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
For further information

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