



## Going Higher: Oxygen Man and Mountains, 5th Ed

By Charles Houston

Mountaineers Books. Paperback. Book Condition: New. Paperback. 318 pages. How the body responds to high altitude the classic study revised for the latest scientific findings. Cutting-edge information on how to prevent, diagnose, and treat altitude illness and hypoxia in everyday life Interweaves fascinating research discoveries with dramatic first-person accounts Authored by a celebrated mountaineer and physician who pioneered research in the field From the time of his historic expedition to Nanda Devi in the high Himalaya, Charles Houston, M. D. , has been fascinated by the effects of altitude on the human body. Why do people get sick in the mountains What are the symptoms of hypoxia lack of sufficient oxygen that also occurs in everyday life, sometimes chronically due to disease How can we decrease the incidence of illness and death This substantially revised edition incorporates new research of the last 10 years. Houston joins forces with an educator and a medical writer in a text made even more accessible for the average reader while retaining the depth of material of particular use to the medical community. It includes new chapters on vision and the eye at altitude, chronic and subacute altitude illness, and the limits to work at altitude (with implications...



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