**HEALTH RECOMMENDATIOS FOR THE TRIP TO CUSCO**

Health recommendations basically refer to the acute mountain evil, mountain sickness or soroche.

First, the most appropriate recommendation for those travelling to Cusco is to do an examination with their family, indicating this trip is to a high altitude (3300 masl); especially, if it is the first time they do it, if they have a chronic illness like diabetes, hypertension, asthma, etc., and lead a sedentary life

The acute mountain evil has a series of discomfort that afflict people who ascend to high altitudes. The intensity of this discomfort will depend on:

* Altitude, the higher altitude, the higher risk.
* Ascent speed, symptoms are less intense if you ascend slowly (by land), will be of greater intensity if travelling by air.
* Susceptibility of the person, not everyone reacts the same.

We must pay attention to the presentation of the following symptoms:

* Headache
* Lack of appetite
* Sickness
* Fatigue
* Diziness
* Insomnia

Prevention:

* To know the acute mountain evil, mountain sickness or soroche
* To do a medical check-up prior to travel to high altitudes, especially if there is no habit to do sports, and have a chronic disease
* Adequate hydration
* High carbphydrate diet, in small quantity, and several servings. Avoid hearty meals
* Do not drink alcohol nor sedatives
* Do not smoke

In case of presenting any of the indicated symptoms, seek medical Help. There is a pharmacological treatment, but this has to be personalized. Self-medicating could be worse than non-taking any preventive medicine, especially if the patient has a chronic treatment.

Please, communicate directly with Dr. Walter Villa in case you have any questions.