

To Avoid Altitude Illness

- If possible, spend 1-2 extra days and nights in Denver before going to higher altitudes, so you can adjust gradually.
- Avoid alcohol, sleeping pills and narcotic pain medicine during your first few days here.
- Drink plenty of fluids, rest, and try to acclimate to the altitude.
- Higher altitudes increase the chance for severe sunburn. Use a sun screen and wear sunglasses.

Acute Mountain Sickness

- Flu-like symptoms including headache, nausea, vomiting and trouble sleeping.
- Symptoms usually occur within the first three days of arrival, and disappear by the fourth day.
- Physician's care is necessary for moderate to severe symptoms.
- Avoid sleeping pills, narcotics and heavy exercise; mild exercise is okay.
- Drink plenty of fluids.
- If symptoms continue, you will be advised to go to a lower elevation.

High Altitude Pulmonary Edema

- The more severe altitude illness, with symptoms similar to pneumonia; congestion and difficulty breathing.
- Symptoms increase in severity by the third night of the illness.
- Physician's care is necessary; patients are treated with oxygen therapy and transported to a lower elevation.
- Upon returning home, symptoms will go away and normal health returns, usually without any side effects, but medical intervention may be necessary.
- Altitude and its affects can be life threatening!

If you have heart, lung or other medical problems, be cautious and seek medical advice.

Our physicians have years of experience in the evaluation and treatment of altitude illness, If you feel at risk for altitude sickness and exhibit any of the symptoms, please call any of our locations.

St. Anthony Summit Medical Center 340 Peak One Drive, Frisco, CO 80443 970-668-3300

St. Anthony Granby Medical Center 480 E. Agate, Granby, CO 80446 970-887-7400

St. Anthony 7 Mile Medical Clinic 145 Parsenn Road, Winter Park, CO 80482 970-887-7470

St. Anthony Copper Mountain Clinic 860 Copper Road, Bridge End Building, Copper Mountain, CO 80443 970-968-2330

St. Anthony Hospitals

Centura Health® *Here, we treat you as a person first.*