



Medex Newsletter, March 2012.

Annual Dinner at the Old Dungeon Ghyll Hotel, Langdale 24/11/12

The next annual dinner will be at the Old Dungeon Ghyll Hotel in Langdale, Lake District on November 24th 2012. The dinner will cost £30 and you will need to book this directly with Medex. If you also want to stay at the ODG you will need to book your accommodation directly with the hotel. Please be aware that the ODG Hotel is now requiring credit card details to make the reservation and will only be holding the rooms for Medex for “about 2 months”. So you will need to book your room early and be sure you say you are with the Medex Group. For directions and information on how to book visit <http://medex.org.uk/membership/social-events.php>. The telephone number for the hotel is 015394 37272.

Dolpo this autumn 20/10/12 – 10/11/12

A small trekking team will explore this remote region of Nepal between 20th October and 10th November. Around 10 people have expressed an interest and we are keen for the group not to become too large. If you are planning to join us then please let us know as soon as possible.

For those wishing to come and needing to book flights our flight details are as follows: Qatar Airlines QR46 depart 20/10/12 Manchester 14:50 arriving Doha 23:50 and QR352 from Doha arriving 08:35 Kathmandu Sunday 21st 2012. Returning Friday 9th November on QR353 12:55 arriving Doha 15:35 and QR45 from Doha to Manchester arriving Saturday 10/11/12

Manaslu Spring 2015

As you know we have been thinking for a while of organizing a trip to this region and various dates have been mooted. We now have a firm plan for Spring 2015. Medex will organize the trekking components and we have teamed up with Edi Albert of Tasmania who will be organizing an attempt on Manaslu itself which, at 8,156 metres is the 8th highest peak in the world. Those that have been around for a long time will remember that Edi was on our 1994 trip which successfully climbed Pumori as part of the British Mount Everest Medical Expedition 1994. Edi is in the process of building a team for Manaslu and has already

recruited a nucleus from that 1994 Pumori team. He plans to recruit a medical group from Australia that is keen to learn about Expedition Medicine. We plan to make this another Medex research trip and would welcome volunteers wishing to get involved in the early phases of research and medical planning. As in the past I will be setting up a new Newsgroup on the website to facilitate this early planning phase. The ODG this autumn will obviously be a key event for those wishing to participate.

The address of the Newsgroup for this Expedition is pasted below but, as this is a closed group, you will need to drop me a line on simon@medex.org.uk requesting an invitation to join this group.

<http://groups.google.com/group/medex-medical-manaslu-2015?hl=en&lnk=gcimh>

Nepalese Mountain Medicine Diploma

The UK diploma is now very well established and has acquired an excellent reputation around the world. In 2011 Medical Expeditions, along with others, sponsored the setting up a Nepalese Diploma in Mountain Medicine. The first pilot course was successfully concluded and it will run again Nov 9 - Dec 8, 2012. The full report of the 2011 course can be downloaded from the Medex website

News of Members

Michelle White has resigned her NHS job in Bristol in order to work full time for Mercy Ships in West Africa. She keeps us all updated via the blog site:

<http://drmichelleonboard.blogspot.com>

When last heard from she seemed to be thoroughly enjoying herself. If you would like to support Michelle in her unpaid work then please do go to her Justgiving website and make a donation. The address is <http://www.justgiving.com/Michelle-White9>

Jim Milledge went out to Nepal to celebrate the 50th anniversary of the Silver Hut Expedition and, whilst trekking he tripped and ruptured his Achilles Tendon. Undeterred he continued on to Khunde where he made a presentation to the group studying for the first Nepalese Mountain Medicine Diploma. Reluctantly he then flew home for surgery and, when last heard of, was making good progress but a little frustrated by an enforced rest period.

Chris Darby led, for Mountain Kingdoms, three clients up Island Peak last March. "That was quite hard as the weather window was short. We arrived at base camp and had to go for it that night. Hence we missed a rest day and should have moved to a high camp only the following day. All went well in the end but a long day." He handed over a bunch of Medex Travel at High Altitude brochures and made a hard sell of the Nepali version to the head of training for Himalayan Expeditions.

Ian Manovel, Lydia Garside and their 3 year old daughter Coco have left London and are now living in Sydney. Ian completed his Yachtmaster in the Solent and is looking for a sail boat to make diving, fishing and lazy trips up the coast of Australia, Lydia is

battling Aussie medical bureaucrats to get her UK consultant paediatrician qualification recognised and Coco is splashing around at the beach enjoying the sunshine.

