



University of
Zurich ^{UZH}

USZ Universitäts
Spital Zürich



3rd Swiss-Kyrgyz High Altitude Medicine and Research Symposium 2024

Sept. 21-25, 2024, Naryn, Kyrgyz Republic
Hotel Khan Tengri



Organizers:
Michael Furian, Zurich
Silvia Ulrich, Zurich

Max Gassmann, Zurich & Lima
Talant Sooronbaev, Bishkek



Programme overview

Day 1 – Saturday, September 21, 2024: Arrival of participants in Bishkek

Airport, Visit of National Center of Cardiology and Internal Medicine, Bishkek.

Transfer to Naryn by bus.

Day 2 – Sunday, September 22, 2024: Start of the Symposium in the afternoon

Day 3 – Monday, September 23, 2024: lectures, discussion, poster discussion

Day 4 – Tuesday, September 24, 2024: lectures, discussion, poster discussion

Day 5 – Wednesday, September 25, 2024: Roundtable discussions, visit Naryn

hospital, afternoon departure to Bishkek or individual travel

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
(simultaneous translation English - Russian)**

08:30-08:45	Welcome / Opening Ceremony	
08:45-09:15	Felix Tanner	Year in review cardiology
09:15-09:45	Erkin Mirrakhimov	Heart disease and the mountains
09:45-10:15	Mona Lichtblau	Pulmonary hypertension definition, classification and treatment
10:15-10:30	Coffee Break	
10:30-11:00	Silvia Ulrich	Year in review pulmonology
11:00-11:30	Otto Schoch	Update tuberculosis and infectious diseases in remote areas
11:30-12:00	Jesper Kjærgaard	TBA
12:00-13:30	Lunch	
Swiss-Kyrgyz high altitude research pioneers Almaz Aldashev and Konrad Bloch		
13:30-14:00	NN	
14:00-14:30	Peter Hackett	Milestones achieved in high altitude over decades: personal perspective
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		
15:30-16:00	Simon Schneider	Performance of patients with pulmonary vascular disease at high altitude
16:00-16:30	NN	
16:30-17:00	Baktybek Kojonazarov	Non-invasive method for estimating right ventricular systolic pressure in rodents
17:00-17:30	Ralph Schermuly	Hypoxia and the right ventricle – from pathophysiology to novel therapies
18:30-19:30 Invitees only	Plenum (Chair: T. Sooronbaev)	5-point roadmap for Kyrgyz high altitude medicine.
19:30	Dinner	



Monday, Sept. 23, 2024

Hypoxia: from molecule to physiology

08:30-08:55	Julián Aragonés	HIF and implicatons for hypoxia research
08:55-9:20	Andrea Olschewski	Ion channels in the PA vs. DAB during the first breath after birth
09:20-9:45	Wolfgang Kübler	Inflammation, pulmonary artery stiffening and hypoxia - is there a link?
09:45-10:15	Coffee break	

Living in a hypoxic environment - physiological threats and adaptation

10:15-10:40	Rob Roach	Acclimatization
10:40-11:05	Max Gassmann	Highlanders worldwide and their hemoglobin levels
11:05-11:30	Martina Muckenthaler	Iron and anemia in hypoxia
11:30-11:55	Peter Schmid-Grendelmeier	Update on allergies with special impact on mountain areas
12:00-13:00	Lunch and poster viewing	

Pulmonary vascular diseases at low and high altitude

13:30-14:00	Khodr Tello	Physiological insights into pulmonary vascular disease - RV-PA coupling and beyond
14:00-14:30	Horst Olschewski	Pulmonary arterial hypertension, risk stratification, comorbidities and implication for therapy
14:30-15:00	Silvia Ulrich	Travelling to and living at high altitude with pulmonary vascular disease
15:00-15:30	Coffee break	

Altitude tolerance – current and future research

15:30-15:55	Xiaying Wang	Technology and wearables in high altitude expeditions
15:55-16:20	Linda Keyes	Highlights from the UIAA Medcom Recommendations for Women’s Health at High Altitude
16:20-16:35	Alina Häfliger	Sex-specific difference in health-related altitude-effects and their prevention by acetazolamide
16:35-16:50	Aijan Taalaibekova	Monitoring sexual hormones in women going to altitude – results from a pilot study
17:00-17:30	Break	

Art exhibition

17:30-19:00	Governor, Naryn Oblast, Organizers	Welcome address, opening ceremony, art exhibition
19:00-22:00	Gala Dinner	



Tuesday, Sept. 24, 2024

Oral presentations

08:30-10:00	6-8 presentations	each 10-15min
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10:00-10:30	Coffee Break	
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Manifestation and prevention of altitude illness

10:30-11:00	Erik Swenson	Acetazolamide – are there other choices?
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11:00-11:30	Konrad Bloch	Prevention of altitude illness in preexisting disease
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11:30-12:00	Michael Furian	Self monitoring in COPD going to altitude and women at altitude
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12:00-13:30	Lunch	
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Consequences of chronic exposure to occupational and environmental hazards

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

15:30-16:00	Lars Kästner	Regulation of red blood cell numbers in micro-gravity and after return from prolonged sojourn at high altitude
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16:00-16:30	Benoit Champigneulle	Cerebrovascular and endothelial function in highlanders
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16.30-17.00	Michelle Broekhuizen	The placenta: a mirror of the infant's pulmonary vasculature
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17:00-17:30	Break	
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17:30-18:30	Art exhibition	
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19:00-22:00	Dinner and special feature	
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Wednesday, Sept. 25, 2024

Networking and collaboration event

08:30-09:30	Networking event, connecting for future partner projects	
09:30-10:00	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, then department to Bishkek

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

Prof. Felix Tanner, MD

Department of Cardiology, 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

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

Prof. Martina Muckenthaler, PhD

Department of Molecular Medicine, University Hospital Heidelberg, Heidelberg, Germany

Prof. Julián Aragonés López, PhD

Department of Medicine, Hospital Universitario de La Princesa, Madrid, Spain

Prof. Ralph Schermuly, MD

Prof. Khodr Tello, MD

Baktybek Kojonazarov, MD

University Hospital Giessen, Giessen, Germany

Benoit Champigneulle, MD

University of Grenoble, France

Michelle Broekhuizen, PhD

Erasmus MC, Rotterdam, Netherlands

Prof. Peter Hackett, MD

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. Erik Swenson

Department of Medicine, VA Puget Health Care System, Seattle, 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. Jesper Kjærgaard, MD, PhD

Copenhagen University Hospital «Rigshospitalet», Copenhagen, Danmark

Prof. Lars Kästner, PhD

Medical Faculty, Saarland University, Homburg/Saar, Germany

Xiaying Wang, PhD

Dept. of Information Technology and Electrical Engineering, ETH Zurich, Zurich, Switzerland

Prof. Otto Schoch, MD

Cantonal Hospital St. Gallen, St. Gallen, Switzerland