

Age is no barrier to success at very high altitudes.


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Age is no barrier to success at very high altitudes

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SIR—As medical care improves and life expectancy continues to rise in most developed countries, older people are able to enjoy high-altitude adventures later in life [1]. All visitors to high altitude (>2,500 m) are at risk of illness, notably Acute Mountain Sickness (AMS), which is usually a self-limiting illness presenting between 6 and 12 h of arrival at altitude. Common features include headache, fatigue and weakness, nausea and vomiting and poor sleep [2]. Despite the increased prevalence of pre-existing medical conditions with age, the risk of AMS has been found to be lower in older people [3, 4]. More serious sequelae include high-altitude cerebral oedema and high-altitude pulmonary oedema that...

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