



*"Come all who need rest and light, bending and breaking
with over work, leave your profits and losses and metallic
dividends and come . . ." John Muir, 1874*

Wilderness Medicine Conference

The **23rd** Annual Meeting of the Wilderness Medical Society

The Rocky Mountains

Snowmass At Aspen - Colorado

JULY 21-25 2007



Dear Colleague:



Education, inspiration, recreation, relaxation, renewal . . . and community.

You will find all of this and more at the Annual Meeting of the Wilderness Medical Society.

If you are like us, you receive dozens of CME conference brochures each month. Before making a decision about your 2007 summer meeting and vacation travel plans, we invite you to review this program because it is something special; we are confident that you will not find a better mix of education, recreation, and value for your time and money.

Climbing mountains, diving the oceans and seas, paddling rivers, hiking the trails – these are the things that bring us joy and help balance our lives in these professionally demanding times. As Wilderness Medical Society leaders and physician educators, some of our most personally and professionally rewarding experiences have been introducing the field of wilderness medicine to physicians and other healthcare providers who already love the open spaces – and those who are just beginning to explore them.

With the growing popularity of outdoors and wilderness activities, there is a tremendous need for quality wilderness medical education programs. Too many stories can be found in newspapers and on the internet everyday about exhilarating adventures gone bad because of simple errors, ignorance or misjudgment.

This year’s conference meets the challenge of providing both new knowledge and basic information and skills needed for safe wilderness adventures and travel. The lectures and hands-on workshops are presented by a stellar faculty with a passion

for teaching. And to capture the spirit of the wilderness, we will present entertaining and enlightening evening lectures that explore science and adventures in other lands and cultures.

We encourage you to review the brochure and learn about all that is being offered – the daily Optional Workshops, and the Advanced Wilderness Life Support and Toxicology in the Wilderness pre-conference programs which specifically meet the needs of our members accruing credits toward their FAWM designation. (See Page 9 for detailed information.) It is worth noting that this meeting is the only meeting held anywhere that offers candidates a potential of 51 credits toward the minimum 70 educational credits required to achieve FAWM!

Plus you will have ample opportunity to become familiar with the WMS and its mission. The Wilderness Medical Society meets the needs of its membership through the work of its many committees. All committee meetings held during the Annual Meeting are open to interested members. The meeting schedule will be posted and available at the Conference Registration Desk. Plan on getting involved!

Whether you’re an accomplished wilderness traveler, an expert in wilderness medicine, or just beginning to cultivate your interest, you won’t want to miss this conference. Bring your family or come alone – in any event, please join us and be our guest.

We look forward to seeing you in July in Snowmass!

Eric Johnson MD
President, Wilderness Medical Society

Luanne Freer MD
Program Chair and Immediate Past-President



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Paul Auerbach MD
Co-Founder and Past President, Wilderness Medical Society; Clinical Professor of Surgery, Division of Emergency Medicine, Stanford University Medical Center; Editor, *Wilderness Medicine*; Editor Emeritus, *Wilderness and Environmental Medicine*; Author, *Medicine for the Outdoors*



Howard Backer MD, MPH
Past-President, Wilderness Medical Society; Public Health and Emergency Physician; Chief, Immunization Branch California Department Health Services; Chief Medical Consultant for Emergency Preparedness



Brad Bennett PhD, NREMT-P, WEMT, FACSM
Captain US Navy; Commanding Officer, Naval School of Health Sciences; Chief Editor, *WMS Education Lecture Series*; Editorial Board, *Wilderness & Environmental Medicine*; Member, Committee on Tactical Combat Casualty Care



Jolie Bookspan PhD
A sports medicine specialist known for her innovative techniques to improve training, and prevent and rehabilitate injuries. Her methods, used by top military and orthopedic centers are so successful that Harvard Medical School clinicians named her “the St. Jude of the Joints.”



Aaron Brillhart MD
Currently an Emergency Medicine Resident at York Hospital, Pennsylvania, Dr. Brillhart has extensive arctic, mountaineering and wilderness travel experience in Antarctica and on Mount Rainier. Also a researcher in plant ecology with a special interest in plant toxicology.



Perry Conway
An award-winning conservation educator with a camera! His photographs and/or articles have been published in every major wildlife and natural history magazine in North America including *National Geographic*, *Audubon*, *National Wildlife*, *Smithsonian* and others



Howard Donner MD
Member 1997 Nova Everest Expedition; Expedition physician 1988 American Kangchenjunga Expedition; Medical Officer, Denali Medical Research Project; Co-author, *Field Guide to Wilderness Medicine*



Luanne Freer MD, FACEP
Conference Chair; Immediate Past-President, Wilderness Medical Society; Medical Director, Yellowstone National Park; Founder and Director, Everest Base Camp Medical Clinic



Peter Hackett MD
Director, The Center for Altitude Medicine, Telluride, CO; Clinical Director, Altitude Research Center, University of Colorado School of Medicine; Director of Emergency Services, Telluride Medical Center



Henry Herrmann DMD, FAGD
Dentist, Falls Church, Virginia; Author of *Wilderness Dental Emergencies in Wilderness Medicine*



Eric Johnson MD
President, Wilderness Medical Society; Emergency Medicine of Idaho, Boise, ID



Peter Kummerfeldt
Owner and Chief Instructor, OutdoorSafe, Inc.; Past Survival Training Director, United States Air Force Academy, Colorado



Jay Lemery MD
Faculty, Emergency Medicine; Director of Wilderness & Environmental Medicine, NY-Presbyterian Hospital, Weill-Cornell Medical College



Robert Norris MD, FACEP
Associate Professor of Surgery/ Emergency Medicine; Chief, Emergency Medicine, Stanford University



Sheryl Olson RN, BSN
Flight Nurse, Manitou Springs, Colorado; Wilderness Medicine, Safety and Survival Instructor



Edward (Mel) Otten MD, FACMT
Past-President, Wilderness Medical Society; Professor of Emergency Medicine and Pediatrics; Director, Division of Toxicology, University of Cincinnati



Mark Plotkin PhD
President, Amazon Conservation Team; Research Associate, Smithsonian Institution's Museum of Natural History; Author, *Tales of a Shaman's Apprentice* and *Medicine Quest*; named a “Hero for the Planet” by *Time* magazine



Philip Rasori MD
Director, Global Survival International Medical Director, Village Hopecore International



Will Smith MD
Medical Director, Grand Teton National Park, Teton County Search and Rescue

What your colleagues have said about Wilderness Medical Society meetings over the past 20+ years. We couldn't have said it better!

