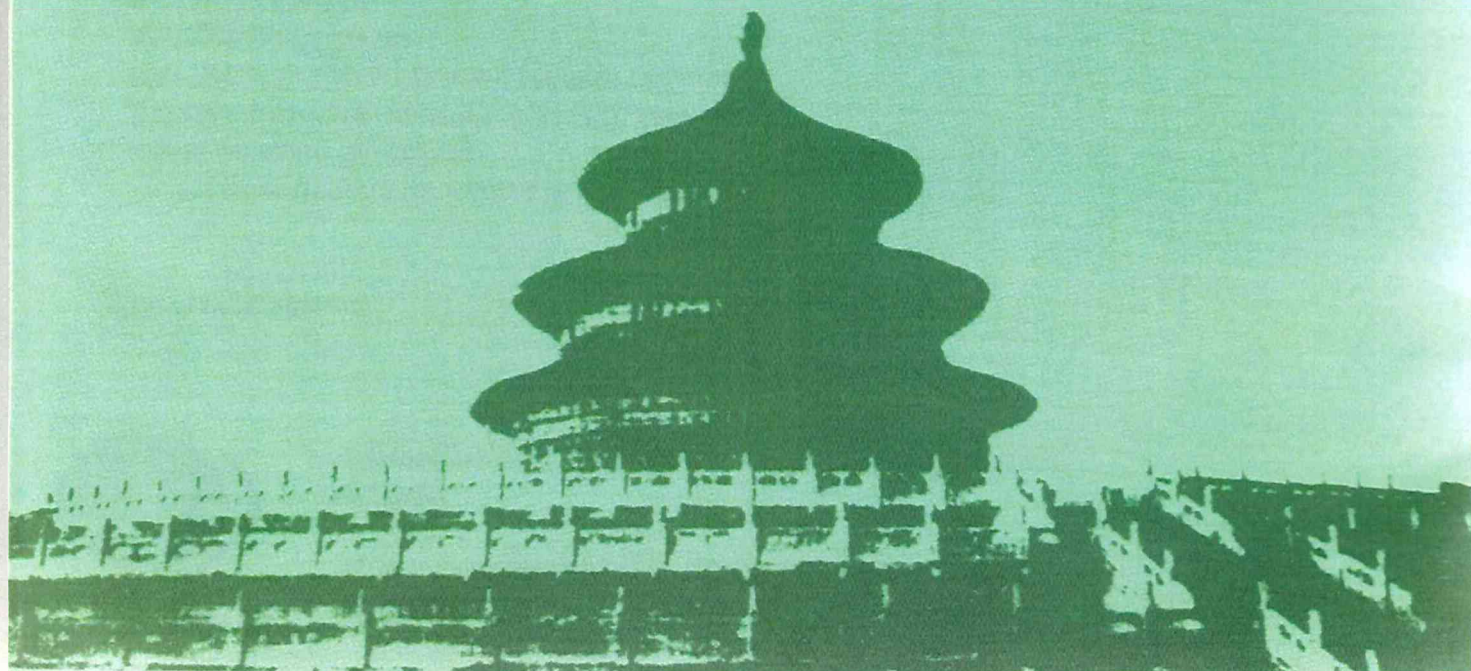


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Authors: Szabó S, Pozsgai A, Augusztin G, Kiszely I, Tótká Zs

Country: Hungary

Title: Findings obtained by Holter monitoring during real flight

The authors carried out continuous ECG (Holter) monitoring during real flights. 41 fighter pilots were monitored. The aim was twofold; on the one hand, to study the effects of the load imposed by flight on cardiovascular responses in complex phases of flight and in the presence of great overloads; on the other hand, to adapt the method for determining fitness for flight in dubious cases. It was found that objective data can be obtained by the method about the dynamic changes in heart function in the different phases of flight as well as about the development of the state of fatigue. At the same time, inflight Holter monitoring offers great help to a more objective determination of fitness for flight.