

STEPHEN POSNETT

Stephen Posnett - family man, medical biochemist, veterinary surgeon & adventurer

"I am an adventurer and relish climbing mountains. Adventure is touching the fringes of one's own physical, mental and spiritual dreams, connecting with people. On an adventure the challenge is to enrich life, to test one's will, stamina and skill against the immutability of the earth.

I still believe that adventure opens the doors to some of the highest human instincts – courage, camaraderie, patience, and tenacity."

Diagnosed with Type I diabetes in South Africa some 30 years ago Stephen had to adapt a very physical living to accommodate the condition. His enjoyment of climbing was nurtured in the Drakensberg in Lesotho, Cedarberg in South Africa and Kilimanjaro in Tanzania. Stephen was a medical biochemist undertaking research on liver disease before studying veterinary surgery and moving to England. At 48, he is Principal of a small animal veterinary surgery in London and of an equine practice in Essex, England.

When Stephen attended a DAFNE (Dose Adjustment for Normal Eating) course in 2002 it transformed the way he lived with diabetes. The approach offered a solution to the often-troubled relationship he had with food, in essence, allowing him to eat what he liked, when he liked. The course taught how to adjust insulin doses through the day and to factor in all the variables such as physical activity, a craving for a slice of cake, illness or even choosing to miss a meal without having to worry about having a hypo. A background level of insulin is provided by an evening injection of long-acting Lantus (glargine) and on top of that, with each meal that contains carbohydrate, he needs a dose of rapid-acting NovoRapid (insulin aspart). Stephen has succeeded in lowering his HbA1c without any significant increase in severe hypos.



"If there's no preparation, there's no point". Expeditions require meticulous planning and preparation. How well one manages on any activity depends on preparation basics, not just a run around the block and an hour in the gym but goal setting, motivating, building confidence and establishing routine.

I've heard it said that 'Proper Prior Planning Prevents Piss Poor Performance!'

The same principles undertaken by myself in planning for a trip are applied when preparing, for example, an exploratory laparotomy operation or multiple fracture repair when all eventualities have to be catered for.

Being exposed to adventures develops a confidence and spirit that I take back to the surgery to conduct myself better in emergency situations and under moments of stress and duress. People who can deal with mountaineering can deal with an emergency. Outdoor activity often places us in situations where we have to take responsibility for our own actions.

In many ways mountaineering or rather hiking skills parallel those needed to do well in veterinary practice. Both require ambition, careful planning and organisation in order to gain results. Some of the biggest risk takers have become the most successful business people.

His training philosophy over the years – equal parts sports science and touchy-feely sensitivity – has helped him complete over 30 marathons, 12 ultra-marathons, triathlons, canoe, swimming and motor bike endurance races etc. He carefully measure kilometres pedalled, swum and run but he also scrutinises his mental health – happiness, stress level and above all enthusiasm – and is quick to scale back on training at the first sign of trouble. By shortening the periods of intensity it allows him to regain enthusiasm while building up aerobic fitness.

"The mountain is a complete change of scene and ideal for creative strategic thinking during the quiet moments especially at night when the cold stalks you like a hungry bear and that growing insidious discomfort that one can only escape through sleep.

I know I feel unwell if I do not experience outdoor activity. I need to feel wind and rain but preferably sun on my face and to be aware of my body moving along by using my muscles and listening to my breathing. I need to see, hear, smell, taste and touch the outdoors. At times I need to be alone, at others I feel the need for company.

I would say that achieving the goal of summiting the mountain and returning home safely depends, ultimately, on having your head in shape. Grinding out the hours of walking isn't just a challenge for the body. Psychological defences are tested as well. Climbing, or for that matter any physical challenge, is often described as a roller coaster ride of emotions which can be as extreme as bliss or torture. It takes more than mere will to get up and down a mountain. The days, weeks and months of mental and physical preparation will be almost as tough as the climb itself but properly done will pay dividends on the big day.

Mountaineering is about immersing yourself in some beautiful, remote place among some of the most stunning scenery on earth. The fact that it's dangerous is almost incidental. There is always the risk of high altitude pulmonary oedema, a fateful slip but then I define these as "acceptable risks". I like it when things are just a little out of control when there is an element of risk and danger. Chaos has a sense of creativity that I really enjoy - it makes me feel alive. At times there's a kind of cathartic release at having pushed yourself to the limit, physically and psychologically.

