

UND

BERG

WOMEN GOING TO ALTITUDE  
MEDICAL CONFERENCE 10.09-11.09.2022

SPORT

## WOMEN GOING TO ALTITUDE Medical Conference

Saturday, September 10, 2022  
13:00-18:00 Lectures

13:00-13:05	Urs Hefti CH	Welcome
13:05-13:30	Corinna Schön CH Monika Brodmann CH Tanja Bischofberger CH	Swiss Society of Mountain Medicine SSMM International Society of Mountain Medicine ISMM Swiss Alpine Club SAC
13:30-14:00	Heleen Meijer NL	Female specific mountain Medicine - how we got started on the subject
14:00-14:30	Sophie Lavaud CH	Woman going to Altitude
14:30-15:00	Billi Bierling D/CH	High Time for Women
15:30-16:00	Mia Destine USA	AMS/HACE and Women - what we need to know
16:00-16:30	Jacqueline Pichler CH	Does sex make a difference to HAPE susceptibility and performance?
16:30-17:00	Lenka Horakova CZ	Contraception at high altitude: should I do anything differently?
17:00-17:30	Dominique Jean F	Altitude and pregnancy: Can I trek around Annapurna? Climb Kilimanjaro? Spend my pregnancy and give birth in La Paz? We're still climbing! Older women at altitude.
17:30-18:00	Linda Keyes USA	
18:15-18:45	Susi Kriemler CH	Injury and death in the mountains - is there a gender difference?
18:45-19:15	Alison Rosier AUS/CH	Healing and heartbreak; the role of nature in the psychological resilience of (woman) mountain guides

Sunday, September 11, 2022  
08:30-14:00 Guided Glacier Hike

0830-0930	Claude Raillard CH Urs Hefti CH Jacqueline Pichler CH	Workshop Rope Handling Workshop First Aid in the Mountains Workshop Hyperbaric Chamber
1000-1400	Mountain Guides	Glacier Tour Morteratsch

### Congress venue

Berghaus Diavolezza  
7504 Pontresina, Switzerland

Since the conference will take place in the Berghaus Diavolezza (2978 m) ideally you should stay overnight. A cable car operates the mountain house from 8:00-17:00, which can also be reached on foot in 2-2,5 hrs.

### Registration : <https://tinyurl.com/3yf9sxab>

(Please select whether you'll attend the event in person or virtually)

<https://theuiaa.org/uiiaa/register-for-women-going-to-altitude-conference/>

We recommend an All-inclusive Registration  
(Conference registration fee, overnight stay with  
half board, Glacier Hike):

190 CHF  
80 CHF

The journey to the Diavolezza must be organized and paid for individually.

Sport & Exercise Medicine Switzerland (SEMS): 8 credits

### Scientific committee:

Susi Kriemler, Jacqueline Pichler Hefti

### Organisation:

Urs Hefti, President Medical Commission UIAA  
[urs.hefti@swiss-sportclinic.ch](mailto:urs.hefti@swiss-sportclinic.ch)