

X TREME EVEREST



Reindeer VS Yak—The Christmas Battle

It's long been known that Father Christmas has favoured the loveable reindeer to help him deliver presents to all the children around the world, but having witnessed the power of the mighty Nepalese Yak, is Father Christmas and the elves missing a trick?

Distinguishing Features

REINDEER

They have two layers of fur - a thick woolly undercoat and a longer-haired overcoat which consists of hollow, air-filled hairs which helps to keep the reindeer warm.

YAK

They are insulated by dense, close, matted under-hair as well as their shaggy outer hair. Yaks secrete a special sticky substance in their sweat which helps keep their under-hair matted and acts as extra insulation.

Top Speed

REINDEER

80km/h (50mph)

YAK

40km/h (25mph)

Weight they can pull

REINDEER

Up to 40kg

YAK

Up to 60 - 80kg

[Full battle](#)

DATES FOR THE DIARY

Xtreme Everest: Taking Medicine from Mountainside to Bedside, Talk by Professor Mike Grocott
Museum of London
21 March 2017

10th Anniversary of Xtreme Everest summit
23 May 2017

Xtreme Everest Royal Geographical Society Lecture
Evening 23 May 2017

Knowledge X: Oxygen
RSM, London
23 & 24 May 2017



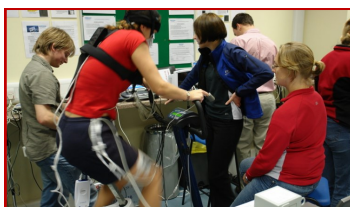
Ken and Mike at Base Camp in 2013

Glittering Horizon

A new book (due in 2017) tells the story of Xtreme Everest from a trekkers viewpoint. Compiled by seasoned Xtreme Everest trekker Mike Teanby, the book tells the trekkers story, warts and all, about what life was really like being a member of a small group - the Champions Group - who were strategically placed within this huge medical research programme.

[More Details](#)

Xtreme Everest launches Tenth Anniversary Cohort Study



Flashback to testing in 2007 in our sea level lab

Xtreme Everest are now inviting back these participants to undertake a day's testing again, capturing the same basic set of data such as exercise performance and neurocognitive function. This would enable us to look at changes that have occurred over this time period, and what they may relate to. This would enable us to build a longitudinal cohort study looking at epigenetic and physiological changes in relation to ageing. In order for a study like this to produce reliable data, Xtreme Everest need significant numbers to agree to be involved and retested. An email has been sent to our 2007 participants asking if they would be willing to visit our laboratory either in London or in Southampton to be retested for this new study.

[More Details](#)

Xtreme Archive: Five daredevils who helped science

Its the 15th October 2012 and Honey Boo Boo has won her beauty pageant and been crowned [Miss Extra](#) in Los Angeles. Meanwhile, Dr Daniel Martin was sharing the stage with four other daredevils of science. How did he win this honour? Dropping his trousers at the top of Everest!

[Full story](#)



Daredevil Dan

Can insights into human adaptation to severe environments be applied to the CCU?

Dr Dan Martin and Dr Helen McKenna have teamed up again, this time to write an article about Surviving Physiological Stress. The harshest environment that many people will ever face is the critical care unit, where pathology can stress homeostatic mechanisms beyond their limits, leading to multiple organ failure and death. Our understanding of the biology that underlies this catastrophic process remains limited.

[Full story](#)



Care required on ITU

More news you may have missed!

- [Mark Wilson is flying high after wining Air Ambulance Doctor of the Year](#)
- [In conversation with...Thomas Frederic Hornbein](#)
- [BACCN Conference 2017—Kay Mitchell to be a Keynote Speaker](#)

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 and www.case-medicine.co.uk

You can also find the latest news from the team by following us on Social Media:

 [@XtremeEverest](#)

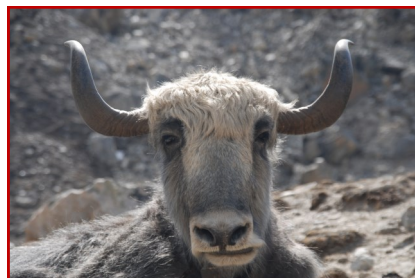
 [@xtremeeverest](#)

 [@XtremeEverest](#)

Xtreme Everest Gallery



By Callan



By Roger McMorrow



By Dan Martin

