

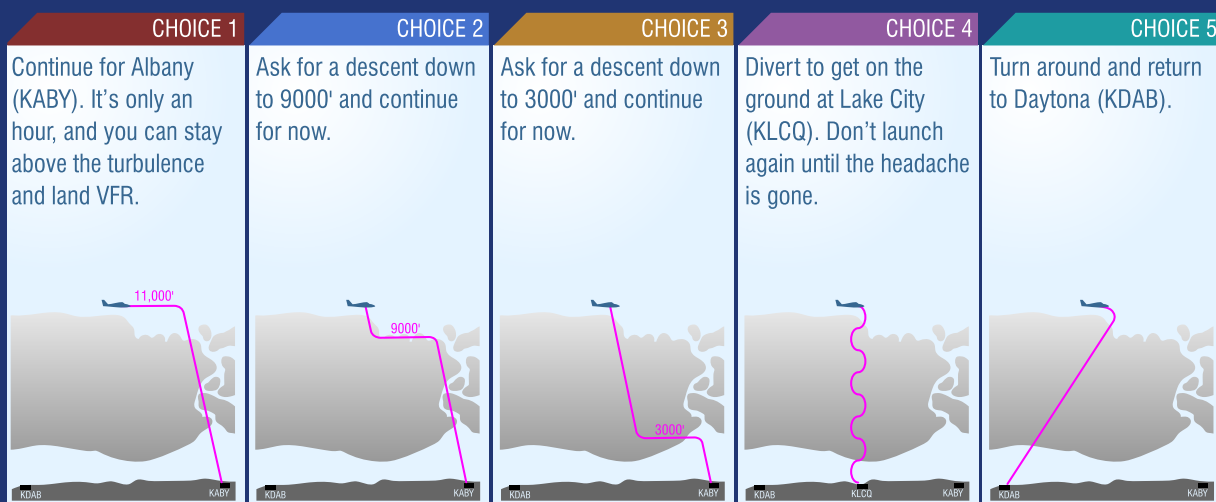
- My research talking to an AME I respect is that the descent all by itself should relieve the headache in short order. (Doug)
- If a pilot is concerned about carbon monoxide poisoning at all, the first action should be to open vents and let in fresh air. That should be used in conjunction with descending. (Frank)
- Open the vents (and turn off any heat) but stay at 11,000. Start a timer and reassess in a few minutes. Let the calm air and ibuprofen have a chance before descending back into turbulence. (John Z and Dave)
- Just 30 seconds of deep breathing can reoxygenate your blood by 4-5 percent. If you're not so high that you're legally required to have O2, even one of those convenience store boost O2 bottles can help clear the mind in flight. (John Z)
- Descending eliminates one possibility for the headache, which is important information. (John K)
- The headache started early in the climb, which leads towards the problem being CO. That's the most insidious risk. (Frank)
- Continuing on top at 11,000 allows getting past the rain that's ahead in VMC. That's much sketchier in IMC. (John Z)

*"If you do cross country travel in any type of high-performance airplane, meaning a Cessna 182 or up, you absolutely should have a CO detector and a pulse oximeter. Those are non negotiable for me."— John Z*

- If dehydration is the cause of the headache, staying at altitude makes that worse as well. This can happen even when you have supplemental oxygen. (Frank)
- Flying a successful approach in turbulent IMC is not a given. There is a real risk in descending and then deciding to land. (John Z)
- Age can leave you more susceptible to hypoxia. (John K)
- Get a pulse oximeter and find out what altitude you begin to deoxygenate. You may be surprised how low that is. (John Z)
- My first experience using an O2 concentrator was really eye-opening. I didn't know how impaired I'd been in the past when I "felt fine." (Catherine)
- We all have our own unique responses to altitude, CO, and dehydration. Learn yours for self awareness and the discipline to act when you sense a problem. (Doug and John Z)

## EXPERT CHOICES

- 1 Dave, John Z  
3 Doug, Frank  
3\* Catherine  
3 4 John K



\* Choice with a caveat