

## Additional Information about Hypoxia from Boost Oxygen

When our team reached out to Boost Oxygen for their expert advice on using their product at Pikes Peak this is the info they shared with us. Please note, these resources are suggested by the Race Smart managers, coaches, other race teams and their sponsors; these products and suggestions should not be taken as an official endorsement by the PPIHC organization.

- Drinking alcohol can exacerbate the symptoms of altitude sickness. The breakdown of alcohol within the body uses oxygen that would otherwise be absorbed and used in other parts of the body. Hydration and oxygen can both help alleviate the symptoms; if you drink alcohol, then also drink a bottle of water and take several breaths of oxygen before going to bed, and again when you get up in the morning.
- The most effective way to utilize Boost Oxygen is to exhale fully and then take a deep 3-4 second breath, hold it for a few seconds, and then repeat. Repeat 3-4 times. The brain uses the most oxygen of any organ in the body, and you will generally feel the effects of oxygenation within a minute or less.
- Hypoxia is an insidious condition - if you are not on the lookout for symptoms you will miss them and your performance can degrade quickly without notice. Many of the symptoms of hypoxia are the same for other conditions which you will experience at altitude, and not all symptoms may manifest in a person:
  - o Confusion/disorientation, sense of disassociation from yourself
  - o Degradation in movement coordination
  - o Headache
  - o Fatigue or tiredness
  - o Cough
  - o Fast heart rate
  - o Rapid breathing
  - o Shortness of breath while at rest
  - o Increase in blood pressure
  - o Sweating
  - o Wheezing
  - o Change in skin color (blue to cherry red)

We recommend you do your own research. Here are some links to get you started:

- <http://www.merckmanuals.com/home/injuries-and-poisoning/altitude-diseases/altitude-diseases>
- [https://en.wikipedia.org/wiki/Hypoxia\\_\(medical\)](https://en.wikipedia.org/wiki/Hypoxia_(medical))
- <https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/altitude-illness>