



Medex Newsletter June 2016

Really sorry but I posted the wrong link in the last newsletter to the Hyssington BBQ our home in mid Wales. [If you are planning to join us on 2nd July then please could you complete this form again.](#)

We have a number of events coming up which include Hyssington BBQ in July and of course the Old Dungeon Ghyll in November. It is at these events that plans develop and future activities are born so do come and join in. I am sure there will be a healthy contingent from Medex going to the Hypoxia meeting in Lake Louise next February so we thought we would invite folk who might like to join in with some skiing before, during and after the academic component. If you are hoping to join us in Lake Louise then it would be good to coordinate people's dates and accommodation so I have put together a quick data capture form [which can be accessed with this link.](#)

Social

Please join us at the following events and register for them using these links.

- [2nd July 2016 - Pinfold, Hyssington, \(mid Wales, post code SY15 6AT\) mid-summer BBQ. Register Here so we can plan food etc.](#) This link takes you to an online registration form. We are hoping to host the Medical Expeditions AGM at this meeting.

- [19th November - Annual dinner at the Old Dungeon Ghyll, Langdale, Cumbria. Register here so we can book the right numbers for dinner.](#) This link takes you to an online registration form.
- [Hypoxia at Lake Louise, Canada February 7th - 12th 2017](#) - this link takes you to the Hypoxia 2017 page for further details although it seems that the web site is still being revamped.

Next Steps for Medex and Medical Expeditions

We are hoping to undertake another Medex trip to Nepal in the autumn of 2018 with the aim of bring much needed tourism (and consequently jobs) to the areas most effected by April's earthquakes i.e. Langtang, Helambu and Solu regions.

Altitude Research

World Extreme Medicine conference in Edinburgh 18-21st Nov 2016

Birmingham Medical Research Expeditionary Society are organising an Altitude Research meeting on Saturday 26th November in Birmingham - The Binding Site, 8 Calthorpe Road, Edgbaston, B15 1QT Tel 0121 456 9500

Future of Medical Expeditions Proposals

Now that the highly successful Diploma in Mountain Medicine has been passed to the Royal College of Surgeons Edinburgh a working party has been looking at what the future might hold for Medical Expeditions - the charitable organisation that has been running research expeditions and mountain medicine courses for 25 years. We had a really good meeting in November to explore what the future of Medical Expeditions might look like. Below are some of the key points to come out of that meeting and subsequent discussions. I hope we can build on this at July's Hyssington Meeting. We hope that that up to date Medical Expedition accounts all be available in time for the Hyssington Meeting. Annabel has been working hard on pulling the Medical Expeditions threads together.

- Investigate the development of future Bangor / Oxford Symposia. Peter Barry, Sam Oliver and Jamie MacDonald are leading on this. The plan is to organise academic meetings at Bangor University building on the successes of the previous Plas y Brenin meetings and the Oxford High Altitude Symposium. **Progress: None to date.**
- Administer the Advanced Diploma Courses with or without lay participants. David Hillebrandt, Simon Currin and Sally Currin are leading on this. The Advanced Diploma Courses have been very successful and, more recently, have included lay people through a collaboration with the British Mountaineering Council. David felt it was now an appropriate time to move these onto a more formal footing and

we are delighted to be able to help out. **Progress: This work is on track and we are waiting feedback from Diplomats regarding their plans for next year.**

- Investigate using the Diploma Newsgroup archive to inform a new on-line resource for a lay reader providing answers to frequently asked questions. Chris Smith and Sally Currin are leading on this. Over a decade a huge database of question and answer discussions on all manner of expedition related topics has built up on the Diploma News Group. Chris has taken on the gargantuan task of translating these threads into simple English so that they can be linked to each chapter in the Medex book "Travel at High Altitude". The idea being to make all this distilled wisdom available to everyone travelling to high altitude. This is a fantastic project that builds on the huge success of the Medex book which is now translated and published in 14 languages. **Progress: This has been delayed due to difficulties accessing the Leicester server. Thankfully this has now been resolved.**
- Investigate developing an income stream by introducing either paid downloads or advertising or both. We are looking for web savvy individuals who might be able to help use advertising to yield a sustainable income for Medical Expeditions. Volunteers very welcome and they should contact me in the first instance. **Progress: None to date.**
- Investigate developing other downloadable media. Chris Smith will be leading on this. We plan to produce audiovisual material to be used as a shared resource for those giving talks on altitude matters worldwide. **Progress: Chris has made some excellent progress with this.**
- Continue to promote the Medex book "Travel at High Altitude" by encouraging further translations (Korean) and keep it freely available. Denzil Broadhurst will be leading this. This has been one of our flagship projects over the last decade and has given us global reach and recognition. **Progress: A Portuguese translation is currently in progress.**
- Establish web links between existing book chapters and new downloads. Belatedly Simon has decided to do a major re-write of the website and to incorporate this new functionality. I plan to move the website to a new platform so that others can contribute to the editing and maintenance of it. **Progress: None to date!**

Diploma

All new Diploma candidates are now administered by the Royal College of Surgeons, Edinburgh but there are still some candidates completing their Diploma under the old system and Medical Expeditions continues to support this through Peter Barry and Leicester University.

To the Arctic

The first stage our Arctic adventure went in credibly well when we sailed into the Hornstrandir National Park and spent a few days ski touring in fabulous conditions

from the boat. We return next month to attempt to sail to Scoresby Sound but a rereading of Tilman has made us rather apprehensive. He tried unsuccessfully to get there four times experiencing one mutiny and losing two boats in the process!



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