



# Expedition and Wilderness Medicine

By *Gregory Bledsoe, Michael J. Manyak, David A. Townes*

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**Expedition and Wilderness Medicine** By *Gregory Bledsoe, Michael J. Manyak, David A. Townes*

This is the most practical, concise guide to medical practice in extreme and remote environments. With an increase in visits to remote and dangerous locations around the world, the number of serious and fatal injuries and illnesses associated with these expeditions has markedly increased. Medical personnel working in or near such locations are not always explicitly trained in the management of unique environmental injuries, including high-altitude sickness, the bends, lightning strikes, frostbite, acute dehydration, venomous stings and bites, and tropical diseases.

Many health care professionals seek training in the specialty of wilderness medicine to cope with the health risks faced when far removed from professional care resources, and the American College of Emergency Medicine has recently mandated that a minimum level of proficiency needs to be exhibited by all ER physicians in this discipline. This book covers everything a prospective field physician or medical consultant needs to prepare for when beginning an expedition and explains how to treat a variety of conditions in a concise, clinically oriented format.

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#### **Review**

"An excellent resource for expedition medical officers; however, even non-medical wilderness travelers will benefit greatly from the book's many valuable discussions on wilderness travel and wilderness medical care. ... Whether part of an organized rescue group yourself or just an armchair rescue enthusiast, such books call attention to the dangers of wilderness misadventure and can only serve to improve the overall safety of both you and your companions while participating in various outdoor activities."

--Danny A. Brass, PRS

"This sweeping, multi-authored text is an excellent resource for expedition medical officers traveling off the grid in remote, resource-limited environments; however even nonmedical expedition members interested in the management of wilderness-related emergencies or urban disasters will benefit from the valuable information provided...Recommended. Upper-level undergraduates through professionals/practitioners."

--Choice

"Clear exposition of core material, combined with generous referencing of more specialized tomes and electronic resources, increases the value of this fine work. The editors have done an excellent job of pulling together a book with coverage that is both broad and deep. The consequence is a large textbook - not one to pack in a travel bag on an expedition, but one that deserves a place on the shelf as a reference book for those who are drawn to the practice of expedition and wilderness medicine."

--New England Journal of Medicine

"A valuable resource to medical providers who care for or are preparing for care in unique environments. It is a comprehensive text that should be consulted prior to travels and one that should serve as a resource in established medical clinics in remote locations."

--Annals of Emergency Medicine

#### **About the Author**

Dr Gregory H. Bledsoe is a board-certified Emergency Medicine physician at the University of Pittsburgh Medical Center and the founder and CEO of ExpedMed. After completing medical school and residency at the University of Arkansas for Medical Sciences, Dr Bledsoe spent five years on faculty at the Johns Hopkins University, completing a fellowship in international emergency medicine and a master's in public health. He has worked as a field physician and medical consultant all over the world, served as an instructor and medical consultant for the United States Secret Service, and escorted presidents William Clinton and George W. Bush on trips to Africa as a personal physician. Most recently, Dr Bledsoe has worked in Qatar on emergency medicine through a partnership between the University of Pittsburgh Medical Center and Hamad Medical Corporation.

Dr Michael J. Manyak is Vice President for Medical Affairs for Cytogen Corporation. He is also a professor of Urology, Engineering Microbiology, and Tropical Medicine at The George Washington University and on staff at the Center for Prostate Disease Research at Walter Reed Army Medical Center. Dr. Manyak is a medical advisor to several field exploration organizations, was selected as a Fellow National of The Explorers Club in 1992, and received their Sweeney Medal in 2004. His column on Expedition Medicine currently appears in Explorer's Journal.

Dr David A. Townes is an associate professor at the University of Washington School of Medicine and Medical Director of Adventuremed in Seattle, Washington. He received his medical degree from the University of Massachusetts and completed his residency in emergency medicine, a fellowship in international emergency medicine and earned a diploma in Tropical Medicine and Hygiene at the University of London. Dr Townes has worked as an onsite physician and medical consultant in remote and dangerous locations around the world, including Costa Rica and Antarctica.

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