Chris Wolff has published two papers from the 2008 expedition. One was about periodic breathing where it was possible to show one could have periodic cardiac output (oscillating such that CO₂ came in waves to the lung and the respiratory system dealt so well with them that PetCO₂ was constant). The other paper was about oxygen delivery staying the same when resting subjects breathed 12% oxygen at sea level (Bangor, North Wales). Matt Bell is first author for that one. The details of the papers are:

Effect of Inspiration of 12% O₂ (balance N₂) on Cardiac Output, Respiration, Oxygen Saturation and Oxygen Delivery by Bell M, Thake CD and Wolff CB In, *Advances in Experimental Medicine and Biology*, 915, 328-332 (2011) The other paper is by: CB Wolff, M Bell, CD Thake and DJ Collier Title: Oscillations in cardiac output in hypoxia with periodic breathing and constant end-tidal PCO₂ at high altitude (5000m) *Adv. Exp. Med. Biol.* (In Press due 2012)

The other work he is doing is examining data from 1998 (and perhaps also 2003 and 2008) to see whether oxygen saturation affects heart rate and whether the AMS score is related to oxygen saturation. “The reason is that I studied a South American trip by 7 British and one Peruvian subject which showed those relationships.” [The Relationship of Acute Mountain Sickness to Arterial Oxygen Saturation at Altitudes of 3324 to 5176m Brierley G, Parks T, Wolff CB] That is also in *Adv. Exp. Med. Biol.*]

Robert Szymczak (Rob the Pole) has been busy setting up the Polish Society for Mountain Medicine and Rescue - it has already around 50 members. The society gathers Polish expedition doctors, mountain rescuers, students and people of medical professions interested in Mountain Medicine. There has also been a second Mountain Medicine Conference organised in Poland by Medical Commission of Polish Mountaineering Association in October 2011.

Geraldine Boocock has had no big adventures this year (at least not of the globetrotting kind – see below) but “we did have a fabulous 3 weeks camping in the Ecrins in August. Loads of walking eating drinking & relaxation.” Unfortunately Kathleen was diagnosed as having a gastric malignancy last October and is currently undergoing chemotherapy. I hope all is going well for Geraldine and Kathleen. In the meantime watch out for Geraldine in this year’s London Marathon!

Pete and Irene Smith are very well established at Uig in northern Skye but have been spending a lot of time going backwards and forwards to Essex as their son Tom has been running into a lot of medical problems.

Dave Rob has also been having medical problems and writes, “Not up to much over the past year apart from triple Coronary Artery Bypass Graft. This was followed by partial collapse of lung, loss of 1x1/2 litres of the red stuff and an infected wound and 3 granuloma that wouldn't heal. Other than that nothing much. Thankfully I met up with my two daughters

from Singapore & Melbourne a few months before the op and we walked from the base of the Matterhorn down to Zermatt, then 3 day walk on the Europaweg (extension to the Haute Route) round to Seefeld all at about 9K ft. Didn't know I was to come home and be taken in. Memories of arriving back from Nepal in 98 and going in with a coronary. C'est la vie.”

Paul Richards too has run into problems with his health but is now, after many months, back at work and starting to feel a lot better.

At Bangor University Jamie, Sam, Ed and Justin continue their performance work and are concentrating on South America at the moment as the season fits better into the academic year. They are running workshops for those preparing for expeditions with themes such as: "How to improve enjoyment on your expedition with advice on nutrition and fitness" and “how to avoid Acute Mountain Sickness”. They also now have a hypoxic generator in order to give those that are altitude naïve a taste of what lies ahead.

Denzil Broadhurst has been continuing his remote kayaking adventures along with Carol Darwin. This time they explored the region of Norway around the Arctic Circle.

In November Carol Darwin got married to David and immediately headed off for a 3 month grand tour of New Zealand.

Piotr Szawarski writes that, “on January 12th 2011 Emily gave birth to Alicja. Alicja has become our new travel companion. She seems to get around with her parents (read: slaves). She ticked off Sri Lanka, Venice, Poland and Hong Kong. Impressively she managed nearly 100km of kayaking at the tender age of 6 months.”

