



NEWSLETTER OF THE

6th European Congress of Aerospace Medicine



<http://www.prague.eu/en/download>

**A joint meeting of the European Society of
Aerospace Medicine, Aerospace Medical
Association, the Czech Institute of Aviation
Medicine and the Czech Association of
Aviation Medicine**

**Prague, The Czech Republic
20 to 23 September 2018**

Nr. 4 August, 2018

Welcome to the 6th ECAM Final Newsletter

The 6th ECAM is now less than two months away, and the meeting has come together very nicely indeed. The venue is magnificent, the scientific program both challenging and informative and the social program one that will certainly be enjoyed by all.

As a jointly sponsored meeting of the European Society of Aerospace Medicine, Aerospace Medical Association, the Czech Institute of Aviation Medicine and the Czech Association of Aviation Medicine, the 6th ECAM promises to be an excellent way for global professionals to come together and share personal experiences, the latest research findings and discuss/debate some of the most pressing and timely topics in the fields of aviation and space medicine and human performance.

While many of our colleagues have already registered for the congress and reserved their hotel rooms, there are still many who, for whatever reasons, have not as yet done so. If you are in that latter group, would not now be the best time to register?

Message from the Chair of the ECAM Organising Committee

Hi everyone, I hope that you are enjoying the Summer and no doubt looking forward to your well-earned annual holidays.

What better way to ease yourself back into the Academic and Professional calendar than by making sure you partake in the 6th ECAM Prague this September. We are putting together the final preparations and it continues to be an exciting and challenging project that will have its own unique character set in the heart of Europe in a city that is not only attractive, but historical and exciting, Prague. Each of the ECAMs that have preceded Prague, have had their own unique identity coloured largely by the Host Societies and the venues. All three parties are working away to maximise the value and enjoyment of the ECAM in for the Conference, the Gala Dinner and the Accompanying Persons' Social programme.

I hope that you are spreading the news about the event with your friends and colleagues. I know that everyone who attends will find something

that they will feel worthwhile, whether it is Scientific, Social, Networking, Peer Support or Exploration. For many, it will be a combination of many of the elements I just mentioned.

Have a great Summer, I look forward to seeing you all when the leaves turn brown, in Prague, on the 20th September 2018.

Declan Maher
Chair, ECAM
Organizing Committee



Message from the President of the European Society of Aerospace Medicine - ESAM

As President of ESAM it is a pleasure to welcome colleagues and friends from the Aerospace medicine community to the 6th ECAM - European Congress of Aerospace Medicine!
Finally, after nearly 2 years of preparation involving hard work by many dedicated people – we have less than 2 months left to a congress that is shaping up to be every bit the scientific and cultural event we had hoped for.

With the help of our friends in Aerospace Medical Association and in the Czech Association of Aviation Medicine/ Institute of Aviation Medicine, ECAM is this year coming together at a fantastic venue and in one of the most beautiful cities of Europe.

If you are still contemplating whether to join us, I would like to draw your attention to the price – Just over 400 Euros (412 at current exchange rate) includes opening ceremony, 3 days of scientific sessions with top speakers from around the world, lunches, coffee breaks and also the gala dinner!

The rich cultural heritage of Prague provides a unique and fitting backdrop for our theme this year – Trust and Care in Aviation Safety. Back to basics and to our heritage – of taking care of and inspiring trust in those who fly – so that they may fly safe and fly well.

Welcome to Prague!

Anthony S. Wagstaff
President, ESAM



Message from the President of the Aerospace Medical Association - AsMA

Dear colleagues and friends,

We are only a few weeks away from our ECAM congress in the fantastic city of Prague! After the great success of the first collaboration between ESAM and AsMA in Oslo 2 years ago, it is clear that the formula is too good to discontinue.

It took only a few years for our associations to get to know each other and to build a solid basis for working together on such a scale. The congress is, however, a fantastic opportunity to share scientific knowledge and experiences, although there are some financial risks, which we are sharing with our local partners. After the Norwegian Association, we are happy to work with our Czech colleagues from the Institute of Aviation Medicine and the Czech Association of Aerospace Medicine to make this second international collaboration another unforgettable event! As President of AsMA and former President of ESAM, I can only be extremely happy that this level of intense cooperation between associations proved possible in such a short time because it is very important for all professionals in aerospace medicine to have access to this high level of training within a reasonable distance and at an affordable price.

I am already excited by the next level of international collaboration between ESAM, AsMA and now also the International Academy of Aerospace Medicine (IAASM), hosted by our French colleagues from SOFRAMAS in September 2020!

See you soon in Prague!

Amicaliter, Roland

Roland Vermeiren
President, AsMA



Scientific Program

For ECAM 6, the Scientific Committee has brought together a host of internationally respected specialists in aviation and space medicine.

Of special interest will be a lecture "Where the Earth Touches the Sky" by Klaus Ohlmann. A highly motivated team of experienced pilots and

scientists combine their skills for common projects in the Himalayas of Nepal.

Klaus Ohlmann, Chief-pilot of the Mountain -Wave-Project, tells us the story of a modern adventure in the thin air above the top of the world.

