

X TREME EVEREST



**"On top of the world
Ma!"**

Xtreme Archive: Walk and talk roundup

On the last weekend of September 2015, Xtreme Everest held their third Walk & Talk event in the beautiful [Victorian Langdale Youth Hostel](#) which is nestled in the stunning Lake District.

One of our trekkers who joined us for the weekend, has kindly written about the event for our website.

[More Details](#)

STOP THE PRESS!

Xtreme Everest are currently planning their return to Nepal to celebrate our 10th Anniversary. The planned dates will take us over the Easter period of 2017 (24 March - 23 April), with a variety of treks on offer including a family trek.

We will be releasing details on how you can join us in the next few weeks. Please note that places are limited and will be allocated on a First Come, First Served basis.

If you are interesting in being one of the first people to know when trek details are released, please [get in touch with us](#).

DATES FOR THE DIARY

Knowledge IX: Space

ISEH, London

17 November 2016

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



**Our new friends enjoy a snack
from their new feed boxes**

From Kit Boxes to Feed Boxes

Xtreme Everest has been having a clear out of items in our kit room here at the ISEH.

Some of these items are now surplus to our requirements, but rather than send them to landfill, we've been able to make use of the brilliant [Warp-It](#) scheme that University College London are a part of.

One such item that went up on the site were some old Cortex silver boxes have made their way to a horse charity located in Crawley.

[More details](#)

Can being Fit for Surgery really help?

Xtreme Everest's Professor Mike Grocott has recently commented on an article printed in the Daily Mail which looked at recently published studies that suggest being "fit for surgery" can help improve your recovery.

A study printed in the journal Anesthesiology, found patients that were awaiting colorectal surgery and had taken part in a 25-day prehab programme of exercise, nutritional changes and relaxation techniques could walk an average of 23.2 metres further eight weeks after surgery than at the start of the study, while rehab-only patients lost ground, walking an average of 21.8 metres less.

[More Details](#)



**Getting on your bike to
improve your recovery**

Walk and talk and a drone...

Back in 2015 when we ran our third Walk & Talk. For the walk on Sunday, the team were met with beautiful sunshine.

Dr Mark Wilson, who attended the weekend, brought along his drone and took some stunning aerial footage of the group. He's put this into a lovely short film You can now view this online via our website.



I wandered lonely as a cloud,
that floats on high o'er vales
and hills

[More Details](#)

Being healthy helps improve survival rates for cancer patients

Xtreme Everest's Dr Denny Levett joined BBC Radio 4's Dr Mark Porter on his Inside Health programme in January to talk about the relationship between exercise and health.

Denny, who works as a Consultant in peri-operative medicine and critical care at University Hospital Southampton, spoke about the benefits of being healthy and fit prior to events such as surgery or chemotherapy for a cancer patient. She notes *...exercise and fitness and physical activity have an important effect on survival rates from cancer. So individuals who are fitter have improved survival rates at five years and at 10 years and this is even when you control for other risk factors such as obesity or smoking*



Dr Denny Levett featured on
Radio 4

[More Details](#)

Xtreme Archive: Isn't this just an excuse for a jolly up a mountain?



Kay shows off her cycling skills

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.

It's April 2006 and in the scientific world, scientist prove that eating less salt will help to reduce the chances of a stroke or heart attack and Xtreme Everest are fielding many questions about the Xtreme Everest research and what they hope to find. The most asked question seemed to be "Is this really research or are you all just going on a nice trip?"

[More Details](#)

Xtreme Archive - Unsung Heroes

Its March 2007 and we were paying tribute to the unsung heroes of Everest; the Sherpa community who without them we would never been able to conduct our research.

It seems fitting that while we are based in Namche Bazaar, the Sherpa capital, we should reflect on the people of the Kumbu Valley who help us on our expedition.

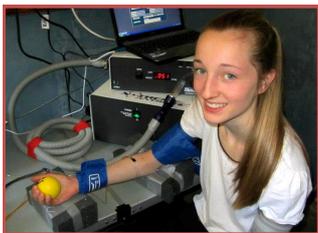
While they are all Nepali, it is the Sherpa tribe who attract the most international attention because of their outstanding ability to cope with physical work at high altitude and their strength.



We pay tribute to the unsung
heroes of Nepal

[More Details](#)

We need you! Help us conduct research



We are currently running two studies at the ISEH and urgently need volunteers.

These ongoing studies help us to continue our research projects we started in Nepal, as well as developing on ideas or results already gained.

- [Could thirst-triggered self-administration of intravenous fluid lead to more rapid rehydration than clinician-directed infusion?](#)
- [The effect of beetroot juice on the microcirculation in acute hypoxia](#)

More news you may have missed!

- [New Year, New Honour for one of the Xtreme Everest team](#)
- [Help is at hand with free booklet from Medex](#)
- [Tom Davies completes Everest Marathon](#)
- [Breathing on Everest - a documentary about a cystic fibrosis sufferer attempting Everest](#)
- [The tragic tale of Mt Everest's most famous dead body](#)

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)

We are also on **Facebook**, find our [Xtreme Everest page here](#)

Xtreme Everest Gallery

Xtreme Playtime!



By Tsz Hin



By Andrew Cumpstey

