Case Study: Into Thin Air

- 1. What types of psychological problems do humans encounter at high altitudes?
 - a. Headache, dizziness, nausea.
- 2. What symptoms did the climbers exhibit that might be related to altitude? Explain.
 - The climber couldn't catch their breath. This is because the body is not able to take in oxygen as well as it should.
- 3. Compare the air at 18,000 feet (atmospheric pressure 280 mm Hg) to the air at sea level (760 mm Hg). What specific changes in the primary atmospheric gasses (N2, O2, CO2) might occur? Are they significant?
 - These changes are significant. The available oxygen is about 10% higher than sea level.
- What is the specific pulmonary response to high altitude? [Assume you are considering a subject at rest.]
 - The heart will pump harder to get more blood to the body to return to normal amounts of oxygen.
- How will this response affect overall blood gasses? What about oxygen loading and unloading from hemoglobin (in lungs and tissues, respectively)? Explain how you arrived at your conclusions.
 - Less oxygen to the hemoglobin.
- 6. After breathing at altitude for a few days, the body normally begins producing more 2,3 DPG. What is the significance of this change? How will it affect the pulmonary changes observed?
 - a. It will allow you to breathe easier at high altitude.
- 7. What physiological changes is Emily referring to (above) that will occur when someone lives at altitude for an extended period?
 - a. The body will make more red blood cells.
- 8. How are these changes advantageous?
 - a. It allows more oxygen to get to tissues.
- 9. What is the specific pathway that results in the changes described?
 - The kidneys detect low oxygen and releases crythropoietins to create more red blood cells.
- 10. How would the oxygen and Gamow bag help Mark?
 - a. It forces O2 in the blood.
- 11. If you were a member of the medical team examining Mark, what types of tests would you run? Why? [Try to focus on what types of things you would like to measure, whether or not you know of a possible test for them.]
 - a. RBC count, blood gasses
- 12. What types of results do you expect to find? Explain your reasoning.
 - a. Low oxygen due to the body trying to catch up.
- 13. Are the results as you expected? What values agree/disagree with your predictions?
 - a. Yes because he is living but not in the best condition. Almost all of his levels are off which is what was expected. For example, his oxygen was 52 torr and should be between 80-100 torr. This is a lot lower than normal.
- 14. Which lab values appear to represent the most serious problem Mark is having? Is his

Into Thin Air Case Study In Physiology

G Thomas

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