



Medex Newsletter, October 2010.

Annual Dinner 13th November 2010

We will be having our annual dinner at Old Dungeon Ghyll on Saturday the 13th November 2010. It will be great to see as many of you as possible. For those not familiar with the format, we usually arrive on Friday evening, have a day out on the hills on Saturday and meet for the dinner on Saturday evening. The meal must be booked direct with Medex so that we can organise the numbers for the hotel. The price for the meal is £30 and payment can be by cheque or direct bank transfer – contact me for bank details if you need them. Bed and breakfast accommodation is available at the Old Dungeon Ghyll Hotel and there is a camp site nearby for the hardy and B&B's in the area if the Old Dungeon Ghyll is full. When we spoke to the hotel last week they still had a few rooms available. Please mention Medex when trying to book as otherwise they will tell you they are full.

For directions and information on how to book visit <http://medex.org.uk/membership/social-events.php>.

The medical students who conducted the research into Porter Morbidity and Mortality will be sharing some of their results with us on the Saturday evening before dinner and we will be discussing future events so do come and join us!



Porters Progress Event on 25th November at the Royal Geographic Society Adventures in survival and modern fatherhood - by Will Gadd

The world renowned Canadian multi-sport mountain athlete, Will Gadd - whose legendary exploits have included setting some of the hardest mixed ice climbing routes in the world - shares some of the angst of the 21st Century climber.

Plus!! Shane, Christian, Julia, Maarten and Nina will be providing an overview of the research they conducted in Nepal on behalf of Medex and Porters Progress in the spring. Medex will have a stand on the evening so do come along and support us and Porters Progress.

Tickets and Venue Details – see Porters Progress web site www.portersprogress.org.

Proceeds of this event go towards supporting the work of Porters Progress in supporting Porter Welfare in Nepal.

Skiing Jan/Feb 2011

Many of you will be aware that the proposal to hold our next major expedition in 2012 has been put on hold as we await economic developments and also due to caring for frail parents. In the meantime we are thinking of organising a wee downhill skiing trip over a long weekend (probably around 27th Jan to 1st Feb) in Zermatt and would invite anyone interested to come along and join us. Do let us know if you are interested and we can firm up on dates and accommodation.

Hypoxia, March 2011 The Hypoxia International Congress will take place from Tues 15th Feb to Sun 20th Feb 2011, held at Chateau Lake Louise, Alberta, Canada. It is a fabulous meeting at a great location. Further info is available at <http://www.hypoxia.net/index.htm>. Medical Expeditions will be pleased to pay 'early bird' registration for first authors of abstracts for Medical Expeditions projects, where Medical Expeditions is acknowledged. This is C\$450 for those in non-substantive posts or C\$650 for those in substantive posts. Early bird registration closes on 15th Nov, and the abstract submission deadline is 17th Dec.

Other conferences and courses

The following has been received from the British Travel Health Association:

“British Travel Health Association Conference is on 30th October at the Royal College of Physicians in Edinburgh The BTHA offers educational bursaries to members to help to finance their education in travel medicine, including expedition medicine. Some of your members or Diploma candidates may wish to join us to enjoy the benefits of BTHA membership which are listed on the website.

1. In addition to our own funding for members we are considering compiling a list of other potential sources of funding for educational activities for publication on our website and I would like to ask if you offer any funding for candidates for the Diploma in Mountain Medicine or if you know of any other sources that have been successfully used by candidates.
2. Our next BTHA conference is on 30th October at the Royal College of Physicians in Edinburgh. The theme will be High Risk Travellers, and the programme will include a lecture by Chris Imray and a high altitude workshop run by Mike Townsend and Paul Richards, but the programme will also include sessions on elderly travellers and possibly immunocompromised travellers. Further details will be published on the website as they become available.”

Peninsula College of Medicine (Plymouth) are recruiting now for **January 2011** for Post Graduate courses in Remote Medicine (Post Graduate Certificates, Diploma and Masters)

National Student Wilderness Medicine Conference 29th-31st October 2010 at Bristol. Register online at: <https://sites.google.com/site/swmuknationalconference2010>

News from Medex Members

Denzil Broadhurst has been kayaking and climbing in Greenland this summer see his photos photos on: <http://denzil-broadhurst.fotopic.net/c1885284.html>

Sven Dietrich and Jenny Landerer

Jenny and I finally finished our studies in May. We will be real hard working doctors from September on. Quite exciting! :-)

From **Robert Szymczak (Rob the Pole)** "I would like to share with you my joy after returning from Pakistan with the summit of Nanga Parbat. I am in good health as well as the whole team is. We are all back in Poland."