“Anybody who treats life as a participatory sport and who has patients who believe that philosophy also, will have his [or her] knowledge expanded greatly – I will return again.”
- Rheumatologist, MD

“WMS is great! It's a group bound together by a common love of wild places and the bond of medicine. The best parts of the conferences are the exciting people in attendance and the practical hands-on workshops.”
- Family Physician, WY

“Top notch program. Lectures by leaders of their respective fields. Good mix of didactic and outdoor activities. Annual meeting of WMS was a great opportunity to be at the cutting edge of wilderness medicine.”
- Emergency Physician, OH

“I am amazed at how much practical information I gained for my urban pediatric practice.”
- Pediatrician, MA

“Excellent conference. It is as appropriate for the specialist as for the generalist.”
- Physician Assistant, CO

“Great opportunity to share ideas and concepts as well as practical experiences with the very people who set the standards. I'll be back.”
- EMS Program Specialist, Washington, DC

“Undoubtedly the most enjoyable medical meeting I've ever attended. A unique blend of scientific investigation, practical medicine and mind expanding recreation.”
- Anesthesiologist, MN

“Tremendous emotional wilderness experience.”
- Cardiologist, FL

“The course was informative and unlike most CME, inspirational.”
- Pathologist, CA

“Truly an adventurous, stimulating and refreshing week. This program gave new meaning to the continuing education process.”
- Family Physician, WY

“A real family meeting.”
- General Surgeon, AZ

“The course covers many daily and survival situations.”
- Flight Medicine Specialist, Guam

“The best conference I've ever been to – and the greatest people too.”
- General Surgeon, IA

::PRE-CONFERENCE PROGRAMS

Program at a Glance

This conference has been thoughtfully designed to appeal to the experienced wilderness medicine veteran as well as the novice, including those who have wanted to venture into the woods, but never have. You can come a day early to take the AWLS program, an optional workshop, or the Toxicology in the Wilderness symposium. You can use the free-time that is built into the schedule to learn about the WMS through its committee and board meetings, participate in the workshops, or you can hike, ride or raft, etc. alone or with your families. You make your schedule!

Friday, July 20

7:30 am – 5:00 pm AWLS Program

Saturday, July 21

7:30 am – 4:30 pm AWLS Program
8:00 am – 12:00 noon Optional Workshops
1:00 – 4:00 pm Toxicology Symposium
4:30– 7:00 pm Conference in Session
7:00 – 8:00 pm Welcome Reception

Sunday, July 22

7:30 am – 12:00 noon Conference in Session
12:00 noon – 4:30 pm WMS Committee Meetings, Optional Workshops or Free Time
5:00 – 7:00 pm Student Interest Group (SIG) Reception
8:00 – 9:00 pm Evening Presentation

Monday, July 23

7:30 am – 12:00 noon Conference in Session
12:00 noon – 4:30 pm WMS Board of Directors Meeting, Optional Workshops or Free Time
5:00 – 6:00 pm FAWM Reception
8:00 – 9:00 pm Evening Presentation

Tuesday, July 24

Sunrise – 12:45 pm Optional Workshops or Free Time
7:00 – 8:30 am Run for Research
1:00 – 5:30 pm Conference in Session
6:00 – 7:00 pm Reception Hour
7:00 – 8:00 pm Dinner & Annual WMS Banquet
8:00 – 9:00 pm Evening Presentation

Wednesday, July 25

8:45 – 11:15 am Concurrent Sessions
11:15 am End of Conference

*See you again at a future
Wilderness Medical Society meeting!*

Toxicology in the Wilderness Symposium

Saturday, July 21, 2007

This symposium was developed to meet the required needs of fellowship candidates for the Academy of Wilderness Medicine (see Page 9) by offering in-depth information on toxicology in the wilderness, a core curriculum topic. It is, however, open to all interested conference attendees.

See Page 6 for the symposium schedule.

Fee: \$75

This symposium offers 2.75 credits toward the Fellows Program and 3 Hrs of CME Credit.



Advanced Wilderness Life Support (AWLS)

Friday & Saturday, July 20-21, 2007

AWLS is a practical hands-on certification course – originally developed at the University of Utah School of Medicine in 1997 – that teaches medical professionals how to manage medical emergencies when traditional medical facilities are not readily accessible. AWLS® was developed to create a standard in treating injuries and illnesses in a wilderness environment.



Prerequisite: Medical degree or certification including: MD, DO, RN, DDS, DPM, PA, EMT and Paramedic

The Objectives of AWLS

- To provide a practical foundation in Wilderness Medicine for medical professionals
- To teach patient assessment and treatment guidelines for life support until definitive care or evacuation is available
- To train the provider in methods to manage medical and trauma emergencies and urgencies in the wilderness when evacuation is unavailable or unnecessary.
- To teach techniques and guidelines for evacuation.

Certification Requirements

1. Completion of the AWLS course lectures
2. Completion of the AWLS Hands on teaching
3. Completion of the practical proficiency scenarios
4. Demonstration of competency through written examination

All students that pass the exam will receive the AWLS certification. The certification is valid for 4 years.

**For more information visit www.awls.org
Enrollment is limited.
Early registration is encouraged.**

Fee: \$425 - Doctoral
\$300 – Non-Doctoral
\$150 – Resident/Student

The course offers a total of 17.5 credits toward the Fellows Program and a maximum of 12 Hrs of CME credit.

Additional information will be sent to AWLS registrants prior to the conference.

“A good doctor is an absolute necessity on an exploring expedition...”

Theodore Roosevelt
Through the Brazilian Wilderness

Core Training in the Outback

Tuesday, July 24, 2007 10:45 am - 12:45 pm

Jolie Bookspan PhD
Fee: \$50

A revolution in core training - no crunches. Special two-hour workshop with the award-winning scientist who developed this method. Get back pain relief from simple techniques and learn functional strengthening from simple moves to the toughest you can get.

Fly Fishing

Sunday, July 22, 2007 1:00 - 4:00 pm - Part 1 and

Monday, July 23, 2007 1:00 - 4:00 pm - Part 2

Philip Rasori MD
Fee: \$75

This two-part workshop includes 3 hours of practical casting instruction, as well as 3 hours of presentations on equipment selection, fly patterns, knots, and fishing strategies for Rocky Mountain trout. Dry fly techniques will be emphasized.

