

11th European Hypoxia Symposium 2025: Programme

Status: 09.09.2025

Fri. 26.09.25

11:00 a.m. Luggage transport vehicle starts to Kühroint from Wimbach Bridge (see homepage)

Opening 14:00 - 14:15

Welcome Congress President: Prof. Dr. T. Küpper, Aachen / Germany
Director of the Training Centre: Th. Lobensteiner
Greeting notes from international guests

Session 1 14:15 - 15:45 Isobaric Hypoxia

Chair: M. Tannheimer (Lectures max. 25 min., discussion min. 5 Minutes each)

Speaker	Lecture No.	Title
Noberto (held by Papoti)	1.1	Hypoxic inter-effort recovery during sprint interval training exercise enhances oxygen uptake at the onset of efforts while maintaining exercise tolerance
Terekin	1.2	The Brain–Gas Interface: The Chemosensitive Serotonergic System
Bambor	1.3	Cardiopulmonary Effects of Normobaric Hypoxia and Sympathetic Activation, and Subsequent Normoxic Recovery in Rats

Session 2 16:15 - 17:45 Mountain Medicine 1

Chair: T. Heggie (Lectures max. 25 min., discussion min. 5 Minutes each)

Speaker	Lecture No.	Title
Schwegler	2.1	Expedition Denali - Challenges at altitude and in the cold
Staps	2.2	Medical challenges in mountain warfare
Gorjanc	2.3	Treatment recommendations for frostbite: A narrative overview

Sat. 27.09.25

Session 3 8:30 - 10:00 Mountain Medicine 2

Chair: L. Horakova (Lectures max. 25 min., discussion min. 5 Minutes each)

Speaker	Lecture No.	Title
Küpper	3.1	Health and safety for heavy duty work at extreme altitude - Construction of the Fred Young Telescope at 5700m
Tannheimer	3.2	Descent of 2000 m within 5 Minutes – Hyperbaric Rescue Bag
Orlovius	3.3	Assessment of hypoxemia while climbing Mount Kilimanjaro (5985 m)

Session 4 10:30 - 12:00 Mountain Medicine 3

Chair: A. Nowak-Lis (Lectures max. 25 min., discussion min. 5 Minutes each)

Speaker	Lecture No.	Title
Heggie	4.1	Hiking fatalities on the Angels Landing Trail in Zion National Park
Serafini	4.2	Teaching remote First Aid in the UK
Werner	4.3	Oxygen supply for parachuters at operational altitudes– laboratory tests and their usefulness in extreme and real environments

13:00 - 15:30 Practice near the conference centre (don't forget to wear outdoor or "ruggedized" clothes)

Session 5	16:00 - 17:30	Clinical Aspects of Hypoxia Chair: J. Gorjanc (Lectures max. 25 min., discussion min. 5 Minutes each)
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Speaker	Lecture No.	Title
Dudziński (Nowak-Lis)	5.1	Which altitude is better? Under which artificial hypoxic condition is training more effective for patients after a myocardial infarction?
Grzybowska	5.2	Cognitive Decline and Therapeutic Hypoxia in Post-Myocardial Infarction Patients
Horakova	5.3	Medical aspects of field experiments studying breathing under avalanche snow

Evening programme: (serious part) Award "Services for Research in Hypoxia and Sports", Laudatio by Thomas Küpper, and (fascinating part) "Magic Jurij"

Sun. 28.09.25

Session 6	08:30-10:00	Altitude Physiology / Basic Research Chair: M. de Haan (Lectures max. 25 min., discussion min. 5 Minutes each)
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Speaker	Lecture No.	Title
Angelini	7.1	Neuromuscular System and CNS Mechanism of Adaptation in Hypoxia
Küpper	7.2	Borg's rating of perceived exertion - what does it measure and does it work at altitude?
Stanek	7.3	Non-invasive assessment of individual hypoxia tolerance in elite athletes: Flow Mediated Skin Fluorescence (FMSF) as an effective diagnostic tool

Session 7	10:30 - 12:00	Mountain Medicine 4 Chair: C. Angelini (Lectures max. 25 min., discussion min. 5 Minutes each)
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Speaker	Lecture No.	Title
Stanek	8.1	Assessment of hypoxia tolerance and determination of the optimal hypoxic training altitude in elite cyclists - a pilot study
Horakova	8.2	Dynamic changes of peripheral saturation and perfusion index during rapid desaturation
Glomser	8.3	Evaluation algorithms for the application of hypobaric hypoxia

Closure	13:00-13:30
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Awards (Scientific Committee)
 Invitation to the 12th Hypoxia Symposium 2027
 Good-bye by the Congress President (T. Küpper)