



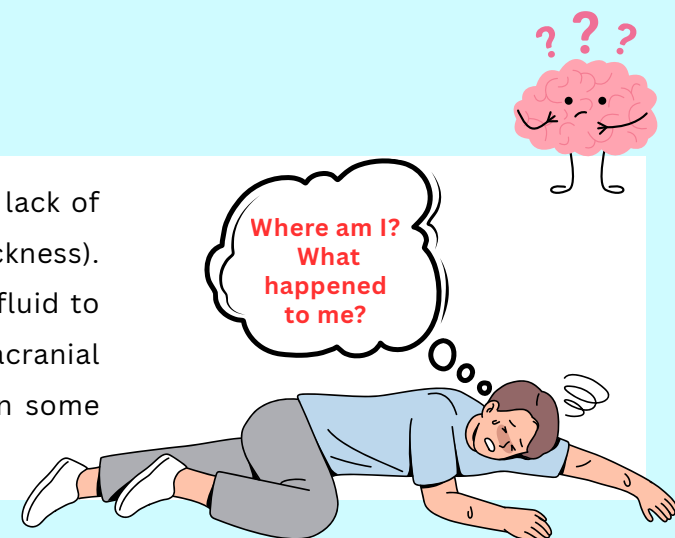
TRAVEL HEALTH DOC

AWARENESS POSTER ON HACE



HACE

HACE (High Altitude Cerebral Edema) is a serious condition in which the brain swells due to lack of oxygen during rapid ascent to altitude. It is the final and fatal form of AMS (Acute Mountain Sickness). The lack of oxygen causes the blood vessels in the brain to swell (Vasodilatation) → causing fluid to leak into the brain → brain/cerebral swelling → increased pressure in the brain (Raised Intracranial Pressure) → eventually leading to loss of consciousness, altered sensorium to coma → and in some cases, death.



SYMPTOMS

- 1  Headache
- 2  Ataxia (inability to walk in a straight line)
- 3  Losing memory, confusion
- 4  Slurred Speech
- 5  loss of consciousness
- 6  coma or even death

WHAT HAS HAPPENED TO ME?

- "Yesterday, while climbing towards Annapurna Base Camp, I had a slight headache and vomited twice – I climbed higher and reached ABC through horse ride thinking, 'I can take a easy ride rather and I have nothing to worry about?'
- But since today, my speech has been slurred, I feel like I am under alcohol influence, I can't even walk properly, I'm forgetting my friend's name too and I feel like I'm going to faint!"
- What has happened to me?

Be careful – you can have HACE!"

PREVENTIVE MEASURES

- 1  When climbing above 2500 meters, do not climb more than 500 meters per day.
- 2  Do not consume alcohol or sleeping pills.
- 3  Drink plenty of water, eat plenty of nutritious food
- 4  Do not ascend if you start to feel uncomfortable or if you start to experience the above symptoms.
- 5  Those with a history of HACE and those at risk should use Acetazolamide or Dexamethasone prophylactically as recommended by a doctor.

TREATMENT FOR HAPE



Descend down with the help of a friend- descend, descend, descend

Go to the nearest health post or hospital for treatment, where medications such as Oxygen, Acetazolamide, and Dexamethasone are available.



Take Dexamethasone 8mg immediately IV/IM and 4mg every 6 hours which produces you a miraculous improvement.

Use a Hyperbaric Chamber (Gamow bag) if available.



Plenty of water & nutritious food, enough rest, maintenance of $SpO_2 \geq 90\%$, and constant monitoring by healthcare professionals are quite essential for symptom improvement

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