GPS Navigation

FAWM Code: 05-025-1-0 elective credit only

Sunday, July 22, 2007 1:00 - 4:30 pm or

Tuesday, July 24, 2007 8:45 am - 12:15 pm

Sheryl Olson RN, BSN
Fee: \$75

Step into the wilderness with confidence! After this class you will know how to always find the trailhead and find your way back home. You will learn about waypoints, tracks, routes, and the UTM grid system. GPS units and maps are provided. Class will be both in and out of doors. Please dress appropriately. Space is limited; sign up early!

Improvised Splinting

FAWM Code: 12-011-1-0, 12-021-5-0

Saturday, July 21, 2007 9:00 - 10:30 am or

Monday, July 23, 2007 1:00 - 2:30 pm

NOLS
1.5 credit hours
Fee: \$25

Hands on splinting workshop on improvised splints in the backcountry; includes splinting of common injuries such as femur, wrist and shoulder fractures. Includes using improvised materials that would be found in a typical backpack.

Litters & Packaging

FAWM Code: 06-008-1-0, 12-033-5-0

Saturday, July 21, 2007 10:30 am - 12:00 noon or

Monday, July 23, 2007 2:30 - 4:00 pm

NOLS
1.5 credit hours
Fee: \$25

A hands-on workshop reviewing packaging a patient in a variety of commercial and improvised litters, as well as long term care considerations.

Map and Compass Navigation: Essential Basics of Navigation

FAWM Code: 05-015-3-0

Saturday, July 21, 2007 8:00 - 11:30 am or

Monday, July 23, 2007 1:00 - 4:30 pm

Sheryl Olson RN, BSN
Fee: \$75

Could you find your way back to the trailhead in a fog or complete whiteout? If not, this course is for you. Learn map reading, route planning, and compass navigation. Participants will have time to practice navigation skills with the instructor's assistance. All equipment is provided. Class will be both in and out of doors. Please dress appropriately. Space is limited; sign up early!

Medical Volunteering in Developing Countries

FAWM Code: 11-011-1-2 (11-002-1-2, 11-012-1-2 elective credit only)

Saturday, July 21, 2007 9:00 am - 12:00 noon or

Tuesday, July 24, 2007 9:00 am - 12:00 noon

Philip Rasori MD
3 credit hours
Fee: \$50

The three-hour seminar will focus on the medical problems that long-term health care workers face in the developing world. It will include travel immunizations, food precautions, in-the-field water disinfection techniques, long term malaria RX, the prevention and treatment of traveler's diarrhea, HIV/AIDS risk for health professionals and how to use on-line sources to find and evaluate medical positions abroad.

Photographing Wildlife and Wildplaces

Monday, July 23, 2007 1:00 - 4:00 pm - Part 1 and

Tuesday, July 24, 2007 Sunrise - 9:30 am - Part 2

Perry Conway
Fee: \$175 (includes transportation to Maroon Bells)
Discover the creative photographic possibilities of interpreting wildlife, landscapes and travel with your own personal vision. Understanding light, aesthetically pleasing compositions, choosing the best shutter speed and f stop, equipment selection, filters and film selection will all be covered in this inspirational class taught by one of Colorado's finest professional photographers. A list of "what to bring" will be sent to registrants. Film cameras and digital cameras are both welcome. Space is limited; sign up early!

Stretches That Harm, Stretches That Help

Tuesday, July 24, 2007 8:45 - 10:45 am

Jolie Bookspan PhD
Fee: \$50

Many common stretches are ineffective, counterproductive, or injurious. Learn which stretches help and which harm in this fun, active workshop. Learn therapeutic, diagnostic, and innovative stretches, and how to not get stiff and sore in the first place.

Surviving the Unexpected Night Out: Survival 101

FAWM Code: 05-010-2-2, 05-013-1-2

Saturday, July 21, 2007 9:00 am - 12:00 noon or

Sunday, July 22, 2007 1:00 - 4:00 pm

Peter Kummerfeldt
4 credit hours
Fee: \$90

This workshop answers the question, "Could I survive an unexpected night out?" on a personal level. It reviews both the psychology and the physiology of survival under arduous conditions. During the workshop commercial survival kits will be available and evaluated by the instructors who also display the equipment they routinely carry. The selection and use of effective clothing will also be discussed and demonstrated.

Survival: Beyond the Unexpected Night Out

FAWM Code: 05-010-2-2, 05-013-1-2

Monday, July 23, 2007 1:00 - 4:00 pm

Peter Kummerfeldt
Fee: \$90

During this workshop participants will practice, under the guidance of the instructor, effective fire building techniques, the selection of safe shelter sites, erecting efficient emergency shelters and the methods used to attract the attention of rescuers. This is a hands-on workshop conducted in the field - wear clothing suitable for working in the outdoors and walking or hiking shoes. This workshop can be taken without taking Survival 101.

"In Hawaii, 'I ka nuu' means to reach the summit. The conference was the summit of vicarious experiences from Everest to the desert to the ocean. This was a fantastic way to relearn the basics of emergency skills."

- Psychiatrist, HI

"A practical, high quality learning experience that is fun, friendly and helpful as well."

- Medical Student, VT

"The outstanding faculty taught us valuable competencies in handling medical problems in the outdoors . . . [with] emphasis on proper preparedness since without it even a 'simple' day hike could turn into a disaster."

- Ob-Gyn, IL

"The faculty and organizers were very enthusiastic, and inspired me to join and become involved with the Wilderness Medical Society."

- Emergency Physician, PA

"It was very enjoyable to take a course that was interdisciplinary. Very worthwhile for anyone interested in the outdoors."

- Orthopedic Surgeon, CA

"I came away refreshed and wiser."

- Family Physician, NM

"This is the only medical meeting I have attended where the key word was fun."

- Ophthalmologist, TX

"I intend to go every year."

- Prof. of Health Sciences, UT

"The world's future depends upon groups who know how to both keep people healthy while teaching respect for the world's ecology, and I feel that this organization will have a growing leadership role."

- Pediatric Surgeon, NY

"In terms of topics, organization, presentation and venue, probably the best conference I have attended in 25 years of CME."

- Emergency Physician, Ontario, Canada

"Good practical information within an important spiritual framework."

