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3rd Swiss-Kyrgyz High Altitude Medicine and Research Symposium

September 21 - 25, 2024, Naryn, Kyrgyz Republic

Scientific Programme



Organizers:
Michael Furian, Zurich
Silvia Ulrich, Zurich

Max Gassmann, Zurich & Lima
Talant Sooronbaev, Bishkek



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Programme overview

Day 1 – Saturday, September 21, 2024:

Arrival of participants in Bishkek airport, visit of National Center of Cardiology and Internal Medicine, transfer to Naryn by bus.

Day 2 – Sunday, September 22, 2024:

Start of the Symposium: Lectures, discussion, Plenum

Day 3 – Monday, September 23, 2024:

Lectures, discussion, Gala Dinner

Day 4 – Tuesday, September 24, 2024:

Lectures, discussion, poster discussion, Art Exhibition

Day 5 – Wednesday, September 25, 2024:

Roundtable discussions, visit of the Naryn hospital, departure to Bishkek or individual travel in the afternoon



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Saturday, Sept. 21, 2024

Arrival, scientific meeting and exchange, preparation for travel to Naryn

05:00-11:00	Arrival of international guests in Bishkek airport, transfer to city.
12:00-13:30	Lunch
13:30-15:00	Welcome and guided tour through the National Center of Cardiology and Internal Medicine and Department of Respiratory Medicine.
15:00-19:30	Travel from Bishkek to meeting site at Naryn. Check-in at Hotel Khan Tengri
20:30	Dinner



Sunday, Sept. 22, 2024

Swiss-Kyrgyz continuous medical education seminar, state of the art lectures - Part 1 (Chair: Talant Sooronbaev & Silvia Ulrich)

08:30-08:45	Welcome / Opening Ceremony	
08:45-09:15	Erkin Mirrakhimov	Heart disease and the mountains
09:15-09:45	Alessandra Chiodini	Heart failure update
09:45-10:15	Horst Olschewski	Pulmonary arterial hypertension, risk stratification, comorbidities and implication for therapy

10:15-10:30 **Coffee Break**

Swiss-Kyrgyz continuous medical education seminar, state of the art lectures - Part 2 (Chair: Horst Olschewski & Maamed Mademilov)

10:30-11:00	Silvia Ulrich	Update in pulmonary embolism
11:00-11:30	Otto Schoch	Update tuberculosis and infectious diseases in remote areas
11:30-12:00	Peter Schmid-Grendelmeier	Update on allergies with special impact on mountain areas

12:00-13:30 **Lunch**



Sunday, Sept. 22, 2024

**Swiss-Kyrgyz high altitude research pioneers Almaz Aldashev and Konrad Bloch
(Chair: Silvia Ulrich & Max Gassmann)**

13:30-14:00	Talant Sooronbaev	The role and contribution of academician Mirrakhimov M.M., academician Aldashev A.A. and Professor Konrad E. Bloch in the development of high mountain research in the Kyrgyz Republic
14:00-14:30	Michael Furian	Behind the scenes: Preparations of the high altitude studies led by Konrad Bloch
14:30-15:00	Konrad Bloch	Going to altitude in healthy and patients with respiratory disease – a personal perspective

15:00-15:30 Coffee Break

**Hot topics in high altitude and Hypoxia research
(Chair: Ralph Schermuly & Andrea Olschewski)**

15:30-16:00	Matthias Hilty	Microcirculation and betablockers at HA
16:00-16:30	Baktybek Kojonazarov	Lung and heart perfusion in experimental pulmonary hypertension
16:30-17:00	Ralph Schermuly	Hypoxia and the right ventricle – from pathophysiology to novel therapies

Invitees only: Plenum event (Chair: T. Sooronbaev)

18:30-19:30 5-point roadmap for Kyrgyz high altitude medicine.

19:30 Dinner



Monday, Sept. 23, 2024

**Hypoxia: from molecule to physiology
(Chair: Lars Kaestner & Martina Muckenthaler)**

08:30-09:00	Julián Aragonés	Erythropoiesis and lung response to hypoxia
09:00-09:30	Andrea Olschewski	Pathophysiology and genetics of pulmonary hypertension
09:30-10:00	Wolfgang Kübler	Inflammation, pulmonary artery stiffening and hypoxia - is there a link?

10:00-10:30 Coffee break

**Living in a hypoxic environment - physiological threats and adaptation
(Chair: Matthias Hilty & Adilet Omuralieva)**

10:30-11:00	Rob Roach	Acclimatization to high altitudes
11:00-11:30	Max Gassmann	Highlanders worldwide and their hemoglobin levels
11:30-12:00	Martina Muckenthaler	Reprogramming the immune microenvironment with iron

12:00-13:30 Lunch



Monday, Sept. 23, 2024

Pulmonary vascular diseases at low and high altitude (Chair: Mona Lichtblau & Otto Schoch)

13:30-14:00	Mona Lichtblau	Right heart function in COPD going to altitude
14:00-14:30	Silvia Ulrich	Travelling to and living at high altitude with pulmonary vascular disease
14:30-15:00	Simon Schneider	Performance of patients with pulmonary vascular disease at high altitude

15:00-15:30 **Coffee break**

Altitude tolerance – current and future research (Chair: Michael Furian & Rob Roach)

15:30-16:00	Linda Keyes	Highlights from the UIAA Medcom Recommendations for Women's Health at High Altitude
16:00-16:15	Alina Häfliger	Sex-specific difference in health-related altitude-effects and their prevention by acetazolamide
16:15-16:30	Aijan Taalaibekova	Monitoring sexual hormones in women going to altitude – results from a pilot study
16:30-17:00	Michael Furian	Introducing the HighCycle project: Effects of preventive acetazolamide on AMS in women travelling to high altitude

