

REPORT ON THE ACTIVITY 1999–2000

The Medical Commission of the Czech Mountaineering Federation

The commission continues its activity and informs regularly more than 300 mountaineering clubs in the Czech Republic as well as all physicians and mountaineering clubs in the Slovak Republic by means of special newsletters as well as Internet home page of the Federation (<http://horolezectvi.cstv.cz>)

In 1999 more than 100 new mountaineering instructors closed their education and in 2000 next two courses were already started. The Medical Commission has updated lectures notes on basic knowledge in first aid, high altitude medicine and accident prevention for these courses. The lectures on health education for mountaineering instructors and mountaineers were published on CD-ROM too.

Information Sheet – Bulletin of the Medical Commission and Society for Mountain Medicine with reports on Health Problems in Mountaineering will be published in September 2000.

Society for Mountain Medicine in the Czech Republic

At the present there are 85 members in the Society. The 10th Jiří Pelikán Memorial Mountain Medicine Seminar on "Contemporary Problems of Mountain Medicine" took place in September 17-19, 1999 in Eastern Bohemia. The main topics were:

- Health education in Czech Mountaineering Federation,
- Physiological and psychological aspects of mountaineering in women,
- Experience in exercise testing under simulated hypoxia and
- Nutrition in mountaineers.

The Society has established his own web homepage – www.hormed.freesevers.com (Webmaster MUDr. Petr Machold).

A representative of the Society took part in the workshop on Medical aspects and nutrition in mountain sports (Innsbruck 9-10.10.1999) and in Congress "Mountain Sports and Mountain Rescue" (Innsbruck 6.11.1999). A case report on life threatened dehydration during a trek in Himalaya was presented at the workshop in Innsbruck.

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