Table 1

Cardiovascular patients who should be advised to avoid travel to high altitude

- Unstable or new onset angina pectoris or angina on mild exercise
- Objective evidence of myocardial ischaemia at low workload on a stress test
- Recent acute coronary syndrome
- Awaiting coronary revascularisation or valve surgery
- Heart failure (*NYHA functional class III or IV)
- Uncontrolled systemic hypertension
- Uncontrolled ventricular rate, unstable or high grade ventricular ectopy (Lown 4b: 3 or more consecutive ventricular extrasystoles)
- Pulmonary hypertension or absent/occluded pulmonary artery
- Severe heart valve disease
- Symptoms or signs of cardiovascular disease which have not been investigated

*NYHA = New York Heart Association