

Review of: "Physiological Adaptation to Altitude: A Comparison of Fast and Slow Ascents to 5,300 m Above Sea Level"

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Potential competing interests: No potential competing interests to declare.

The Authors have detailed the clinical and physiological conditions in two groups of trekkers ascending either the Everest Base Camp or Mt. Kilimanjaro. Small group size, high impact of environmental variables, great heterogeneity in the starting conditions, and substantial similarity between the two experiences despite some differences in the rate of ascent, however, render it difficult to appreciate significant differences. As a matter of fact, the key messages are always the same: AMS is associated with rapid ascent, graduated ascent with rest days allows better acclimatisation, and gradual ascent is associated with fewer symptoms and less need for medication. Better insight into these paradigms requires much more controlled models to gain significance.