



Altitude Illness: Prevention Treatment

By Stephen Bezručka

Mountaineers Books. Paperback. Book Condition: New. Paperback. 162 pages. Stay healthy at high heights with this pocket guidenow updated with the most current information on preparing for and adapting to altitude. Updated guidelines for people going to altitude (heights above 7, 000 feet) with pre-existing health conditions such as heart conditions, diabetes, and cancerA handy glossary and easy-to-read tables covering symptoms and signs, altitude illness, and high altitude drugs Case studies of real situations and a question-and-answer section help readers better understand general issues about altitude and its effects, and moreThis new edition provides the latest information on prevention and treatment of altitude illnessfrom preparing for altitude to recognizing and treating the symptoms of acute mountain sickness, including high altitude pulmonary and cerebral edemas. Suited for both novice and seasoned hikers, climbers, trekkers, and skiers, Altitude Illness, 2nd Edition, also includes an updated examination of how altitude interacts with certain drugs, a new section on using the web to find more information about altitude illness, and much more. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

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