

X TREME EVEREST

August 2015

DATES FOR THE DIARY

CASE Meeting

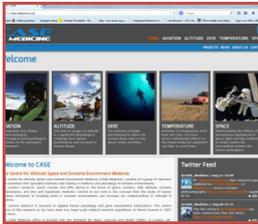
16 September 2015

2015 Walk & Talk

26 & 27 September 2015

Bournemouth Marathon

3 & 4 October 2015



The new CASE website launches

The new Centre for Altitude Space and Extreme Environment Medicine (CASE Medicine) website has recently launched after a revamp.

The original website launched back in 2007 to provide a portal to all things CASE related. CASE have also joined Twitter and can be found

[@CASE_Medicine](#)

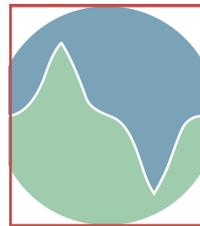
[More Details](#)

CASE does some spring cleaning on its little corner of the internet

Extreme Physiology & Medicine Journal joins Twitter

Extreme Physiology & Medicine is an open access journal which focusses on integrative human physiology under conditions of physiological stress. The editors are Xtreme Everest's Prof Mike Grocott and Prof Hugh Montgomery.

[Follow them](#)



Follow us!

Get your hands on the 2013 Expedition book now!



Relive the 2013 expedition with the brand new book

We are delighted to announce that our 2013 expedition book is now available to buy via our kind supporters [Gate Green Solutions](#).

The book contains a collection of over 250 photos sent to the team by trekkers and investigators. The book charts the whole story of the 2013 expedition.

Images document the team getting ready to go, including the packing of over 20 tonnes of kit and testing of equipment at sea level, testing at EBC and the celebration of a job well done.

[More Details](#)

Still time to join Xtreme Everest



Running to provide better healthcare for Nepal

The Xtreme Everest team will be running in the Bournemouth Marathon again this year, with return runners Mike, Kay and David making an appearance along with some new faces.

Money raised this year will go to [Phase Worldwide](#), supporting their Phase Nepal arm. We are hoping to aim £10,000 upwards to support a health post in the Humla region.

If you want to run with us, please get in touch.

[More Details](#)

Join us for the September CASE meeting

The September Centre for Altitude, Space and Extreme Medicine (CASE) will be taking place on the [16 September 2015 at the ISEH in London](#) and starting at 19.00.

The guest speaker for the month will be Liesl Wandrag who will be speaking about muscle wasting in ICU patients and the use of ultrasound to monitor muscle structure, a technique used during both Xtreme Alps and Xtreme Everest 2.

Liesl is a dietician based at Imperial College London and has previously been awarded a Clinical Doctoral Research Fellowship from the NIHR.



Liesl will be showing us her muscle in September

Limited tickets left for the annual Xtreme Everest Walk & Talk

The annual 2015 Walk & Talk will take place on the weekend of the 26 and 27 September.

This year we have booked in at the Langdale Youth Hostel which is situated in the picturesque Lake District. As part of the weekend we have invited speakers from the wider Xtreme Everest team to give updates on their research, and we will of course be leading a walk on the 27 September in the local area for those wishing to join us.

Tickets are selling fast, so please do book soon if you want to be there!

[Book here now](#)



These boots are made for walking

Xtreme Archive: Hugh ponders his time on Cho Oyu



Can I come down now??

Xtreme Everest holds a large archive of stories, papers, blogs, photos and media which covers the 11 years that the project has been alive.

In celebration of this and leading up to our ten year anniversary in 2017, we've decided to blow away some cobwebs and bring some of our favourites back to life.

This month we go back to September 2006 to find the team on Cho Oyu, the sixth highest mountain in the world (8201m). The aim of the expedition was to put all the medical equipment through its paces in similar combined cold and altitude circumstances to those that would be encountered in the main expedition in Spring 2007.

[More Details](#)

Looking for something to read?

Are you looking for some holiday reading to pass the time on the beach? Or maybe you are interested in catching up with the Xtreme Everest findings and research data already released.

You can do this by visiting the Publication page on the Xtreme Everest page, where publications are listed by expedition with new ones being added as they are published. Xtreme Everest have also made a commitment to publish their papers on open access sites, to enable a greater access to our research to the public and well as those in the medical industry.



I love lamp!

[More Details](#)

More news and events you may have missed!

- [What's it like to cycle halfway up Everest?](#)
- [Take part in the #WhyWeDoResearch survey](#)
- [Participants required for Xtreme Everest and ISEH study](#)
- [Top of the world - A timeline of climbing Everest](#)
- [Climbing Everest with a Mountain on my back - New BBC documentary](#)

Want to stay in touch? Update your details

Xtreme Everest are currently updating their mailing list. If you think we may not have the latest contact details for you, [please get in touch](#).



DON'T FORGET!

News items are added to the website as they come in, so we recommend that you check www.xtreme-everest.co.uk regularly.

You can also find the latest news from the team by following us on Twitter [@XtremeEverest](https://twitter.com/XtremeEverest)

Xtreme Everest Gallery



By Breda Athan



By Tim Clarke