- Preventive Medicine, WA

"From a world view down to a cellular molecular biology view, this is a wonderful example of the variety of WMS topics and interests . . . Thank you for the intellectual challenges."

- Trauma Surgeon, PA

"Very exciting to see many specialties represented, seeking valuable information common to their fields and highly practical to their patients."

- Radiologist, WA

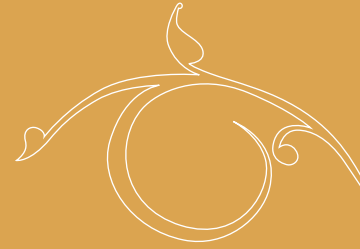
"I try to attend at least one WMS conference a year. I always learn something new - valuable information for teaching others."

- Nephrologist, WV



THE PROGRAM

Image: Snowmass, Colorado



PRE-CONFERENCE OPPORTUNITIES

Advanced Wilderness Life Support – AWLS

(See Page 4 for information)

Friday, July 20, 2007

7:30 am - 12:30 pm Didactic Session
1:00 - 5:00 pm Practical Skills Session

Saturday, July 21, 2007

7:30 am - 12:30 pm Didactic Session
1:00 - 4:30 pm Practical Skills Session

Optional Workshops

(See Page 5 for detailed descriptions)

Saturday, July 21, 2007 (in alphabetical order)

9:00 - 10:30 am	Improvised Splinting <i>NOLS Staff</i>	12-011-1-0, 12-021-.5-0
10:30 am - 12:00 noon	Litters & Packaging <i>NOLS Staff</i>	06-008-1-0, 12-033-.5-0
8:00 am - 11:30 am	Map and Compass Navigation: Essential Basics of Navigation <i>Sheryl Olson RN</i>	05-015-3-0
9:00 am - 12:00 noon	Medical Volunteering in Developing Countries <i>Philip Rasori MD</i>	11-011-1-2 (11-002-1-2, 11-012-1-2 elective credit only)
9:00 am - 12:00 noon	Surviving the Unexpected Night Out: Survival 101 <i>Peter Kummerfeldt</i>	05-010-2-2, 05-013-1-2

Preconference Symposium: Toxicology in the Wilderness

(See Page 4 for information)

Saturday, July 21, 2007

1:00 - 1:30 pm	Overview of Wilderness Toxicology <i>Mel Otten MD</i>	09-025-.5-1
1:30 - 2:15 pm	Plant Toxins and Dermatitis <i>Aaron Brillhart MD</i>	09-010-.75-1
2:15 - 2:30	BREAK	
2:30 - 3:15 pm	Seafood Related Toxins <i>Eric Johnson MD</i>	09-027-.75-1
3:15 - 4:00 pm	Safe Food Procurement in the Wilderness <i>Aaron Brillhart MD</i>	05-020-.75-1

WILDERNESS MEDICINE 2007

Saturday, July 21, 2007

12:00 - 7:00 pm
4:30 - 4:45 pm

4:45 - 5:30 pm

5:30 - 6:15 pm

6:15 - 7:00 pm

7:00 - 8:00 pm

Sunday, July 22, 2007

6:30 - 7:30 am

7:30 - 8:00 am

8:00 - 9:00 am

9:00 - 9:45 am

9:45 - 10:15 am

10:15 - 11:15 am

11:15 - 12:00 noon

1:00 - 4:00 pm

1:00 - 4:00 pm

1:00 - 4:30 pm

1:00 - 4:00 pm

8:00 - 9:00 pm

CONFERENCE REGISTRATION

Welcome and Announcements

Eric Johnson MD and Luanne Freer, MD

What's New in Wilderness Medicine: 2007 & Beyond

Paul Auerbach MD

The Latest From the Top: Altitude Medicine in 2007

Peter Hackett MD 03-001-.25-1, 03-002-.25-1,
03-003-.25-1, 03-008-.25-1, 03-008-.25-1

Expedition Medicine: Keeping Your Ducks in a Row

Howard Donner MD 04-002-.75-1

WELCOME RECEPTION

CONTINENTAL BREAKFAST – VISIT EXHIBITS

Research Abstracts I - Cutting Edge Research

(See Page 7 for submission information)

The Wild Eye - Ophthalmology in the Wilderness

Howard Donner MD 12-005-1-1

Survive Your Travel Adventure!

Peter Kummerfeldt 05-010-.75-1

BREAK – VISIT EXHIBITS

Dive in! - The Latest Trends in Dive Medicine

Eric Johnson MD 01-011-.25-1, 01-002-.5-1

New Hemorrhage Control Products for

Wilderness Use
Brad Bennett PhD

Optional Workshops – (See Page 5 for detailed descriptions) (in alphabetical order)

Fly Fishing – Part 1

Philip Rasori MD

GPS Navigation

Sheryl Olson RN (05-025-1-0 elective credit only)

Surviving the Unexpected Night Out: Survival 101

Peter Kummerfeldt 05-010-2-2, 05-013-1-2

EVENING PRESENTATION – open to family and guests

Snakebite Crisis in the Developing World

Robert Norris MD 09-020-.5-1

(09-021-1-1 elective credit only)

THE WILDERNESS MEDICAL SOCIETY ACKNOWLEDGES THE SUPPORT OF THE NATIONAL OUTDOOR LEADERSHIP SCHOOL (NOLS) FOR PROVIDING ITS TRAINED PROFESSIONAL STAFF TO TEACH SEVERAL WORKSHOPS.

FACULTY DISCLOSURE

IT IS THE POLICY OF THE WILDERNESS MEDICAL SOCIETY TO ENSURE BALANCE, INDEPENDENCE, OBJECTIVITY AND SCIENTIFIC RIGOR IN ALL SPONSORED EDUCATIONAL PROGRAMS. ALL FACULTY PARTICIPATING IN CONTINUING MEDICAL EDUCATION ACTIVITIES SPONSORED BY THE WMS ARE REQUIRED TO DISCLOSE TO THE PROGRAM AUDIENCE ANY REAL OR APPARENT CONFLICTS OF INTEREST RELATED TO THE CONTENT OF THEIR PRESENTATION.

