Wilderness Medicine Conference
The 23rd Annual Meeting of the Wilderness Medical Society

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

“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
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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**Distinguished Faculty**

- **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, WEMS 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 Founders 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

- **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*

- **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

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

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

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**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
**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!

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**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.

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.

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

Theodore Roosevelt  
*Through the Brazilian Wilderness*
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: 12-011-1-0 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!

Improvized Splinting
FAWM Code: 12-025-1-0 elective credit only
Sunday, July 22, 2007 1:00 - 2:30 pm 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 8:45 am - 12:15 pm
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 - wearing 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 nu‘u” 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 healthful 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
### 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**  
9:00 - 10:30 am | Improvised Splinting  
NOLS Staff | 12-011-1-0, 12-021-.5-0

10:30 am - 12:00 noon | Litters & Packaging  
NOLS Staff | 06-008-1-0, 12-033-5-0

8:00 am - 11:30 am | Map and Compass Navigation:  
Essential Basics of Navigation  
Sheryl Olson RN | 05-015-3-0

9:00 am - 12:00 noon | Medical Volunteering in Developing Countries  
Philip Rasori MD | 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  
Peter Kummerfeldt | 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  
Mel Otten MD | 09-025-.5-1

1:30 - 2:15 pm | Plant Toxins and Dermatitis  
Aaron Brillhart MD | 09-010-.75-1

2:15 – 2:30 | BREAK

2:30 - 3:15 pm | Seafood Related Toxins  
Eric Johnson MD | 09-027-.75-1

3:15 - 4:00 pm | Safe Food Procurement in the Wilderness  
Aaron Brillhart MD | 05-020-.75-1

### WILDERNESS MEDICINE 2007

**Saturday, July 21, 2007**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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| 12:00 - 7:00 pm | CONFERENCE REGISTRATION  
Welcome and Announcements  
Eric Johnson MD and Luanne Freer, MD

4:45 - 5:30 pm | What’s New in Wilderness Medicine: 2007 & Beyond  
Paul Auerbach MD

5:30 - 6:15 pm | 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

6:15 – 7:00 pm | Expedition Medicine: Keeping Your Ducks in a Row  
Howard Donner MD | 04-002-.75-1

7:00 – 8:00 pm | WELCOME RECEPTION

**Sunday, July 22, 2007**

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<th>Time</th>
<th>Session</th>
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| 6:30 – 7:30 am | CONTINENTAL BREAKFAST – VISIT EXHIBITS

8:00 - 9:00 am | The Wild Eye - Ophthalmology in the Wilderness  
Howard Donner MD | 12-005-1

9:00 - 9:45 am | Survive Your Travel Adventure!  
Peter Kummerfeldt | 05-010-.75-1

9:45 – 10:15 am | BREAK – VISIT EXHIBITS

10:15 – 11:15 am | Dive in! - The Latest Trends in Dive Medicine  
Eric Johnson MD | 01-011-.25-1, 01-002-.5-1

11:15 – 12:00 noon | New Hemorrhage Control Products for Wilderness Use  
Brad Bennett PhD

1:00 - 4:00 pm | Optional Workshops  
(See Page 5 for detailed descriptions)  
(in alphabetical order)

1:00 - 4:00 pm | Fly Fishing – Part 1  
Philip Rasori MD

1:00 – 4:30 pm | GPS Navigation  
Sheryl Olson RN | 05-025-1-0 elective credit only

1:00 – 4:00 pm | Surviving the Unexpected Night Out: Survival 101  
Peter Kummerfeldt | 05-010-2-2, 05-013-1-2

8:00 - 9:00 pm | EVENING PRESENTATION – open to family and guests  
Snakebite Crisis in the Developing World  
Robert Norris MD | 09-021-1-1 elective credit only

### 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.

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

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**FACULTY DISCLOSURE**

**Image: Snowmass, Colorado**
Monday, July 23, 2007

6:30 – 7:30 am  CONTINENTAL BREAKFAST – VISIT EXHIBITS
7:30 – 8:00 am  Research Abstracts II - Cutting Edge Research
(See box for submission information)
8:00 – 9:00 am  The Impact of Altitude on Common Medical Conditions
  Peter Hackett MD  03-003-1-1
9:00 – 10:00 am  Women Gone Wild: Special Considerations
  Luanne Freer MD  02-012-.5-1
10:00 – 10:30 am  BREAK – VISIT EXHIBITS
10:30 – 11:15 am  That’s Why They Call it a STINGray: Marine Envenomations
  Paul Auerbach MD  01-004-.75-1
11:15 am – 12:00 noon  If You Can’t Stand the Heat . . . : Heat Illness
  Mel Otten MD  09-009-.75-1
1:00 – 4:30 pm  Optional Workshops – (See Page 5 for detailed descriptions) (in alphabetical order)
  Fly Fishing – Part 2
  Philip Rason 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  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
  Philip Rason MD  11-011-1-2 (11-002-1-2
  11-012-1-2 elective credit only)
Sunrise – 9:30 am  Photographing Wildlife and Wildplaces – Part 2
  Perry Conway
8:45 – 10:45 am  Stretches That Harm, Stretches That Help
  Jolie Bookspan PhD
1:00 – 2:00 pm  Research Abstracts III - Cutting Edge Research
  Feel Comfortable with Basic Dentistry in the Wilderness
  Henry Hermann DDS  04-001-.75-1
2:45 – 3:30 pm  Water Procurement in the Wilderness
  Howard Backer MD  08-005-.75-1
3:30 – 4:00 pm  BREAK – VISIT EXHIBITS
4:00 – 4:45 pm  Management of Spinal Trauma in the Wilderness
  Will Smith MD  12-033-.75-1
4:45 – 5:30 pm  Emerging Infections
  Howard Backer MD  02-051-.75-1
6:00 – 7:00 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
7:00 – 8:00 pm
8:00 – 9:00 pm

