

題名:Common oral diseases during travel

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摘要:BACKGROUND: Acute mountain sickness (AMS) affects almost half of those ascending to heights over 3,000 m. The knowledge and practices concerning AMS have not been adequately studied. METHODS: We conducted a prospective on-site study in the Himalayas. Between July and October 2004, we approached a convenience sample of trekkers during or after their ascent to high altitudes and provided them with detailed questionnaires regarding knowledge of and personal experience with AMS. RESULTS: One hundred ninety-two travelers (of whom 106 were Israelis and 86 Western Europeans) participated in the study. One hundred thirty travelers (68%) had received any written/oral information about AMS prior to their departure. The most common source of information among Israeli travelers was the travel clinic (65%), compared to only 9% among Europeans. Overall, 89% were found to have good "basic knowledge" about symptoms of AMS (defined as headache plus ≥ 2 of the following: fatigue, dizziness, nausea, insomnia). Travelers who had received information about AMS prior to their trip were significantly more knowledgeable about symptoms of AMS ($p=0.0001$), and treatment options, such as oxygen, medications, and rest ($p=0.023$, $p=0.024$, $p=0.011$, respectively). Only 2% of the Israelis versus 16% of the Europeans ($p=0.0004$) knew that O₂ was a treatment option. Forty-seven percent suffered from AMS, which in 50% began at 3,000 m. About 33 of 90 (37%) of those who suffered AMS symptoms had acetazolamide with them, but only 14 actually used it as treatment. CONCLUSIONS: Knowledge of AMS among climbers to high altitudes should be fostered, with specific

emphasis on practical advice.