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Medex Newsletter August 2014

I am delighted to report that recruitment is going well for the 2015 Research Expedition to the Manaslu region of Nepal with 34 registered to come on the Expedition. I know quite a few have been hanging back from booking as they are not yet certain of their work situation next Spring. Our target is to have 40 so if you are planning to join us then do please go to the [Medex website](#) soon and fill in the various registration and booking forms. Jamie has put together an excellent research programme and is recruiting volunteers to collaborate in these projects and he is keen to hear from those that want to get involved as soon as possible. These places will be allocated on a first come first served basis so I would encourage you to contact him sooner rather than later if you are planning to join us next Spring. All of the project proposals and their lay summaries have been updated and are on the website.

The projects are as follows:

1. Testing the relationship between fitness and expedition success: Is being fitter associated with less illness, more enjoyment and better performance?
2. The sources of stress and associated coping strategies when working at altitude
3. Effect of positive expiratory pressure on symptoms, extravascular lung water accumulation and cardiovascular function at high altitude
4. Cerebrovascular benefits of remote ischaemic preconditioning during ascent to high-altitude; implications for acute mountain sickness?
5. Sleep disturbances, tissue oxygenation and acclimatization at high altitude
6. Porter Welfare Project

Please remember that we have our annual dinner on 22nd November at the [Old Dungeon Ghyll, Langdale](#), in the Lake District. It will be a great opportunity for Expedition members to meet each other and to swap ideas with those that have been on previous Medex Expeditions. Please make every effort to come to the ODG. As usual places at the Dinner are limited so please book early. All the details are on the website.

The Expedition Data Collection weekends will be in February at Bangor, North Wales and everyone involved in the Expedition should aim to get to one or both of these weekends. They will be on 14th/15 February and 21st/22nd February 2015. Details about accommodation etc will be circulated nearer the time. These weekends are essential for the Research Data Collection but are also invaluable opportunities to sort out medical and research logistics. They will also be excellent social occasions so please put these dates in your diary.

I hope everyone has had a good summer and we are looking forward to meeting friends old and new at the ODG in November.

Simon & Sally