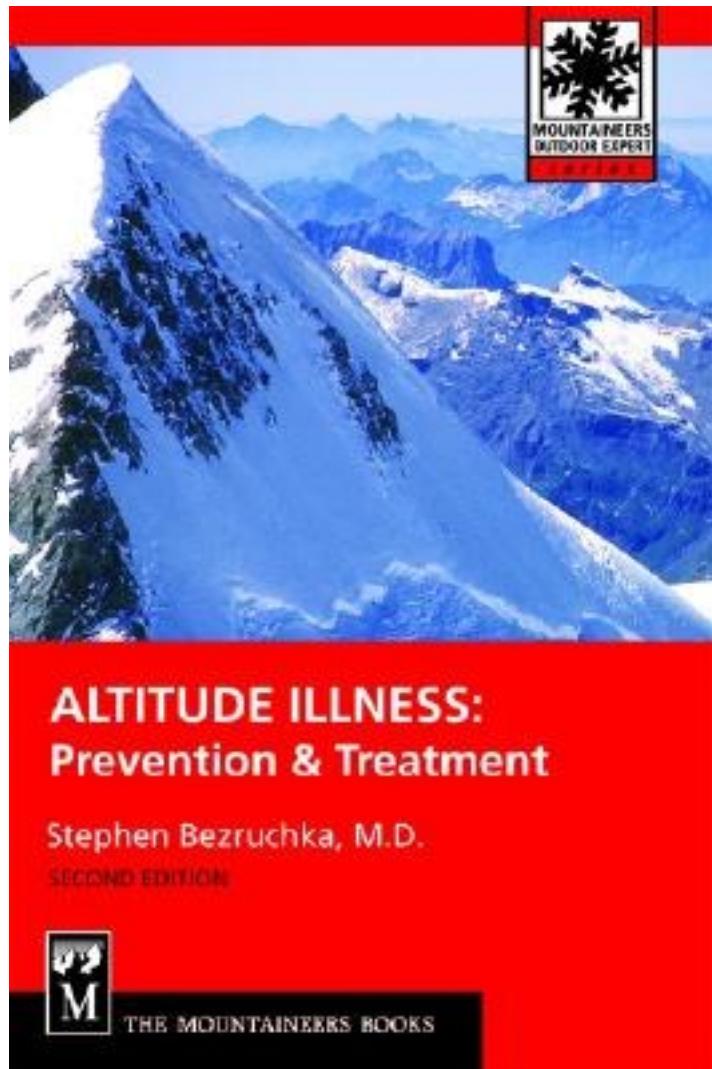


Altitude Illness



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Stay healthy at high heights with this pocket guide--now updated with the most current information on preparing for and adapting to altitude. Updated guidelines for people going to altitude (heights over 7,000 feet) with pre-existing health conditions such as heart conditions, diabetes, and cancer. A 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 more.

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