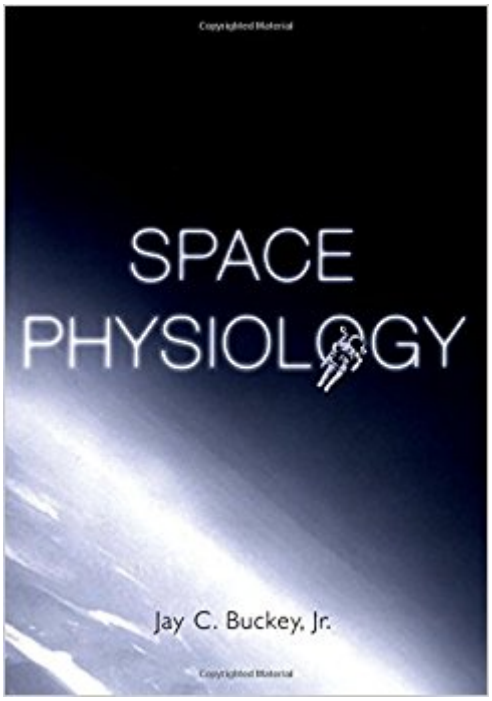
Space Physiology



Synopsis

The success of any space flight mission depends not only on advanced technology but also on the health and well-being of crew members. This book, written by an astronaut physician, is the first practical guide to maintaining crew members health in space. It combines research results with practical advice on such problems as bone loss, kidney stones, muscle wasting, motion sickness, loss of balance, orthostatic intolerance, weight loss, psychosocial problems, and excessive radiation exposure. Additional topics include pre-flight preparation, relevant gender differences, long-duration medical planning, post-flight rehabilitation, and the physiology of extra-vehicular activity. Designed as a handbook for space crews, this text is also an invaluable tool for all the engineers, medical personnel, and scientists who plan and execute space missions.

Book Information

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Customer Reviews

"This book gives an outstanding, comprehensive, accurate, and factual depiction of the alterations to human systems that are associated with space flight. The predicates and data in the book are amply supported by extensive references. Dr. Buckeys recommendations at the end of each chapter are a blueprint for evidence-based solutions to mitigate the major adverse effects that crews face in the hostile environment of Space. The book is a valuable reference and a must read for anyone who works in the Space Medicine domain."----Bobby R. Alford, Chairman and Chief Executive Officer, National Space Biomedical Research Institute"This outstanding book contains in succinct and clear language what we know today about the physiological aberrations that affect

astronauts and others who venture into space...The author eloquently integrates this eclectic information into one volume, affording readers a reasonable understanding of the medical and physiological hazards of space flight. He tells us what we know, what we don’t know, and what direction we must take."--JAMA"The book is short and concise, yet very imformative. The author writes and explains the current issues with exceptional clarity making this book as easy read. In each chapter, adequate background is presented that allows the reader to follow along and understand previous research and the author’s recommendations...This book fills a void for the need of having a comprehensive reference for the physiological and medical impacts of human spaceflight on human health, safety and performance."--American Physiological Society"...a superb synopsis of the effects of spaceflight on human physiology, function, and well-being. This book, both comprehensive and informative, is written with exceptional clarity, making it an easy read. Dr. Buckey makes knowledgeable suggestions for future research directions...for novices and experts in the field."--Aviation, Space, and Environmental Medicine

Jay C. Buckey, Jr., M.D. is a Professor of Medicine at Dartmouth Medical School. He was a payload specialist astronaut on the STS-90, Neurolab Space Shuttle mission.

I got this book for my 16 year old daughter who was interested in the topic. She read it in about two days because she read it non-stop. It was a challenging read but fruitful. She loved it. What she liked about it was that was organized really well and it gave a background on every topic. Also at the end of each chapter was a section on recommendations based on current knowledge, which was directly helpful for understanding what to do. It repeated things a lot to ensure the reader understood the points of view, which was also great. Recommended for anyone wishing to get into this topic and looking for a great first book to read.

Just what I needed. This is was exactly what I was looking for. I would recommend this buyer to a friend.

This is the better of the two books you’ll have to read if you bought this for school. The author takes some extra time to explain things to those who haven’t just taken Anatomy/Physiology the semester prior.

The title says it all. There’s a bunch of stuff in here that you need, and not a lot of stuff that you

don’t.

I loved this book! It’s well organized and breaks down complex concepts so that they’re both interesting and very informative. It does help to have a little medical knowledge or you’ll have to look things up as you go, but overall the book is very accessible and the information is easy to understand. Highly recommended.

The book is complete, but you have to know a little of physiology before buy it.