

APPENDIX B: LAKE LOUISE AMS SCORE

2018 LAKE LOUISE ACUTE MOUNTAIN SICKNESS SCORE	
Headache <ul style="list-style-type: none"> No headache: 0 Mild headache: 1 Moderate headache: 2 Severe headache/incapacitating: 3 	Score
GI Symptoms <ul style="list-style-type: none"> Good appetite: 0 Poor appetite/nausea: 1 Moderate nausea/vomiting: 2 Severe nausea/vomiting/incapacitating: 3 	Score
Fatigue/weakness <ul style="list-style-type: none"> Not tired or weak: 0 Mild fatigue/weakness: 1 Moderate fatigue/weakness: 2 Severe fatigue/weakness/incapacitating: 3 	Score
Dizzy/lightheadedness <ul style="list-style-type: none"> No dizziness/lightheadedness: 0 Mild dizziness/lightheadedness: 1 Moderate dizziness/lightheadedness: 2 Severe dizziness/lightheadedness/incapacitating: 3 	Score
Total score <ul style="list-style-type: none"> Mild AMS: score of 3-5 Moderate AMS: score of 6-9 Severe AMS: score of 10-12 	Score
<p>*Diagnosis requires headache plus 1 or more other listed symptoms</p> <p>*This scoring system was designed for research, not clinical use. It is not a substitute for clinical judgment. (Roach RC, 2018)</p>	

Regarding patients suffering from pre-existing chronic diseases, Figure 1 proposes a non-exhaustive list of important comorbidities needing a particular look before departure.

General recommendations for people with comorbidities are listed in the table on the next page.