



University of
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PVRI
Pulmonary Vascular
Research Institute



2nd Swiss-Kyrgyz High Altitude Medicine and Research Symposium 2021

Challenges to the Cardiopulmonary System in Disease, Exercise and High Altitude - from Physiology to Clinical Practice

Sept. 18-22, 2021, Naryn, Kyrgyz Republic
Hotel Khan Tengri



Organizers:

Talant Sooronbaev, Bishkek
Konrad E. Bloch, Zurich
Silvia Ulrich, Zurich

Michael Fūrian, Zurich
Max Gassmann, Zurich & Lima
Norbert Weissmann, Giessen



Program overview

Day 1 – Saturday, September 18, 2021: Arrival of participants in Bishkek

Airport, Visit of National Center of Cardiology and internal medicine, Bishkek.

Overnight stay in Bishkek.

Day 2 – Sunday, September 19, 2021: transfer to Naryn by bus. Start of Symposium in the afternoon

Day 3 – Monday, September 20, 2021: lectures, discussion, poster discussion

Day 4 – Tuesday, September 21, 2021: lectures, discussion, poster discussion

Day 5 – Wednesday, September 22, 2021: Roundtable discussions, visit Naryn hospital, afternoon departure to Bishkek or individual travel



Saturday, Sept. 18, 2021	
Arrival, scientific meeting and exchange, preparation for travel to Naryn	
05:00-11:00	Arrival of international guests in Bishkek airport, transfer to city and hotel
12:00-13:30	Lunch
13:30-17:00	Welcome and guided tour through the National Center of Cardiology and Internal Medicine and Department of Respiratory Medicine. Presentation and discussion of research facilities and opportunities for international collaborations. Prof. T. Sooronbaev.
18:00	Dinner at Ethno-Complex, Supara



Sunday, Sept. 19, 2021		
09:00-13:30	Travel from Bishkek to meeting site at Naryn. Check-in at Hotel Khan Tengri	
14:00-15:00	Lunch	
15:00-16:00	Researchers	Poster presentation
Swiss-Kyrgyz continuous medical education seminar, state of the art lectures (simultaneous translation Russian- English)		
16:00-17:00 15' each and discussion	Erkin Mirрахимов Felix Tanner Firat Duru	Hypertension Cardiac problems for respiratory physicians ECG analysis
17:00-18:00 15' each and discussion	Silvia Ulrich Otto Schoch Talant Sooronbaev	Pneumonia COPD Respiratory failure
18:10-18:55	Otto Schoch	Tuberculosis management: Hospitalisation or outpatient treatment? (European survey and worldwide developments)
19:00-19:30	Silvia Ulrich and Swiss-Kyrgyz team	Movie and photo exhibition: Swiss-Kyrgyz High Altitude Medicine and Research Initiative
19:30	Dinner	



Monday, Sept. 20, 2021

Hypoxia: cellular and molecular mechanisms I

08:30-08:50	Max Gassmann	Hypoxia, blood and circulation
08:50-09:10	M. Muckenthaler	The role of iron in high altitude diseases
09:10-9:30	Julian Aragonés	Cellular and tissue response to hypoxia through amino acid metabolism
09:30-9:50	Discussions	
10:00-10:30	Coffee break	

Hypoxia: cellular and molecular mechanisms II

10:30-10:50	Norbert Weissmann	Pulmonary vascular oxygen signaling
10:50-11:10	Ralph Schermuly	TBA
11:10-11:30	Julien Brugniaux	Expedition 5300: micro- and macrovascular systemic function in the highest city in the world
11:30-11:50	Michael Furian	Expedition 5300: Cerebrovascular function in the highest city in the world
12:00-13:00	Lunch	

Virtual Session with life stream from remote

13:15-14:25	Marc Orme	Role of Tuberculosis rehabilitation
	Nils Chavannes & C. Hallersleben	Proposal on eHealth research collaboration, and implementation in Kyrgyzstan
	R. Grossmann	Good clinical practice in clinical trials

Health challenges in remote areas

14:15-14:35	Jesper Kjaergard	Unique possibilities for improving diagnosis and treatment of children with respiratory symptoms in Kyrgyz primary care.
14:15-15:00	Joergen Kurtzhals	Health care-associated infections and antimicrobial resistance in Ghana
14:50-15:10	Coffee break	

Allergies, Asthma and rehabilitation – not only at high altitude

15:10-15:30	Peter Schmid-Grendelmeier	Role of allergies in asthma: how to diagnose and treat
15:30-15:50	Karin Fieten	Altitude climate therapy for patients with asthma- current state of knowledge
15:50-16:10	Julian Müller	Eccentric exercise, new concept to improve performance in cardiopulmonary disease
16:10-16:30	Discussion	
16:30-17:00	Break	

Opening ceremony

17:00-19:00	Governor, Naryn Oblast Talant Sooronbaev Silvia Ulrich Konrad Bloch	Welcome address Opening of art exhibition: paintings, sculptures, ceramics by Ormonali Idirisov, Emil Kasymov, Jumagul Tashiev
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Tuesday, Sept. 21, 2021		
Stressors and relivers to the cardiopulmonary system - hypoxia, exercise and oxygen therapy		
08:30-8:50	Simone Stickel	The patient in a pulmonary vascular unit – management, hopes and expectations
08:50-09:10	Silvia Ulrich	The influence of low- and high inspiratory oxygen fractions on pulmonary hemodynamics in patents with pulmonary vascular diseases
09:10-09:30	Felix Tanner	Role of echocardiography in evaluation of cardiovascular disease
09:30-9:50	Firat Duru	Exercise-Related Cardiac Arrhythmias
9:50-10:10	Discussion	
10:10-10:40	Coffee break	
Sleep - every day and at the extremes		
10:40-11:00	Esther Schwarz	Sleep apnea in adults: which patients benefit from treatment?
11:00-11:20	Mirjam Grimm	Sleep apnea in children: clinical presentation
11:20-11:40	Konrad Bloch	Sleep and breathing at high altitude
11:30-12:00	Discussion	
12:00-14:00	Lunch	
Manifestation and prevention of altitude illnesses		
14:00-14:20	Firat Duru	Cardiac Arrhythmias and High Altitude
14:20-14:30	Martin Burtscher	Normobaric hypoxia exposure: novel pre-acclimatization strategies before going to extreme altitudes
14:30-14:50	Michael Furian	Effect of preventive acetazolamide therapy on altitude-related illness in COPD and healthy adults older than 40 years
14:50-15:10	Discussion	
15:10-15:50	Coffee break	
Specific management of altitude related illnesses		
15:50-16:10	Konrad Bloch	New approaches to prevention of altitude-illness
16:10-16:20	Talant Sooronbaev	Pulmonary hypertension at low and high altitude in Kyrgyzstan
16:20-16:30	Discussion	
16:30-17:00	Break	
17:00-18:00	Art exhibition	
19:00-22:00	Dinner and special feature	Mirjam Grimm: Swiss women mountaineering expedition to Kyrgyzstan (movie)

Wednesday, Sept. 22, 2021		
The golden rules for clinical trials		
08:30-09:00	Michael Furian	Data analysis and statistics in clinical trials
09:00-9:30	Maamed Mademilov Ulan Sheraliev	Logistical challenges in performance of clinical trials at high altitude – the Kyrgyz perspective
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		Wrap-up, then department to Bishkek

Affiliations

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