Monday, July 23, 2007

6:30 – 7:30 am
7:30 – 8:00 am
8:00 – 9:00 am
9:00 – 10:00 am
10:00 – 10:30 am
10:30 – 11:15 am
11:15 am – 12:00 noon

CONTINENTAL BREAKFAST – VISIT EXHIBITS
Research Abstracts II - Cutting Edge Research
(See box for submission information)
The Impact of Altitude on Common Medical Conditions
Peter Hackett MD 03-003-1-1
Women Gone Wild: Special Considerations
Luanne Freer MD 02-012-.5-1
(03-012-.25-1 elective credit only)
BREAK – VISIT EXHIBITS
That's Why They Call it a STINGray:
Marine Envenomations
Paul Auerbach MD 01-004-.75-1
If You Can't Stand the Heat . . . : Heat Illness
Mel Otten MD 09-009-.75-1

1:00 - 4:30 pm
1:00 - 4:00 pm
1:00 - 2:30 pm
2:30 - 4:00 pm
1:00 - 4:30 pm
1:00 - 4:00 pm
1:00 - 4:00 pm

Optional Workshops – (See Page 5 for detailed descriptions) (in alphabetical order)
Fly Fishing – Part 2
Phillip Rasori MD
Improvised Splinting
NOLS Staff 12-011-1-0, 12-021-.5-0
Litters & Packaging
NOLS Staff 06-008-1-0, 12-033-.5-0
Map and Compass Navigation: Essential Basics of Navigation
Sheryl Olson RN 05-015-3-0
Photographing Wildlife and Wildplaces – Part 1
Perry Conway
Survival: Beyond the Unexpected Night Out
Peter Kummerfeldt 05-010-2-2, 05-013-1-2

8:00 – 9:00 pm

EVENING PRESENTATION – open to family and guests
A Photographic Safari
Perry Conway

Tuesday, July 24, 2007

7:00 – 8:30 am

RUN FOR RESEARCH – open to family and guests
(See Page for 10 details)

Sunrise – 12:45 pm
10:45 am - 12:45 pm
8:45 am - 12:15 pm
9:00 am - 12:00 noon
Sunrise - 9:30 am
8:45 – 10:45 am

Optional Workshops – (See Page 5 for detailed descriptions) (in alphabetical order)
Core Training in the Outback
Jolie Bookspan PhD
GPS Navigation
Sheryl Olson RN (05-025-1-0 elective credit only)
Medical Volunteering in Developing Countries
Phillip Rasori MD 11-011-1-2 (11-002-1-2 11-012-1-2 elective credit only)
Photographing Wildlife and Wildplaces – Part 2
Perry Conway
Stretches That Harm, Stretches That Help
Jolie Bookspan PhD

1:00 - 2:00 pm
2:00 - 2:45 pm
2:45 - 3:30 pm
3:30 – 4:00 pm
4:00 – 4:45 pm
4:45 – 5:30 pm

Research Abstracts III - Cutting Edge Research
Feel Comfortable with Basic Dentistry in the Wilderness
Henry Herrmann DDS 04-001-.75-1
Water Procurement in the Wilderness
Howard Backer MD 08-005-.75-1
BREAK – VISIT EXHIBITS
Management of Spinal Trauma in the Wilderness
Will Smith MD 12-033-.75-1
Emerging Infections
Howard Backer MD 02-051-.75-1

6:00 - 7:00 pm
7:00 – 8:00 pm
8:00 – 9:00 pm

A SPECIAL EVENING:
RECEPTION HOUR
DINNER & ANNUAL WMS BANQUET
Maps, Midwives, and Medicine Men: Using GIS and Ancient Healing Wisdom to Save the Amazon in Six Dimensions
Mark Plotkin PhD

Wednesday, July 25, 2007

Concurrent Sessions* (in alphabetical order)
8:45 - 9:30 am or 9:45 – 10:30
8:00 - 9:30 am or 9:45 – 11:15 am
8:00 - 8:45 am or 9:45 – 10:30 am
8:45 – 9:30 am or 9:45 – 10:30 am
8:00 - 8:45 am or 8:45 – 9:30 am
8:00 - 8:45 am
11:15 am

Aerospace Medicine - the Ultimate Wilderness
Jay Lemery MD
Dental Workshop - Hands-on Experience
Henry Herrmann DDS 04-001-.5-1
Diarrhea in the Returned Wilderness Traveler
Howard Backer MD 02-029-.75-1
General Field Sanitation & Hygiene Measures
Mel Otten MD 08-001-.75-1
Get Out! Evacuation in the Wilderness
Will Smith MD (06-011-.75-1 elective credit only)
Parasites and Protozoal Infections in the Traveler
Jay Lemery MD 02-005-.75-1
CONFERENCE ADJOURNS

*Registrants will have opportunity to pre-register for concurrent sessions before arrival at conference.

CALL FOR ABSTRACTS

Abstracts are being accepted for the Annual Meeting and Summer Wilderness Medical Conference. Abstract presentations will feature original research covering the spectrum of wilderness medicine. The opportunity to learn about new approaches, advances in medical technology, and epidemiologic studies is unique. Abstracts for oral and poster presentations are invited and are peer-reviewed. Abstract application forms are available online at www.wms.org under "Research" and then "Abstract Submission." **The deadline for submission is May 15, 2007.** All accepted abstracts will be considered for publication in the Society's journal, *Wilderness & Environmental Medicine*.





“For many of us, the Wilderness Medical Society is our first love medical society, even if it is not a primary society in the sense that it reflects directly on our daily work. . . it is good for your soul as well as your body. Far from being only a secondary society, it may be the most important society you could be associated with.”

*Warren Bowman, MD, Past President, WMS
1993 Annual Meeting*

In February 1983, the Wilderness Medical Society was formed to “encourage, foster, support and conduct activities or programs concerned with life sciences which may improve the scientific knowledge of the membership and the general public in matters related to wilderness environments and human activities in these environments.” Today it is the world’s leading organization of medical professionals dedicated to advancing clinical practice, research and education in wilderness medicine, and it provides a unique opportunity to develop relationships with other practitioners and researchers in wilderness medicine.

The Wilderness Medical Society maintains its commitment to Education, Research, and Fellowship. Our meetings are fun as well as informative. Awards and grants programs are better than ever. Abstract presentations at the annual meetings enjoy a yearly increase. Student Interest Groups (SIG) are the fastest growing segment of our membership.

Every year the Society’s programs expand and new goals are set. Our remarkable growth and strategic planning instill pride and enthusiasm from the founding board to our newest members – all of whom have combined their professional commitment with their love of the outdoors.

