



apex 4



apex: the pedigree

About APEX

- Scottish charity created by six University of Edinburgh students in 2000
- Aims to investigate the function of the human body at altitude and promote awareness and understanding of altitude illness

History

APEX Bolivia 2001

- Performed groundbreaking altitude research
- Received widespread media recognition

APEX 2 2002

- The largest high altitude research expedition at the time
- 125 healthy volunteers spending nine days at 5200m



Affymetrix APEX 3 2011

- Identified scientifically meaningful gene expression changes at altitude in collaboration with Affymetrix
- Valuable data on which APEX 4 will build



apex 4: the future

APEX 4

- Travelling to Chacaltaya Laboratory (5200m), Bolivia in June 2014
- 30 healthy volunteers to 5200m for 8 days
- Giving young volunteers a chance to experience practical research in a stunning environment
- Learn about human acclimatisation to altitude and inspire a future generation of researchers



The Research

- Continuing the groundbreaking work of previous APEX expeditions
- Multiple studies each investigating separate areas of altitude physiology
- Investigating Acute Mountain Sickness (AMS) and High Altitude Pulmonary Oedema (HAPE)
- Relevant to high altitude trekkers, skiers and other recreational visitors



apex: the publicity

Previous Expeditions

- Prime-time *Tomorrow's World* special feature on BBC1
- 30-minute BBC Radio 4 feature
- National newspaper coverage
- Post-expedition lectures & presentations delivered across the country
- Popular altitude.org website with excellent Google PageRank
- Live webcast from the expedition to schools nationwide



APEX 4 Publicity

- National TV and radio features, in prime time slots already received, with plans for more post expedition
- Local radio presence already established with plans for further programming
- Local and national newspaper coverage as well as mention in specific outdoor publications
- Featured on the popular and well linked altitude.org
- Widespread social media presence including Twitter and Facebook
- Regular updates throughout expedition process



apex 4: the aftermath

Analysing results and outcomes

- Results to be analysed in collaboration with senior researchers at the University of Edinburgh
- Findings to be submitted to high-impact peer reviewed journals
- Expedition report to our sponsors and investors
- Expedition blog and report available on the website
- Series of international lectures and seminars for schools, university students and the public



Who will this benefit?

- Young volunteers will gain valuable first-hand practical research experience
- Our research is applicable to future travellers to high altitude and critically ill patients worldwide
- Our post expedition education program will inform and inspire school children and students pursue careers in science and related fields
- We will advance the field of altitude physiology and pave the way for future research and advancements in medical care

apex 4: further information

For further information

- visit altitude.org
- contact us: apex4@altitude.org
- Apex is a recognised Scottish Charity. Charity number SC 030345

