



ACUTE MOUNTAIN SICKNESS (AMS)

AMS are mild and self-limiting and some cases become life threatening. Once travelling or planning to travel to high altitude (above 5500M/18,000 feet) knowledge plays an important role in the prevention of AMS.

AMS can occur above 8,000 feet

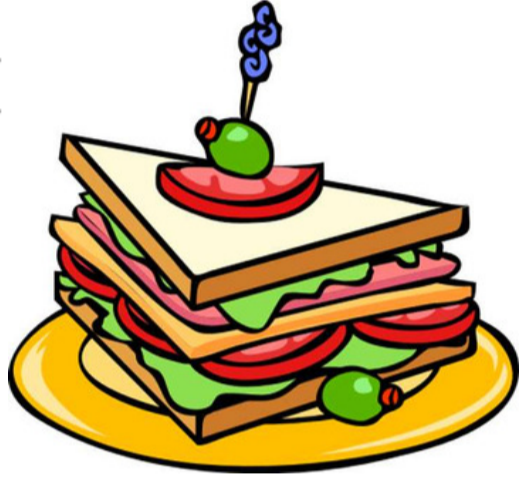
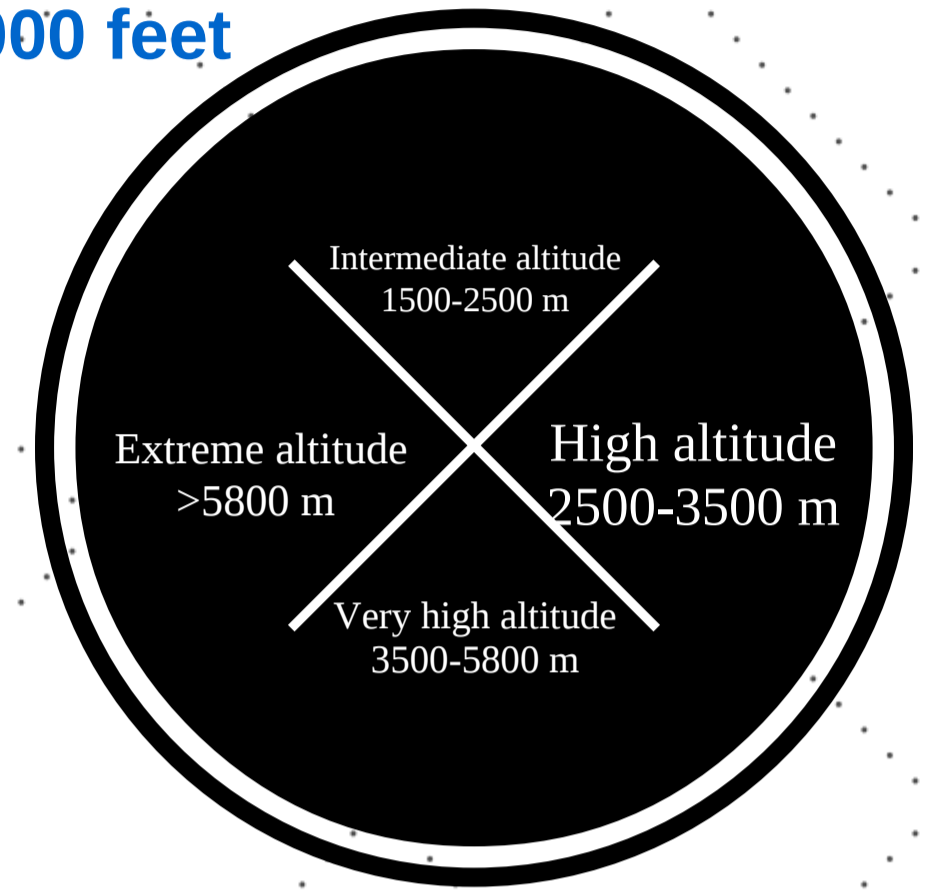
Symptoms:

Difficulty in breathing

Headache

Sleep Disturbance

Cough , Nausea



Ideal Food at High altitude: • Carbohydrate requires 10% less oxygen for use, compared to fat/protein • Lesser chances of AMS • Ideal fuel at high altitude

Foods Permitted : • Pulses • Vegetables, Salads, Fruits • Rice • Bread •Yogurt , Oats • Tea, Coffee • Dried fruits, Figs, Raisins



Avoid Fats : Consumption of fatty foods exacerbate AMS as they require more oxygen , Carbohydrates easy to metabolise

Food to be avoided: • Non vegetarian foods • Alcohol • Tobacco • Fried items • Butter, Cream based foods • Pickle • Cold drinks • sweets...

Preventing Mountain Sickness

*Most visitors suffer from some symptoms that will generally disappear through acclimatization in several hours to several days.

*A gradual ascent allows the body to acclimatize to higher altitudes and the decreased oxygen supply

*One should avoid exercise in the first few days. Attempt to do only half of your activities on the first day while your body is working to acclimatize to higher altitude oxygen conditions.

*Drink enough water each day so that your urine runs clear.

*Avoid taking tranquilizers and sleeping pills. These will depress the respiratory drive and limit oxygen intake.

*Prophylactic drugs are acetazolamide, nifedipine etc.

Advise:

Rest for 24 hrs.

Avoid sleep during day

Avoid sedatives and Alcohol

Fluid intake 2-3 lits per day

Food Hygiene

- Clean hands thoroughly before eating • Do not eat unpeeled fruits/vegetables
- Avoid vegetables, which have not been boiled
- Eat fresh/refrigerated meat



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SOURCE: SM Kadri