Effects of Space Travel on the Human Body

Higher radiation doses may increase cancer and cataract risk.

- Eyes become main way to sense motion
- Fluid redistribution causes head congestion and puffy face
- Otoliths in inner ear respond differently to motion
- Changed sensory input confuses brain, causing occasional disorientation
- Kidney filtration rate increases; bone loss may cause kidney stones
- Fluid redistribution shrinks legs
- Weight-bearing bones and muscles deteriorate
- Touch and pressure sensors register no downward force

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