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HUMAN HEALTH AND WELLNESS IN SPACE: A REVIEW OF COMMON EFFECTS, CURRENT RESEARCH, AND METHODS OF PREVENTION

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Microgravity	
Fluid Redistribution	<ul style="list-style-type: none"> • Affects virtually every system in the body • Cardiovascular System (CVS) – acute orthostatic intolerance (OI), blood shifting (partially causing BUS), heart rate changes, space motion sickness • Vision – Space-associated neuro-ocular syndrome (SANS), altered blood supply • Respiratory changes – long-term (anatomical)
Lack of Pressure	<p>Musculoskeletal</p> <ul style="list-style-type: none"> • Bone, muscle, and cartilage deterioration • Increased calcium in urine, loss of bone minerals and mass • Increase in cartilage oligomeric matrix protein

Will be covered by controls
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