Klaus Ohlmann is a German glider pilot who has established 36 world records approved by FAI.

Among these is the record for a free distance flight with up to 3 turn-points by flying 3,009 km from Chapelco Airport at San Martín de los Andes (Argentina) with his co-pilot Karl Rabeder. He also broke Hans-Werner Grosse's free distance record, which had lasted over 30 years, on 9 January 2003 by a flight of 2,247.6 km in a Schempp-Hirth Nimbus 4 DM at El Calafate in Argentina.

On 1 February 2014, he became the first-ever glider pilot to fly over Mount Everest. He is a member of the Mountain Wave Project of the meteorological section of Organisation Scientifique et Technique du Vol à Voile (OSTIV).

The detailed ECAM Scientific Program is now posted on the AsMA website and can be viewed at: (<https://www.asma.org/scientific-meetings/6th-european-congress-of-aerospace-medicine-prague> - next to ECAM Schedule) or (<https://www.asma.org/asma/media/AsMA/pdf-meetings/ECAM/2018-ECAM-Scientific-Program.pdf> - to go directly to the detailed program).

Registration

Registration for the 6th ECAM is now open. Please note that there are various registration categories and that the fee varies depending on when you register. The categories are:

- **Advance** registration fee of \$480 US for the Full Congress **until 15 September 2018**.

- **Onsite** registration fee of \$600 US for the Full Congress **after 15 September 2018**.

- **One-day** registration of \$200 US.

- **Accompanying Person** registration fee of \$120 US

Registration information and forms can be found online at the partners' websites:

<http://ecam2018.esam.aero/> and

<https://www.asma.org/scientific-meetings/6th-european-congress-of-aerospace-medicine-prague>

ECAM AME Refresher Course

This course will provide participants for the full day (Friday 21st) with 7 AME refresher points (1-day registration possible).

The planned agenda will be to focus on common neurological issues such as syncope, headache, TIA/stroke and some neurosurgery and psychological issues in a style relevant for AMEs. Course information will also include case study and discussions as well as other tools of interest to the AME (such as “Would you fly with this pilot”, the Kahoot Quiz, etc.). There will also be discussions on changes in Part-MED, the problems associated with under-reporting and how we can counteract these as well as the roles of the AME, especially in regard to critical factors such as trust and confidence. There will be ESAM information sheets distributed on the topics of medications and the AME-pilot relationship.

Accompanying Persons Program

During our sightseeing tour we will introduce you to Prague’s (UNESCO) heritage, the historical and architectural jewel of Central Europe. Our guide(s), available the whole time, will acquaint you with the history of Prague and of its quarters (Old Town, New Town, Lesser Town and the Castle Town) in the comfort of our air-conditioned bus.

Then you will continue by visiting the Prague Castle and Prague’s most dominant feature – Saint Vitus’ Cathedral. After a 75-minute walk (approx.) with our guide, we drive you to the pier on the Vltava River. You board a tour boat where you will also enjoy lunch whilst admiring the beauty and panorama of Prague from a different perspective. From the upper deck you will also see the world renowned old Charles Bridge.

Relaxed, you will continue taking a short walk through the Jewish Quarter to the Old Town Square (Astronomical Clock, Týn Church), where this tour will be finished.

Important Dates and Times to Remember

The Opening Reception will be held at the Vinohrady on Thursday, 20 September at 18:30.

The Gala Dinner will be Saturday, 22 September at 19:30 at Francouzská Restaurace.

10 Things to do in Prague in September

(Many thanks to Jenna Anderson of AIM Meetings & Events)

1. Explore the Old Town Square

Swarms of tourists crowd the historical streets, packing out the alfresco restaurants everyday. The square itself is the perfect place to admire the wonderful architecture Prague has to offer and if that isn’t your thing then the various street performers, musicians and merchants that line the streets here will certainly keep you entertained.



Tilia Monto [CC BY-SA 4.0 (<https://creativecommons.org/licenses/by-sa/4.0/>)], from Wikimedia Commons

2. Watch the Astronomical Strike an Hour

Whilst in the Old Town Square, time your visit to the Old Town Hall so that you can watch the spectacle of the mechanical clock marking the turn of an hour. The clock itself is on the south face of the town hall and is the pride of Prague. It was built in the fifteenth century and despite being damaged and repaired during its lifetime, it is widely regarded as the best preserved medieval mechanical clock in the world. The show at the top of the hour never fails to disappoint the many onlookers.

3. Admire the Lennon Wall

Fans should certainly check out this shrine to one of the most famous bands of all time. The wall has been covered in John Lennon and The Beatles graffiti, lyrics and quotations since the 1980s and is very popular among tourists and young fans wishing to pay homage to the group.

4. Stroll across the Charles Bridge

A simple walk across the 14th Century bridge is one of the most enjoyable and memorable experiences of visiting Prague. The bridge was commissioned in 1357 by

Charles IV to replace an older bridge that had been washed away by floods. Although completed in 1390, with the striking statues added in the 17th century, the bridge did not take Charles' name until the 19th century.