Publications: *Wilderness Medicine*, the official newsletter of the WMS
Wilderness & Environmental Medicine, the journal of the WMS
Wilderness Medical Society Practice Guidelines for Wilderness Emergency Care
Educational lecture slide series on a wide variety of topics

Meetings: The Society’s educational meetings form the core of our program and are at the heart of our mission – the promotion of educational and research activities to increase medical knowledge about human activities in wilderness environments. Current meetings include the Annual Summer Meeting, a Winter Meeting, and an International World Congress every four years. Please visit the website for a complete listing.

Committees – Opportunities to Serve: The WMS has a committee structure to utilize the talents and experience of its members. Members have opportunities to serve on committees and engage in community outreach, and enjoy networking and fellowship with kindred spirits and other practitioners and researchers. Please visit the website (www.wms.org) for a complete list of committees, and plan to visit the Journal or Publications Committee Meetings in Snowmass to learn about the important work being done and the fun you can have!

Student Interest Groups (SIG): The WMS Student Interest Groups give medical students an opportunity to explore the field of wilderness medicine through elective opportunities and research opportunities. Students are also able to network with leaders in the field through the annual conference. Students may join the Society individually or through SIG. There are currently 43 student interest groups in the US, Canada and the UK. Students may take a leadership role by serving on one of the many committees at the national level. For more information: www.wms.org/studentgroups

CONTACT		WMS BOARD OF DIRECTORS		
Wilderness Medical Society 810 E. 10th Street PO Box 1897 Lawrence, KS 66044 800-627-0629 www.wms.org	Eric Johnson MD <i>President</i>	Woody Bursaw <i>Student Representative</i>	Kimberly Johnson MD	
	Luanne Freer MD <i>Immediate Past-President</i>	Chris Moore MD <i>Secretary</i>	Arthur A. (Tony) Islas MD	
	Colin Grissom MD <i>Treasurer</i>		Shean E. Phelps MD	
			James A. Wilkerson III MD	

ACCREDITATION

The Wilderness Medical Society (WMS) is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The WMS designates this educational activity for a maximum of 39 AMA PRA Category 1 Credits™ with an additional 17.5 AMA PRA Category 1 Credits™ for those taking the AWLS certification course. Each physician should only claim credit commensurate with the extent of their participation in the activity.

NURSES: The California State Board of Registered Nurses (BRN) accepts AMA Category 1 Credit as meeting continuing education requirements for license renewal. Most state Boards of Registered Nurses accept AMA Category 1 Credit as meeting continuing education requirements for license renewal. Nurses should check with their state board regarding use of CME credit.

PHYSICIAN ASSISTANTS: The American Association of Physician Assistants accepts Category 1 CME approval from organization accredited by the ACCME.

NEEDS ASSESSMENT

The topics of this conference are based on evaluations from past conferences, current wilderness medicine literature and a review of the courses needed by applicants for the Academy of Wilderness Medicine Fellow designation.

EDUCATIONAL OBJECTIVES

- After attending this conference, participants will be able to:
- Demonstrate increased awareness of medical problems unique to the wilderness environment
 - Prevent, diagnose and manage illnesses and injuries in remote wilderness situations
 - Recognize and be prepared to treat and prevent special toxicologic issues that may arise in the wilderness

Become a Fellow of the Academy (FAWM)

Shean E. Phelps MD, FS, FAAFP
Director

The Wilderness Medical Society recognizes that the public, whether casual participant, expert outdoor enthusiast, or international traveler, has high expectations of their health care providers in delivering advice, treatment, and safety precautions for wilderness and adventure travel. Additionally, greater responsibility has been placed on outdoor guides, search and rescue personnel, and other adventure industry workers to have some formal medical training for the safety and health of their clients.

For this reason the Wilderness Medical Society has established the ACADEMY OF WILDERNESS MEDICINE™. An organized curriculum of core wilderness medicine topics has been created to help train and prepare individuals who desire to enhance their knowledge and skills. The Academy offers a means to identify those who have achieved a demanding set of requirements validating their training in wilderness medicine for the assurances of patients, clients, and the public at large. Any current member of the Wilderness Medical Society who successfully completes the requirements will have the distinction of being a registered member of the Academy of Wilderness Medicine and entitled to use the designation Fellow of the Academy of Wilderness Medicine (FAWM) and may reference it on resumes, business cards, and advertisements.

Individuals who desire membership will make application to the Academy of Wilderness Medicine for admission as a candidate. The WMS will document progress of attendance at pre-approved CME education programs sanctioned by the WMS. Individuals may take up to five years from the original date of acceptance as a candidate to complete the requirements.



The Fellowship is open to all WMS members meeting the criteria, not only physicians.

Complete and detailed information about candidate criteria, core curriculum, fellowship requirements, and fees may be found at: www.wms.org/academy

The 2007 Annual Meeting of the Wilderness Medical Society offers up to 51 hours of the required 60-80 hours from the core curriculum. The breakdown is as follows:

Conference	16.75
Toxicology Symposium	2.75
AWLS	17.50
Optional Workshops	14.00

The first convocation ceremony to award FAWM designation to fellowship candidates who have completed all requirements will be held during the banquet at the WMS Annual Meeting on Tuesday, July 24, 2007.

“The young doctor should look about early for an avocation, a pastime, that will take him away from patients, pills, and potions... No man is really happy or safe without one, and it makes precious little difference what the outside interest may be – botany, beetles or butterflies, roses, tulips, or irises, fishing, mountaineering or antiquities – anything will do so long as he straddles a hobby and rides it hard.”