17:30-19:00 Governor, Naryn Oblast, Organizers Welcome address, ceremony

19:00-22:00 **Gala Dinner**



Tuesday, Sept. 24, 2024

**Oral presentations of Kyrgyz researchers
(Chair: Konrad Bloch & Erkin Mirrakhimov)**

08:30-08:45	Asel Budaichieva	Chronic kidney disease
08:45-09:00	Myskal Duishenalieva	Problems of diagnosis and treatment of arterial hypertension in high altitude conditions
09:00-09:15	Adilet Omuralieva	Features of diagnostics on echocardiography of cardiovascular diseases in high altitude conditions.
09:15-09:30	Aizhamal Tabyshova	Economic aspects of COPD in Kyrgyzstan
09:30-09:45	Maamed Mademilov Gulzada Mirzalieva	Qualitative research on implementation of CRP POCT in Chui and Naryn Regions
09:45-10:00	Elvira Isaeva	Introducing the project COORDINATE

10:00-10:30 Coffee Break

**Manifestation and prevention of altitude illness
(Chair: Rob Roach & Linda Keyes)**

10:30-11:00	Konrad Bloch	Prevention of altitude illness in preexisting disease
11:00-11:30	Benoit Champigneulle	Definition and update on chronic mountain sickness
11:30-12:30	Poster session	

12:30-13:30 Lunch



Tuesday, Sept. 24, 2024

**Consequences of chronic exposure to occupational and environmental hazards
(Chair: Martina Muckenthaler & Peter Schmid-Grendelmeier)**

13:30-14:00	Otto Schoch	Occupational lung diseases: dust exposure
14:00-14:30	Talant Sooronbaev	Health of highlanders – experiences and needs in Kyrgyzstan
14:30-15:00	Mona Lichtblau	Climate change, in- and outdoor air pollution and respiratory health

15:00-15:30 Coffee break

**Hypoxia research – different systems and future direction
(Chair: Benoit Champigneulle & Julián Aragonés)**

15:30-16:00	Benoit Champigneulle	Expedition5300: limits of human adaptations in the highest city in the world - New findings and perspectives
16:00-16:30	Lars Kaestner	Regulation of red blood cell numbers in microgravity and after return from prolonged sojourn at high altitude
16.30-17.00	Nurgul Toktogulova	Relationship between high-altitude hypoxia and cytosolic ATP and liver fibrosis in MAFLD and DM 2

17:00-18:30 Art exhibition

19:00-22:00 Dinner



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Wednesday, Sept. 25, 2024

Networking and collaboration event

08:30-09:30 Round table events (invitees only)

09:30-10:00 **Coffee Break**

10:00-13:00 Director, Naryn Health Center Visit of Naryn Health Center and discussion with local stakeholders (nurses, feldshers, family doctors, different health care providers)

13:00-14:00 **Symposium End** Wrap-up, department to Bishkek



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Affiliations

Prof. Silvia Ulrich, MD

PD Mona Lichtblau, MD

Prof. Michael Furian, PhD

Simon Schneider, PhD

Prof. Konrad E. Bloch, MD

Alina Häfliger, MD

Department of Pulmonology, University Hospital
Zurich, Zurich, Switzerland

Alessandra Chiodini, MD

Department of Cardiology, University Hospital
Zurich, Zurich, Switzerland

Prof. Matthias Hilty, MD

Institute of Intensive Care, University Hospital
Zurich, Zurich, Switzerland

Prof. Peter Schmid-Grendelmeier, MD

Department of Dermatology, University Hospital
Zurich, Zurich, Switzerland

Prof. Max Gassmann, DVM

Institute of Veterinary Physiology, University of
Zurich, Zurich, Switzerland

Prof. Talant M. Sooronbaev, MD

Prof. Erkin Mirrakhimov, MD

Maamed Mademilov, MPD

Asel Budaichieva, MD

Myskal Duishenalieva, MD

Adilet Omuralieva, MD

Aizhamal Tabyshova, MD

Gulzada Mirzalieva, MD

Elvira Isaeva, MD

National Center for Cardiology and Internal
Medicine, Bishkek, Kyrgyz Republic

Prof. Otto Schoch, MD

Cantonal Hospital St. Gallen, St. Gallen,
Switzerland

Prof. Martina Muckenthaler, PhD

Department of Molecular Medicine and Center
for Translational Biomedical Iron Research,
University Hospital Heidelberg, Heidelberg,
Germany

Prof. Julián Aragonés López, PhD

Universidad Autónoma de Madrid, Madrid,
Spain

Prof. Ralph Schermuly, MD

Baktybek Kojonazarov, MD, PhD

University Hospital Giessen, Giessen, Germany
Institute for Lung Health, Giessen, Germany

Benoit Champigneulle, MD

University of Grenoble, France

Prof. Robert Roach, MD

Department of Medicine, University of Colorado
Anschutz Medical Campus, Aurora, USA

Prof. Linda E. Keyes, MD

Department of Emergency Medicine, University
of Colorado Health Sciences Center, Aurora,
USA

Prof. Horst Olschewski, MD

Prof. Andrea Olschewski, MD

Medical University of Graz / Ludwig Boltzmann
Institute, Graz, Austria

Prof. Wolfgang Kübler, MD

Institute of Physiology, Charité –
Universitätsmedizin Berlin, Berlin, Germany

Prof. Lars Kaestner, PhD

Medical Faculty, Saarland University,
Homburg/Saar, Germany



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