Wednesday, July 25, 2007

Concurrent Sessions* (in alphabetical order)
8:45 – 9:30 am or  Aerospace Medicine - the Ultimate Wilderness
  Jay Lemery MD  09-012-.75-1
8:45 – 9:30 am or  Dental Workshop - Hands-on Experience
  Henry Hermann DDS  04-001-.5-1
8:45 – 9:30 am or  General Field Sanitation & Hygiene
  Howard Backer MD  02-029-.75-1
8:45 – 9:30 am or  Parasites and Protozoal Infections in the Traveler
  Will Smith MD  (06-011-.75-1 elective credit only)
4:45 – 5:30 pm  Emerging Infections
  Howard Backer MD  08-001-.75-1
4:45 – 5:30 pm  Get Out! Evacuation in the Wilderness
  Will Smith MD  02-005-.75-1
4:45 – 5:30 pm  CONFERENCE ADJOURNS
11:15 am

*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.
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

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.
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 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 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 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
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.

**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.

**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

<table>
<thead>
<tr>
<th>Name</th>
<th>First</th>
<th>MI</th>
<th>Last</th>
<th>Degree/Credentials</th>
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<th>First Name to Appear on Badge</th>
<th>Occupation/Specialty</th>
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(if different from above)

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<thead>
<tr>
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<th>Zip/Postal Code</th>
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<table>
<thead>
<tr>
<th>WMS Member</th>
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<tbody>
<tr>
<td>Yes ☐ No ☐</td>
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If yes, Member #

<table>
<thead>
<tr>
<th>Have you attended past WMS meeting(s)?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes ☐ No ☐ If yes, how many? ☐ 1 ☐ 2-5 ☐ 6-10 ☐ &gt; 10</td>
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### A. CONFERENCE

<table>
<thead>
<tr>
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<tr>
<td>WMS Member*</td>
<td>Non-Member</td>
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<tr>
<td>Doctoral</td>
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### B. PRE-CONFERENCE

<table>
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<tr>
<td>Doctoral</td>
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### C. OPTIONAL WORKSHOPS (MARK SPECIFIC DAY)

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<thead>
<tr>
<th>Event</th>
<th>Day</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Core Training in the Outback</td>
<td>Tuesday</td>
<td>$50</td>
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<tr>
<td>Fly Fishing - 2 Part</td>
<td>Sunday &amp; Monday</td>
<td>$75</td>
</tr>
<tr>
<td>GPS Navigation</td>
<td>Sunday</td>
<td>$75</td>
</tr>
<tr>
<td>Improvised Splinting</td>
<td>Saturday</td>
<td>$25</td>
</tr>
<tr>
<td>Litters &amp; Packaging</td>
<td>Saturday</td>
<td>$25</td>
</tr>
<tr>
<td>Maps &amp; Compass Navigation</td>
<td>Saturday</td>
<td>$75</td>
</tr>
<tr>
<td>Medical Volunteering in Developing Countries</td>
<td>Saturday</td>
<td>$50</td>
</tr>
<tr>
<td>Photographing Wildlife and Wildplaces - 2 Part</td>
<td>Monday &amp; Tuesday</td>
<td>$175</td>
</tr>
<tr>
<td>Stretches that Harm, Stretches that Help</td>
<td>Tuesday</td>
<td>$50</td>
</tr>
<tr>
<td>Surviving the Unexpected Night Out 101</td>
<td>Saturday</td>
<td>$90</td>
</tr>
<tr>
<td>Survival: Beyond the Unexpected Night Out</td>
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### D. ADDITIONAL ACTIVITIES

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Kids Survival Workshop - Monday, July 23</td>
<td>$50</td>
<td>(# children @ $60 ea.)</td>
</tr>
<tr>
<td>Run for Research - Tuesday, July 24</td>
<td>$50</td>
<td>(# entrants @ $50 ea.)</td>
</tr>
<tr>
<td>WMS Banquet - Tuesday, July 24</td>
<td>$50</td>
<td>(# tickets @ $39 ea.)</td>
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### 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.

<table>
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<th>Membership Type</th>
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<td>Resident</td>
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<td>Student</td>
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### PAYMENT METHOD

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<td>☐ Check payable (US funds) to Wilderness Medical Society</td>
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<tr>
<td>☐ MasterCard</td>
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<tr>
<td>☐ Visa</td>
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<th>Acct. #:</th>
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<th>Signature:</th>
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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