- Sir William Osler

“Every pre-hospital provider would benefit from attending.”
- Paramedic, AK

“The speakers were superb, being very knowledgeable with just enough humor to be fun.”
- Registered Nurse, CA

“Stimulating in the diversity of topics presented, instructive in the subjects discussed and encouraging for opportunities in the future.”
- Fam. Med. Resident, ME

“I have always felt inspired after leaving these meetings.”
- Internist, MA

“Where else can you have so much fun coupled with a world class educational session.”
- Hematologist, NJ

A ‘high’ for outdoors people. Spiritual refreshment, an invaluable aid to care, teaching and research. A rare chance to understand the changing role of humans in their environment. A professional non-nonsense approach to medical care in the wilderness from real-time experts.”
- Emergency Physician, Tasmania

“27 years in medicine and this was the best meeting I’ve ever attended, where I could apply my personal and professional interest, with individuals with the same interests from all over the world.”
- Physician Assistant, TN

“The Wilderness Medical Society is a ‘non-traditional’ collection of professionals in the best sense of the word. The conference provided me with useful clinical and field information, as well as engendering camaraderie with fellow attendees.”
- Exercise Physiology & Physical Therapy, MT

“The WMS conferences have been invaluable as a source of current information in high altitude physiology. The relaxed atmosphere encourages communication between presenters and audience. A source of inspiration for the aspiring researcher.”
- Doctoral candidate in Kinesiology, CO

“The Wilderness Medical Society meeting in Colorado was destructive to my resolution to join no more organizations. Please accept my application for membership.”
- Neurologist, WA

“There are very few opportunities where you can combine two passions – medicine and the love of outdoor adventure. This conference is one.”
- Emergency Physician, NH

::ADDITIONAL ACTIVITIES



Run for Research

Tuesday, July 24 – 7:00 – 8:30 am

Fee: \$50

Join your colleagues, faculty and the WMS leadership for a 5K run (or walk) to benefit the WMS Research Fund. Enjoy a beautiful Snowmass trail and get in a little exercise as you begin your day on Tuesday, July 24. Your family and guests are welcome to participate.

The Wilderness Medical Society is keenly interested in fostering awareness and appreciation among healthcare professionals and scientists for the research of health-related concerns in outdoor and wilderness activities. The Society has established the Charles S. Houston Research Award which provides financial support to a medical student selected on a competitive basis for a research project in the field of wilderness medicine. Due to generous donations, the WMS was able to grant two Houston Research Awards in 2006. Houston Award winners are asked to present their research findings at this conference upon completion of their work.



Kids Survival Workshop

Monday, July 23 – 9:00 am – 12:00 noon

Fee: \$60

Adults aren't the only ones who should know survival skills! Kids need to know too! Sheryl Olson will teach your children (ages 7-12) what to do and how to take care of themselves in the wilderness if they are separated from their family or friends and are waiting to be found. Topics include

how to stay warm, build a survival bed, signal, and survive a night out alone. The class is outdoors so children will need to wear tennis shoes and bring a rain jacket. No sandals, please. A drink and snack will be provided.

::LOCATION & TRAVEL INFORMATION

LOCATION

SNOWMASS, right in the heart of the Colorado Rockies, boasts the bluest skies you've ever seen, and offers a wide variety of summer activities. Cast a line on a rushing trout stream. Hike or bike on miles of well-marked trails. Roar down a river on a whitewater raft trip. There is golf, tennis, hot air ballooning, ballet and theatre. Explore the glorious high backcountry by jeep or on horseback. Or just relax and soak up the beauty of these majestic mountains under the sun and stars. Colorado mountain weather features warm days, cool evenings and occasional late afternoon showers. Bring clothing suitable for temperatures ranging between 55 and 85 degrees.

TRAVEL

Located just off Colorado Highway 82 about 10 miles from Aspen, SNOWMASS is approximately 200 miles from Denver and 125 miles from Grand Junction.

AIRPORTS AND GROUND TRANSPORTATION

Aspen/Pitkin County Airport, 6 miles from Snowmass Village, is served by United Express, America West Express and Northwest. Most hotels and condominium complexes in the village offer complimentary transportation to and from the airport. Courtesy phones are available near the baggage carousels for car rental agencies, limousine services, shuttles and buses. Please check with your lodging reservation agent regarding your options or visit www.aspenairport.com.

Vail/Eagle County Airport is serviced by six major airlines and offers non-stop flights from 13 major cities. This airport is 63 miles from Snowmass. A variety of car rental agencies offer services at this airport and alternative transportation services are available as well. www.eagle-county.com/airport Denver International Airport (DIA) is a beautiful 4-hour drive – including spectacular Glenwood Canyon – from Snowmass. All major rental cars and scheduled and chartered bus services are available at DIA: www.denver-den.com/transportation.html.

LOCAL TRANSPORTATION

Within Snowmass Village complimentary shuttle service is available from 7 am to 12 midnight to transport guest around the Village. Twice each hour the Roaring Fork Transit Agency provides transportation between Snowmass Village and Aspen. The cost is \$3.00 each way and is available from 6 am to 1 am.

RECREATION

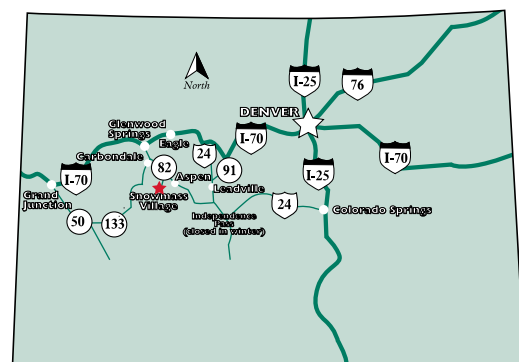
With 34 years of experience, BLAZING ADVENTURES is acknowledged as Snowmass's premier outdoor adventure company. Visit their website at: www.blazingadventures.com to discover all the activities that are available. Blazing Adventures will be offering a comprehensive program of outings – from rafting to ballooning – exclusively for WMS registrants and their families and guests. Their staff will be onsite to assist with questions and registration.

ACCOMMODATIONS

First-class hotels and condominiums (with all the comforts of home) are available throughout Snowmass Village for registrants and their families and guests. WMS Conference Rates will be honored 3 days before and 3 days after the conference depending on availability.

Special Conference Rates are being offered at the Silvertree Hotel. You can contact Silvertree reservations at 800-837-4255 for rates and information. Please refer to the Wilderness Medical Society Annual Meeting to obtain the group rate.

Special Rates are also available at a variety of condominiums and lodges. Please see the WMS website at www.wms.org for links and/or information about this additional lodging.



GENERAL INFO

DATES

Saturday – Wednesday, July 21-25, 2007
(AWLS begins on Friday, July 20)

CONFERENCE LOCATION

Snowmass Conference Center
(adjacent to Silvertree Hotel &
Wildwood Lodge)
Snowmass, Colorado

LODGING RESERVATIONS

Silvertree Hotel
800-837-4255
Other Lodging –
visit www.wms.org for Links

WHO WILL ATTEND

Physicians, nurses, physician assistants,
nurse practitioners, EMTs, paramedics,
search and rescue personnel, and other
interested health professionals and
prehospital personnel with special
interest in the medical issues of the
wilderness environment. There are no
prerequisites for this course.

