Table 2

Arbitrary criteria for describing low cardiovascular risk for patients wishing to travel up to 3,000–3,500 m

- Stable angina with mild or no symptoms at the level of exercise they intend to pursue at high altitude (* CCS I and II)
- Negative exercise test or ischaemic threshold > 6 metabolic equivalents for patients with coronary artery disease
- Stable chronic heart failure with mild or no symptoms (** NYHA functional class I and II)
- Well controlled arterial blood pressure
- Well controlled arrhythmia
- No pulmonary hypertension
- No concomitant diseases affecting ventilation or gas exchange

* CCS = Canadian Cardiovascular Society; ** NYHA = New York Heart Association