

I understand that you are all involved in arranging the educational programme for GPs in the Oxfordshire area. I wonder whether you might be willing to help us spread the word about two courses our group, 'Medical Expeditions' is organising?

The first is a three day 'Mountain Medicine and High Altitude Physiology' course, being held in the Welsh National Outdoor pursuits centre, Plas y Brenin in North Wales, from Friday 5th to Sun 7th December. It will cover the normal healthy response of acclimatising to high altitude, the altitude illnesses and other health problems that might be encountered, e.g. frost bite/ infectious diseases. The cost is £550, including meals, accommodation and a copy of the high altitude bible - 'High altitude medicine and physiology', by West, Schoene and Milledge. Besides being an excellent 'stand-alone' course, it also forms the entry point for the UK Mountain Medicine Diploma.

The second is a one day 'Hypoxia Symposium' presenting some of the latest research in this area on Weds 3rd Dec 2008. The day-time talks are at Worcester College, and are more academic/ less practical than the Mountain Medicine course. For those committed to a hard day's work, but who might enjoy a more social evening, we would be delighted if they would like to join us for drinks, some light-hearted highlights from altitude research expeditions, and dinner at Sojo's restaurant, Oxford. The cost of the whole day is £100, or for those wishing to join us for dinner only, £30. We welcome abstract submission for oral or poster presentation. The programme is given below.

Details of both courses and how to register can be found on our web-site, [www.medex.org.uk](http://www.medex.org.uk). Also available for download from this website is a lay 'Travel at High Altitude - a guide to staying healthy in the mountains' booklet, suitable for non-medical travellers.

With best wishes,

Annabel Nickol  
Chairman of Medical Expeditions  
Clinical Lecturer, Oxford

## Medical Expeditions Hypoxia Symposium - Programme

### Worcester College

#### **0815 Registration, poster mounting and coffee**

0900 Welcome – Annabel Nickol, Clinical Lecturer, Oxford. Chair Medical Expeditions

#### **0900 Physiological HIF associated responses**

Chairman – Erik Swenson, Professor of Medicine & Physiology, University of Washington

Iron and the pulmonary circulation – Tom Smith, Academic Clinical Fellow Nuffield Department of Anaesthetics, John Radcliffe Hospital and former Rhodes Scholar, Oxford.

Exercise responses in Chauvash Polycythaemia – Federico Formenti, Postdoctoral visiting Research Fellow, Dept Physiology, Anatomy & Genetics, University of Oxford

#### **1000 3-by-3 oral presentations**

Chair: John West, Professor of Medicine & Physiology, UCSD, California, USA

Kyle Pattinson, Senior Lecturer in Anaesthetics Oxford

#### **1040 Break**

#### **1110 Vulnerability factors for altitude illness**

Chairman – Brownie Schoene, Professor of Pulmonary & Critical Care Medicine & Physiology, UCSD Medical Centre, California

High altitude pulmonary oedema – James Anholm, Pulmonary & Critical Care Medicine Specialist, VA Loma Linda Healthcare System, Loma Linda, California, USA

Acute mountain sickness and high altitude cerebral oedema – Rob Roach, Assistant Director, Colorado Centre for Altitude Medicine and Physiology, Colorado

**1210 Lunch and Poster Viewing**

**1400 Insights into control of breathing from high altitude**

Chairman – Chris Wolff, Senior Research Fellow, St Barts Hospital & Medical School

CO<sub>2</sub> oscillations as a ‘zero error’ ventilatory control signal – David Collier, Research Fellow, William Harvey Research Institute, University of London

Acetazolamide and ventilatory responses – Luc Teppema, Departments of Anesthesiology, Leiden University Medical Center, Leiden, The Netherlands

**1500 Poster discussion**

Chair: Jim Milledge, President ISMM and Honorary Professor, UCL, London  
and Gerald Dubowitz, California, USA

**1540 Break**

**1610 Feedback from the Medical Expedition Hidden Valley trip**

Chair – Simon Currin, Expedition leader & Director of Medex; GP, Montgomery, Powys

Stephan Sanders – Postdoctoral associate, Neurogenetics, Yale University School of Medicine Faculty, Connecticut, USA

Jamie Macdonald – Postdoctoral research fellow, Bangor University

## **Sojo’s Chinese Restaurant**

**1745 Drinks**

**1815 ‘High altitude mis-adventures’**

Chair – David Hillebrandt, Cofounder UK DipMM; Vice-pres UIAA Medcom; Mountaineer and GP, Devon; Medical advisor to BMC

Mike Grocott, Consultant Intensivist Southampton & Director of Caudwell Xtreme Everest, and  
Chris Imray, Consultant Vascular Surgeon, Birmingham

**1900 Dinner**