© Jorge Royan / <http://www.royan.com.ar>

5. Visit Prague Castle

Located in Hradcany (the Castle district), Prague Castle is without a doubt the city's most popular tourist attraction and it is easy to see why. The breath-taking castle has traditionally been the seat of Czech rulers and is today the official residence of the president. Entry to the grounds of the castle are free although many buildings such as the St Vitus cathedral, Basillica of St George and Golden Lane can be visited with a combined entry ticket.

6. Visit the St Vitus Cathedral

The St Vitus cathedral is one of the attractions located in the castle grounds. It is visible from all around the city of Prague. Although the cathedral looks many hundreds of years old, it was in fact completed in 1929. Many treasures await visitors including the tomb of St John of Nepomunk, the splendid Chapel of St Wenceslas and the magnificent art nouveau stained glass.



By DXR [CC BY-SA 4.0 (<https://creativecommons.org/licenses/by-sa/4.0/>)], from Wikimedia Commons

7. Visit Golden Lane

Located within the grounds of the castle is the mysterious Golden Lane, so called because, according to legends, alchemists had to look on this street to find a reaction to turn ordinary materials into gold. Despite the streets name, it is debated whether alchemists ever worked or lived here. Czech-Jewish writer Franz Kafka used a house on the street for around two years as he enjoyed the peaceful environment it provided whilst writing.



By Arquez [GFDL (<http://www.gnu.org/copyleft/idl.html>), CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>) or CC BY 2.5 (<https://creativecommons.org/licenses/by/2.5/>)], from Wikimedia Commons

8. Watch the changing of the guard at Prague Castle

Arrive at the castle before midday to ensure a good view and watch the ceremonial changing of the guard including a fanfare and flag ceremony. The guards technically serve only the president of the Czech Republic and have some rather strict recruiting requirements including the specification that a guard must be between 1.78 and 1.88 meters tall to serve. The uniforms worn by the guards are unique to the castle guards and are light blue in summer and dark blue in winter.

9. Go to the Farmer's Market

Nestled upon the river embankment just underneath the fortress of Vysehrad, gourmets would be wise to visit this farmer's market, which pops up every Saturday. Blend in with the locals as you experience some of the best food (and sights) that the city has to offer. The market usually offers seasonal vegetables, freshly baked bread and cakes, pickles and preserves along with sausages and other specialist meats. Enjoy your bounty whilst sitting by the riverside and watching the

people of Prague go about their Saturdays.

10. See the Infant Jesus of Prague

Located in the Mala Strana in the heart of the city, the Infant Jesus of Prague (also known as the Child of Prague) is a Roman Catholic statue of Jesus Christ as an infant. Everyday hundreds of believers pay a visit to this shrine to pray, bow and make wishes hoping that they will come true. The statue itself is encased in an ornate gilded shrine and while the origin of the figure is unknown, it has been dated back to the 16th Century.

Some interesting websites about Prague

To learn more about the Vinohrady district: 'Prague neighbourhood guide: Venturing through Vinohrady' at: <https://www.urbanadventures.com/blog/prague-neighborhood-guide-vinohrady.html> or 'Prague off the beaten path: Vinohrady district' at: <https://www.tasteofprague.com/pragueblog/prague-off-the-beaten-path-vinohrady-district>

For interesting information about and tours of Prague: 'iFly TV: Little Secrets of Prague' at: <https://www.youtube.com/watch?v=XBpCBn8Oj7I> And 'Rick Steves Prague' at: <https://www.youtube.com/watch?v=BFKzX7u-3yg>



6th European Congress of Aerospace Medicine

20-23 September 2018

Prague, Czech Republic

Prague is one of the grandest cities in all of Central Europe; a scientific and cultural center of (as attributed to Richard Wagner) "ancient splendor and beauty....a city beyond compare." You now have the unique opportunity, in such an historic world-class setting, to gain invaluable insights from and engage in discussions with an array of internationally respected colleagues on the state of aerospace medicine and human performance.

Top Reasons to Attend the 6th ECAM

1. It's in Prague, Czech Republic!
2. Fantastic scientific program - jointly sponsored by the Aerospace Medical Association, European Society of Aerospace Medicine, the Czech Association of Aerospace Medicine and the Institute of Aviation Medicine
3. Opportunity to earn Maintenance of Certification credits
4. Network with Aerospace Medicine professionals from around the world
5. All-inclusive registration (scientific meeting, buffet lunches, coffee/tea/water all days)
6. Gala dinner included in registration
7. Great tour program for Accompanying Persons
8. IT'S IN PRAGUE, CZECH REPUBLIC!!!!
9. This Congress promises to offer all Aerospace Medicine professionals a great scientific experience with an international viewpoint.

Learn more about the 6th European Congress on Aerospace Medicine by visiting the AsMA website at <https://www.asma.org/scientific-meetings/6th-european-congress-of-aerospace-medicine-prague>. The program and registration information can also be found on the ESAM website: <http://esam.aero/ecam/ecam2018>.

Příští zastávka: Prague!