

January 2017

X TREME EVEREST

HAPPY NEW YEAR from the Xtreme Everest team!!

KnO₂wledge 10: Oxygen, Extreme Physiology and Critical Illness



Sherpa at the Summit of Everest

BOOKING NOW FOR KNO₂WLEDGE 10.

As 2017 marks the 10 year Anniversary of The Caudwell Xtreme Everest team's trek to the Summit of Mount Everest, this years KnO₂wledge conference couldn't be about anything else!

The conference will deliver the latest research, experiments and knowledge learnt from the Everest laboratory.

The conference will take place on the very days the team summited back in 2007, 23rd and 24th May, and will be held at the Royal Society of Medicine.

[More details](#)

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

Celebration of Six Decades of Medicine on Everest
23 May 2017

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

Xtreme Everest: The Story So Far

Xtreme Everest's very own Kay Mitchell has written an article that has been published in this months Royal College of Anaesthetist's bulletin! She writes about the formation of Xtreme Everest in 2004, what research they do and have done into improving the outcomes of critically ill patients and their findings from their eight high altitude research expeditions investigating environmental hypoxia in highlanders and lowlanders!



RCOA Article

[More Details](#)

Xtreme Everest: Taking Medicine from Mountainside to Bedside



Professor Mike Grocott

Next year Professor Mike Grocott will be speaking at the Museum of London about the 2007 Caudwell Xtreme Everest expedition and how it has helped to understand more about how we adapt to high altitude - and why some of us adapt better than others.

Where?

Museum of London, 150 London Wall, London EC2Y 5HN, UK

When?

21st March 2017, 6.00pm - 7.00pm

How much?

Free



Remembering Xtreme Everest

If you have trekked with us in the past or have been involved with Xtreme Everest in any way we want to know your favourite memories and experiences from Everest (from 2007 and/or 2013). If you are interested in sharing your story with us, please [get in touch with us](#).

To read some of the core team memories [click here](#).

NIHR offering research funding

If your work is related to or you are interested in the day-to-day practice of health service staff and are concerned with having an impact on the health or well-being of patients and users of the NHS on a wide range of issues the Research for Patient Benefit Programme could be perfect for you to carry out your research!

[More Details](#)



National Institute of Health
Research

More news you may have missed!

- [Michaelmas is a maelstrom of meetings, events and freshers](#)
- [Glittering Horizon- A new book \(due in 2017\) tells the story of Xtreme Everest from a trekkers viewpoint.](#)
- [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

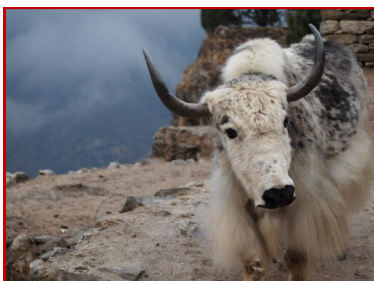
You can also find the latest news from the team by following us on Social Media:

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Xtreme Everest Gallery



By Becky Aziz



By Martin Hayward



By Doug Sheperdigian

