



Can Long Straw Sipper Bottle Keep Masked Flyers Calm During Long-Haul Flights? It Maybe Worth Investigating

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Can Long Straw Sipper Bottle Keep Masked Flyers Calm During Long-Haul Flights? It Maybe Worth Investigating

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My opinion

Incidents of bad behavior during flights are growing most likely due to the mandates to wear masks. These badly behaving flyers may blame it all on their intolerance to wearing masks especially during long-haul flights. The critics of these badly behaving flyers may blame it all on these flyers' belief systems preventing them from adhering to mandatory regulation to wear masks. However, the experts should consider exploring [1-14] whether hypoxemia and hypoglycemia are additively or synergistically interfering in mask mandates' adherence among flyers. A simple way to explore and maybe fix this issue can be by providing flyers the option to have personal long straw sipper bottles (Figure 1) filled with either oral rehydration salts' solutions (if available at airports) to keep their plasma electrolyte levels physiological [15-17] or non-alcoholic liquids (freely available at airports) of their choices to keep their behavior levels manageable. Although the old sexist adage "husbands' hearts are routed through husbands' stomachs [18-19]" was designed to school the women in old-fashioned ways, path to all human minds and thus their behaviors originates at their guts because hungry brains are cranking for attention with soaring adrenalin in the bodies tapping into their dwindling energy reserves when those starving bodies are going through survival mode.

The questions to be asked and answered are the following:

- When high-flying airplanes' cabins are pressurized up to the atmospheric pressure levels as observed at the altitude of 8000 feet above sea-level [20-23], won't pilots and cabin crew demonstrate the chronic effects of living at 8000 feet above sea-level while flyers will be demonstrating the hyper-acute and acute effects of living at 8000 feet above sea-level [1]?
- If the above-mentioned is true, won't hypobaric hypoxia happening during long-haul flying induce

glucose metabolism shifts as seen among lowlanders hyper- acutely or acutely moved to high altitude of 8000 feet above sea-level [1]?

- If the above-mentioned is true, won't this hyper-acute and acute hypobaric hypoxic condition-induced glucose metabolism's disarray be worsened among mask-wearing flyers unless this disarray is somewhat attenuated by increasing the high-flying airplanes' cabins' pressures from being equivalent to 8000 feet above sea-level to being equivalent to 5000 feet above sea-level [24]?
- If the above-mentioned is true, won't flyers need to monitor their plasma glucose level fluctuations by finger-stick blood tests or continuous blood glucose monitors or glycosuria testing by urine dipsticks during their long-haul flights [25-26]?
- If the above-mentioned is true, won't flyers during long-haul flights find themselves to be hyper- acutely and acutely hyperglycemic as a paradoxical response to hyper-acute and acute exposure to controlled high-altitude conditions within airplanes' cabins unlike, in response to chronic exposures to controlled high-altitude conditions within airplanes, pilots and cabin crew may be demonstrating chronic hypoglycemia which is not so dissimilar to so many other healthcare conditions uniquely demonstrated by pilots and cabin crew [1, 27-29]?
- If the above-mentioned is true, won't flyers during long-haul flights eventually be in energy-depletion phase at controlled high-altitude conditions within airplanes' cabins unless they actively supplement their energy needs with long straw sipper bottles filled with hydrating and energizing fluids of their choices to be continuously accessible under the masks without the need to doff the masks to replenish the glycogen stores of their bodies [1]?
- If the above-mentioned is true, won't long straw sipper bottles replenish the body stores when the preexisting water losses among flyers secondary to cold-temperature induced diuresis at controlled high-altitude conditions inside airplanes' cabins may get exaggerated by the water losses induced by hot and humid microclimates under flyers' masks [30-42]?

Summarily, there are many physiological questions to be raised and resolved instead of prematurely and preemptively denouncing flyers' behaviors to be

arising from their belief systems against masks and mask mandates.

FIGURE



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