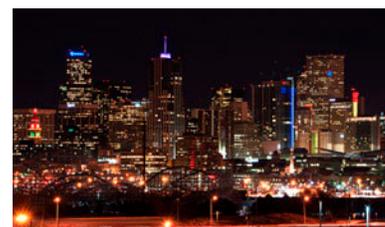




STOH –July 21, 2015 – Grand Rapids, MI

## Observations from the Road: The Mile-High City

Whenever I travel, I observe people and especially what they do. This past weekend was no different as I traveled to Denver to do a seminar. Because Denver is called The Mile-High City, I thought altitude was a great place to begin.



There are at least two things that happen when you move from sea level to 5,000 feet: the oxygen level of the air drops about 3%, and the density of the air decreases. The net effect to the body is that it's more difficult for the hemoglobin of your blood to saturate with oxygen and you breathe out more water. Those two factors mean it can be tougher to breathe, especially when you exercise or anything else; my sister-in-law Joy said it was a month after they moved to Denver before she had enough lung power to sing in the church choir.

Whenever you go up in altitude for a visit, increase your fluid intake; I did that, but I really should have started the day before I left. More fluid intake means that there's more fluid in your blood. That overcomes the fluid loss, effectively thins the blood, and will allow more red blood cells to go through the lungs to pick up oxygen. Another benefit is that you may be less prone to blood clots because you're compensating for the natural fluid loss.

More observations on Thursday. Don't forget to sign up for the *Andropause-Menopause* webinar happening in a week. Does altitude affect the side effects of either? You'll find out.

What are you prepared to do today?

**Dr. Chet**

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