

Mayo Clinic Medical Edge
Dehydration and Air Travel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	HAVE YOU EVER GOTTEN OFF AN AIRPLANE AND FELT LIKE YOU HAD JUST SPENT A FEW DAYS IN THE DESERT?
Jan Stepanek, M.D. Track 2 (:25)	"IT IS VERY TRUE THAT THE AIRCRAFT CABIN IS AN ENVIRONMENT THAT IS INHERENTLY DRY."
	A RESULT, SAYS DR JAN STEPANEK, AN AEROSPACE MEDICINE SPECIALIST AT MAYO CLINIC, OF HOW FRESH AIR IS BROUGHT INTO THE PLANE. AT 30-THOUSAND FEET THE OUTSIDE AIR IS ALREADY EXTREMELY DRY

	<p>AND COLD. WARMING THE AIR BEFORE IT COMES INTO THE PLANE DRIES IT EVEN MORE. BUT CAN YOU REALLY BECOME DEHYDRATED DURING A FLIGHT? DR. STEPANEK SAYS IT'S A CLASSIC CASE OF PERCEPTION VERSUS REALITY</p>
<p>Dr. Stepanek, M.D. Track 2 (1:55)</p>	<p>"THE DRY AIR IS GOING TO CAUSE PERCEPTIONS OF DRY EYES AND DRY MOUTH AND AS A RESULT OF THAT WE WILL HAVE A SENSE OF I FEEL LIKE I'M DEHYDRATED."</p>
	<p>IN REALITY, HE SAYS STUDIES SHOW YOU LOSE ABOUT 100 MILLILITERS OF FLUID IN AN AVERAGE FLIGHT... AN INSIGNIFICANT AMOUNT IN THE BIG SCHEME OF THINGS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