FROM www.mounteverest.net:

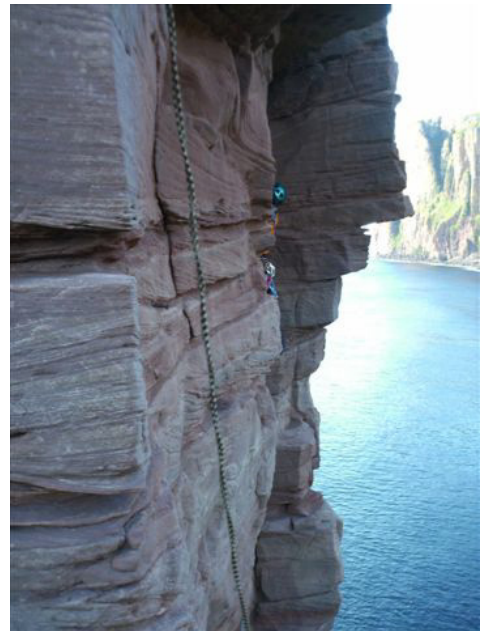
Season's first 8000er SUMMIT in Pakistan: Polish Hajzer and Szymczak top-out Nanga Parbat! Polish winter wolves Artur Hajzer and Robert Szymczak summited Nanga Parbat yesterday (23.06.2010) at 1:30pm, Pakistan time, after fighting loads of snow and bad weather on a 15 hours-long climb from Camp 4. It would take them nearly 10 hours more to reach back their high camp. A concerning silence followed summit news though. Artur and Robert made no further contact. As hours passed, concerns grew among the expedition members. Luckily, the weather cleared up yesterday evening, permitting the BC crew to spot the summiteers through binoculars at 7,300m - 2 hours away from the tents. The Polish team was the first to set foot on an 8000er this current summer season. Divided into smaller teams, they've worked on their own for weeks and fixed the entire Kinshoffer route. The current climb is the first stage of a 5 year-long project known as Polish Winter Himalayan Climbing 2010-2015. Seasoned climbers as Artur (expedition leader) and Robert are teaming up with younger climbers on their first Himalayan experience. According to plans, after Nanga Parbat the team will move to the Karakorum Range in order to climb both Gasherbrums.

Chris Comerie on the Old Man of Hoy



Well we finally did it. Having waited so many years for the opportunity the climbing was no fuss at all. We arrived in Rackwick bay at 5:15pm on the Friday evening 2nd July and because of the fine weather we chose to grasp the opportunity and set off on the 3mile hike across the

headland immediately. We were on top by 10pm, back down at its base by midnight and back at the Rackwick Bay Bothy by 1:30pm. Unfortunately our ropes got jammed in the crack of the second pitch so we decided to leave them behind and retrieve them the following day. We had decided that our second ascent would be by the South Face E2 5c but on arrival at the stack there was an almighty gale blowing as had been the previous night so thought better of it and climbed the classic E1 5b again just for the hell of it (and retrieve the ropes).





We were puked at by Fulmars at intervals throughout, Paul (Cleary) and me managed to duck and dodge the projectile's but Jamie caught one right on the side of his face and in his ear which splattered green gung all over his top. His description of the warm snot like substance dribbling down the side of his face reinforced our decision to give him a wide berth from that point on! Also had a Puffin fly in to roost on my right foot whilst stood on a ledge below the first abseil from the top. It looked up at me and not expecting to meet a bloke standing in its bedroom, panicked and flew back out in a rush.

I think we have not mentioned before that Mary Morrell is now a Professor of Respiratory Physiology. Very many congratulations Mary!!

Medex Porter Mortality and Morbidity Project

You will no doubt be aware that we conducted a questionnaire based research project in the spring on location in Nepal to collect data on the mortality and morbidity of porters who support trekking and expedition groups. 5 researchers went out to Nepal including several medical students. The research was supported by Porters Progress and Mary Morrell very kindly agreed to be the key research supervisor. We hope to develop this research in future trekking seasons and are interested in hearing from any medical students or others who can spend four or five weeks in Nepal at peak trekking season time to conduct further research studies. Please do get in touch with me if you are interested by emailing me at simon@medex.org.uk.

Nuriyah Noori has had a baby - Sara Lena, born November 5th. "We were lucky enough to be able to spend almost all my maternity leave abroad, even managing to visit Susan (Hinsley) in Fremantle, Australia, where she is doing Emergency Medicine. She was a fantastic host and we had an amazing time".

Juliette and Oliver Kemp - Barnaby Kemp was born on 9th Feb. Delayed congratulations!

Jim Millege celebrated his 80th birthday on 23rd August. A small number of us were delighted to be able to join him and his family to celebrate the occasion. In typical Jim fashion he was just returned from the Margherita Hutte at 4,500m where he had been working with CASE on a research project.