ENROLL EARLY!

Early registration is strongly
encouraged due to limited space
availability for AWLS and many of the
optional workshops.

REGISTRATION FEES

The course tuition includes lectures,
Wednesday morning concurrent
sessions, syllabus, certificate of
completion, continental breakfasts,
welcome reception and banquet.
Please see adjacent Registration Form
for a complete listing of fees.

CANCELLATION AND REFUND POLICY

The course tuition is refundable, less
a \$100 processing fee, if cancellation
is received in writing no later than
June 29, 2007. No refunds will be
given after that date. The WMS cannot
be responsible for any personal or
travel conditions that may prevent
attendance at the conference.

SPECIAL NEEDS

The Wilderness Medical Society fully
complies with the legal requirements
of the Americans with Disabilities Act.
If you have special needs, please notify
the WMS at least three weeks prior to
the conference.

REGISTRATION/MEMBERSHIP FORM

Name _____
First MI Last Degree/Credentials

First Name to Appear on Badge _____ Occupation/Specialty _____
(if different from above)

Mailing Address _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Contact Telephone # _____ E-mail _____

WMS Member Yes No If Yes, Member # _____

Have you attended past WMS meeting(s)? Yes No If yes, how many? 1 2-5 6-10 > 10

	Before June 1		After June 1		Subtotal	
	WMS Member*	Non-Member	WMS Member*	Non-Member		
A. CONFERENCE						
Doctoral	<input type="checkbox"/> \$570	<input type="checkbox"/> \$670	<input type="checkbox"/> \$620	<input type="checkbox"/> \$720	A. _____	
Non-Doctoral	<input type="checkbox"/> \$395	<input type="checkbox"/> \$470	<input type="checkbox"/> \$445	<input type="checkbox"/> \$520		
Resident/Student	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275	<input type="checkbox"/> \$275	<input type="checkbox"/> \$325		
B. PRE-CONFERENCE						
Toxicology Symposium	<input type="checkbox"/> \$75				B. _____	
AWLS	<input type="checkbox"/> \$425 Doctoral					
	<input type="checkbox"/> \$300 Non-Doctoral					
	<input type="checkbox"/> \$150 Resident/Student					
C. OPTIONAL WORKSHOPS (MARK SPECIFIC DAY)						
Core Training in the Outback	<input type="checkbox"/> Tuesday	<input type="checkbox"/> \$50			C. _____	
Fly Fishing - 2 Part	<input type="checkbox"/> Sunday & Monday	<input type="checkbox"/> \$75				
GPS Navigation	<input type="checkbox"/> Sunday <input type="checkbox"/> Tuesday	<input type="checkbox"/> \$75				
Improvised Splinting	<input type="checkbox"/> Saturday <input type="checkbox"/> Monday	<input type="checkbox"/> \$25				
Litters & Packaging	<input type="checkbox"/> Saturday <input type="checkbox"/> Monday	<input type="checkbox"/> \$25				
Maps & Compass Navigation	<input type="checkbox"/> Saturday <input type="checkbox"/> Monday	<input type="checkbox"/> \$75				
Medical Volunteering in Developing Countries	<input type="checkbox"/> Saturday <input type="checkbox"/> Tuesday	<input type="checkbox"/> \$50				
Photographing Wildlife and Wildplaces - 2 Part	<input type="checkbox"/> Monday & Tuesday	<input type="checkbox"/> \$175				
Stretches that Harm, Stretches that Help	<input type="checkbox"/> Tuesday	<input type="checkbox"/> \$50				
Surviving the Unexpected Night Out 101	<input type="checkbox"/> Saturday <input type="checkbox"/> Sunday	<input type="checkbox"/> \$90				
Survival: Beyond the Unexpected Night Out	<input type="checkbox"/> Monday	<input type="checkbox"/> \$90				
D. ADDITIONAL ACTIVITIES						
Kids Survival Workshop - Monday, July 23	<input type="checkbox"/> \$ _____ (# _____ Children @ \$60 ea.)					D. _____
Run for Research - Tuesday, July 24	<input type="checkbox"/> \$ _____ (# _____ Entrants @ \$50 ea.)					
WMS Banquet - Tuesday, July 24 (one ticket included with registration)	<input type="checkbox"/> \$ _____ (# _____ Tickets @ \$39 ea.)					
*E. WILDERNESS MEDICAL SOCIETY MEMBERSHIP						
*If you are not a current member of the WMS, join now to take advantage of reduced conference fees for members, to support the Society and to enjoy the benefits of membership for one year.						
<input type="checkbox"/> \$160 Doctoral <input type="checkbox"/> \$100 Non-Doctoral						
<input type="checkbox"/> \$75 Resident <input type="checkbox"/> \$50 Student						
E. _____						

4 WAYS TO REGISTER

FOUR EASY WAYS TO REGISTER:

ONLINE: WWW.WMS.ORG

FAX: 785-843-1274

PHONE: 800-627-0629 EXT. 225

MAIL: WMS
810 EAST 10TH ST.
LAWRENCE, KS 66044

PAYMENT METHOD

- Check Payable (US funds) to Wilderness Medical Society
 MasterCard Visa

Acct. #: _____ Exp. Date: _____

Name on Card: _____

Signature: _____

TOTAL DUE: \$ _____



810 East 10th
Lawrence KS 66044
www.wms.org

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"Combining Your Profession With Your Passion"

Wilderness Medicine Conference

The **23rd** Annual Meeting of the Wilderness Medical Society

The Rocky Mountains
Snowmass At Aspen - Colorado
JULY 21-25 2007



"I know he'd be a poorer man if he never saw an eagle fly . . . Rocky mountain high" - John Denver

Wilderness Medicine Conference

The **23rd** Annual Meeting of the Wilderness Medical Society

The Rocky Mountains
Snowmass At Aspen - Colorado
JULY 21-25 2007

> WHY YOU WILL WANT TO ATTEND:

A complete educational experience for mind, body and soul • 56.5 Hours of CME Credit • Wide Variety of Practical Workshops • Opportunity to Talk and Walk with the Leaders in Wilderness Medicine • Special Evening Presentations • Great way to combine work and play for you and your family