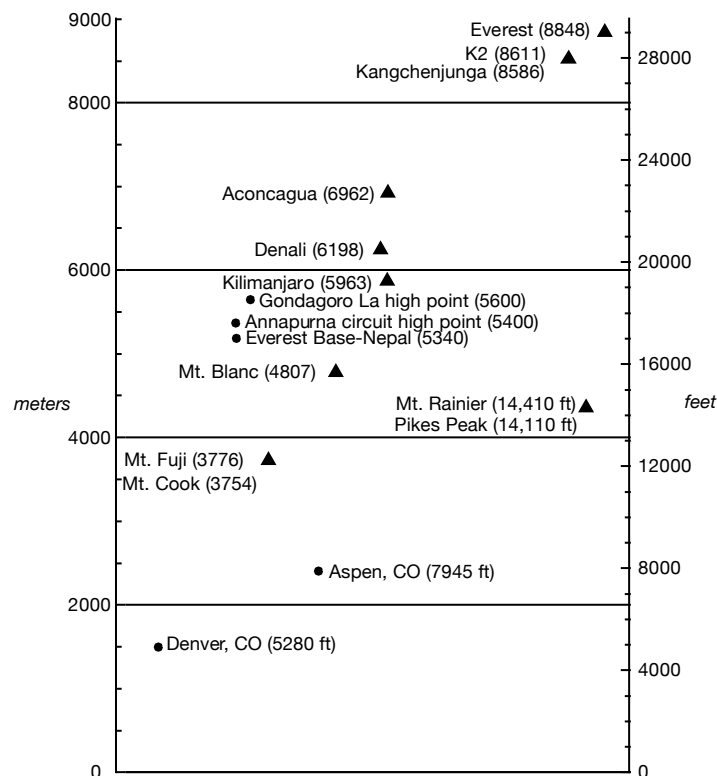


1. Everyone responds differently to altitude.
2. Your response may change from trip to trip.
3. There are no shortcuts to successful travel at altitude.
4. Digestion is a bigger problem at altitude than the altitude itself.
5. Worry about drugs for digestion, not for altitude.
6. Water is the best drug for altitude, but carry some acetazolamide (Diamox).
7. Fear of the unknown effects of altitude can be reduced by learning about the body's responses before traveling.

Take with you:

Bezruchka, S. 2010. *Altitude Illness: Prevention and Treatment*. The Mountaineers, Seattle.

Use the self assessment on the back to keep track of your overall altitude health.
Visit the web site for a similar score sheet for children.



Lake Louise Consensus Scoring System for Acute Mountain Sickness (AMS) in Adults. Self assessment required, other parts optional.

Date _____ Name: _____

Sleeping altitude _____

Maximum altitude _____

Self-Assessment. Score yourself for the five symptoms listed below. Remember that fatigue will be expected after exercise.

S1. Headache

- (0) None at all
- (1) Mild headache
- (2) Moderate headache
- (3) Severe, incapacitating headache

S2. Gastrointestinal

- (0) Good appetite
- (1) Poor appetite and/or nausea
- (2) Moderate nausea and/or vomiting
- (3) Severe, incapacitating nausea/vomiting

S3. Fatigue and/or weakness

- (0) Not tired or weak
- (1) Mild fatigue/weakness
- (2) Moderate fatigue/weakness
- (3) Severe fatigue/weakness

S4. Dizziness or light-headedness

- (0) None
- (1) Mild
- (2) Moderate
- (3) Severe, incapacitating

S5. Difficulty sleeping

- (0) Slept as well as usual
- (1) Did not sleep as well as usual
- (2) Woke many times, poor night's sleep
- (3) Could not sleep at all

Total Self-Assessment Score (S)=

Clinical Assessment. These questions are answered by a physician or other examiner. Clarifications at right are for untrained examiners.

C1. Change in mental status

- (0) No change
- (1) Lethargy/lassitude
- (3) Stupor/semi-consciousness
- (4) Coma

Inability to motivate to perform appropriate tasks

C2. Ataxia (heel/toe walking)

- (0) None
- (1) Balance maneuvers
- (2) Steps off the line
- (3) Falls down
- (4) Unable to stand

Draw a line 6-10 ft long on safe, flat ground
Using arms and body movement to maintain balance

C3. Peripheral edema

- (0) None
- (1) One location
- (2) Two or more locations

Swelling of the extremities (e.g., ankles) or around the eyes

Total Clinical Score (C)=

Functional Score. Rate yourself:

F1. Effect on activities

- (0) None
- (1) Mild reduction
- (2) Moderate reduction
- (3) Severe reduction; bed rest

(F)=

You have AMS if you have a headache and:

- Your total self-assessment score **(S)** is 3 or higher, OR
- The sum of your total self-assessment score and your total clinical assessment score **(S+C)** is 5 or higher, OR
- The sum of all scores **(S+C+F)** is 6 or higher.

Seek appropriate treatment and do not ascend further if you have AMS.