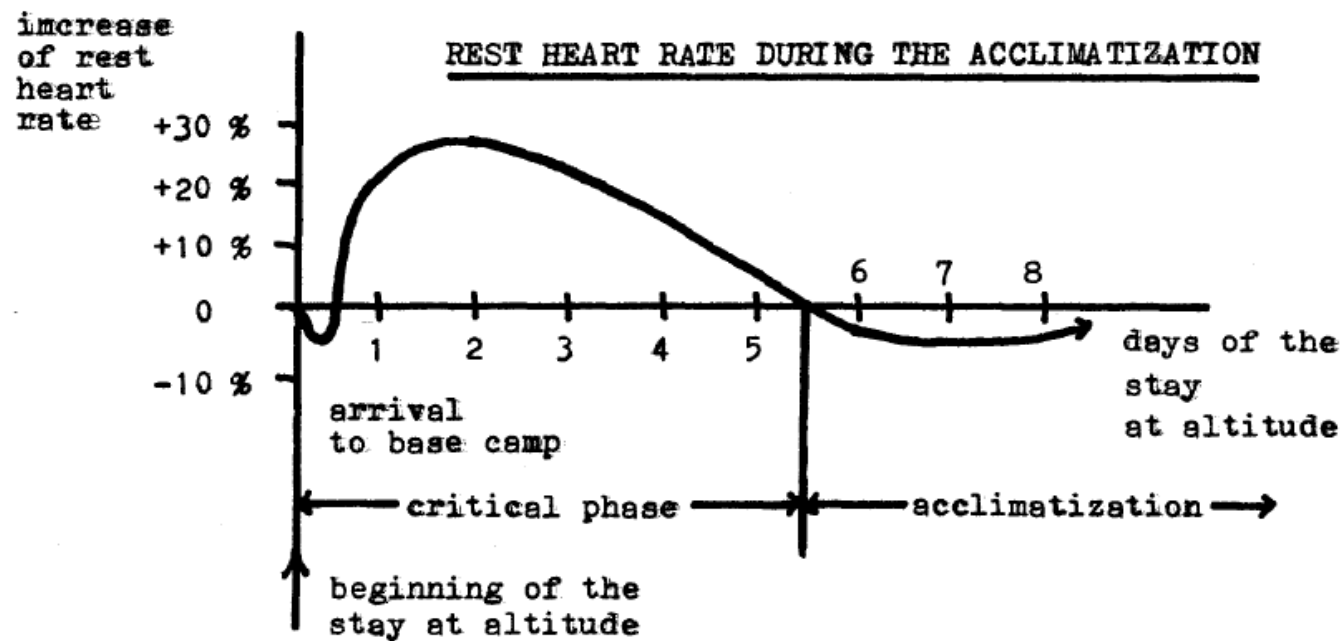
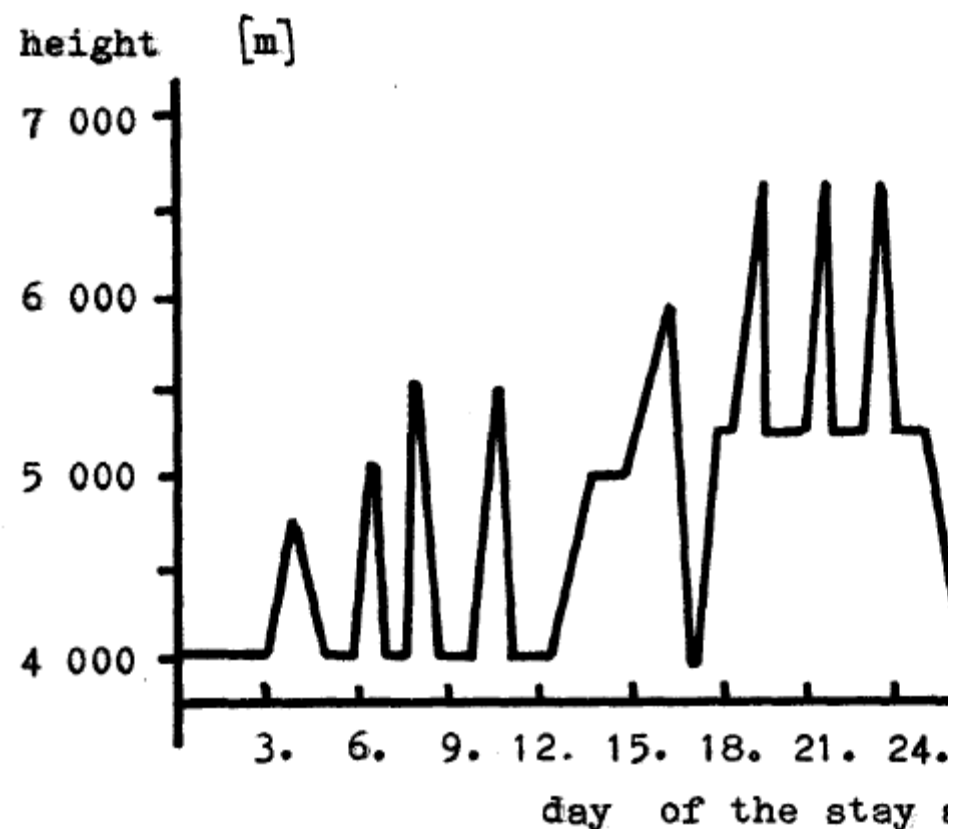


DIAGRAM OF GOOD ACCLIMATIZATION TO 7 000 METERS



MILAN KRIŠŠÁK'S ASCENT TO THE SUMMIT OF MACALU IN 1976

