

# CHANGES IN THE VENTILATION FUNCTION OF THE LUNGS IN ELDERLY PEOPLE DURING ADAPTATION TO PERIODIC HYPOXIA

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## *Summary*

The influence of the course of interval normobaric hypoxic training on ventilation function of the lungs and bronchial permeability was studied in elderly people. The study was carried out in 36 apparently healthy elderly people. It was demonstrated, that interval normobaric hypoxic training improved the ventilation of the lungs and bronchial permeability, increased functional reserves of the lungs in elderly people. Hypoxic training can be recommended to increase adaptive reactions and for correction of hypoxic shifts in elderly age.