The 2003 MAD International weekend will give me the pleasure of meeting highly respected mountaineers and hearing from them how they enjoy their climbing while dealing with their diabetes.

NIKKI WALLIS

Nikki Wallis - National Park Warden, Mountain Rescue Search Dog Handler, mountain climber and pianist

Nikki Wallis is 32 years old, and was brought up in and around the mountainous landscape of



Llanberis, North Wales. She started walking and mountaineering from a very early age when she lived in Lesotho and South Africa with her family. Some of her earliest mountain memories are of the Monte Rosa glacier and hut in Zermatt Switzerland and Thabana Ntlyana a 14000' peak in South Africa.

She started exploring the mountains herself when she moved to Nant Peris. She started rock climbing when she was 14 - and was soon enjoying climbing and mountaineering in Snowdonia – the Llanberis Pass, the Quarries, and Gogarth, which were all to shape her future life aspirations.

After completing various mountain leadership qualifications and gaining further instructional experiences during a year out from her studies, Nikki graduated in Biochemistry and Molecular Biology in 1994 at the University of Wales in Bangor. She then embarked on a PostGraduate Teaching Diploma in Outdoor Pursuits and Science also at the University of Wales Bangor, and it was during this time, virtually overnight, that she was diagnosed with Type 1 diabetes. So syringe in hand – she gradually came to learn the daily routines of insulin injections, together with balancing the challenge of the love of her life mountainous outdoor pursuits.

Realising that her instructing career aspirations would have to be reassessed due to unfair UK Government blanket ban restrictions for Type 1 diabetics driving minibuses (essential to working in Outdoor Pursuits), she changed career direction. She has now come full circle, and works for the Snowdonia National Park Authority where she is employed as the only female warden covering some of the highest peaks in England and Wales where she is engaged in a different balancing challenge – that of the landscape environment and recreation pressures.

Her spare time is dedicated to being a member of the Llanberis Mountain Rescue team and training mountain rescue search dogs with the Search and Rescue Dog Association, whilst learning to live with the inevitable ups and downs of being diabetic. She is



also undertaking a postgraduate diploma in Countryside Management at the University of Wales Bangor, and also studying for pianoforte diploma – which is an ongoing effort ... and now, of course, her motivation and enthusiasm has resulted in MAD! and its first international event at Plas Y Brenin. She participated and completed first triathlon in 2002 despite having undergone two major abdominal operations in the previous 18 months, and is keen to recommence training as soon as her life quieters down...

Because she is often faced with stressful and physically demanding situations in both rescues and on the many searches that she is involved with, through work and mountain rescue activities, she is frequently faced with situations where she has to very carefully assess her glucose levels and insulin requirements, often in seemingly impossible situations.

In November 2002 she swapped her experiences of combinations of MDI (multiple daily injections) *Humulin S / Humulin I; Humalog / Humulin I; Humalog / Lantus* - to a Disetronic D-Tron+ pump which uses solely Humalog administered in discrete variable doses every 3 minutes. She has achieved excellent results with this and it has greatly increased her ability to cope with the delicate balancing acts of diabetes and her activities, effectively at the touch of a button. The best aspect of the CSCI (continuous sub cutaneous insulin therapy) is the ability to modify her basal insulin requirement as needed – and does not have to play "catch up" with previously injected depots of long acting insulin.

She believes that the key to successful diabetic management is in understanding the physiology and biochemistry of diabetes, peaking action and duration of insulin's, metabolism of carbohydrates and the physiological effects of exercise on diabetes. Whilst the principles are the same, all these factors interact to affect individuals differently, and the only way is to frequently test and try to work out why sugar levels are where they are according to current, past and future circumstances.

A few of the well known routes she has led include : Wendigo E3 (Gogarth, UK), Left Wall E2 (Llanberis Pass, UK), Vector E2 (Tremadog); NW Wall Rosenlauistock (Engelhorner, Switzerland), SW Flank of the Wetterhorner (Bernese Oberland), Aiguille La Dibona (Ecrins Massif), Central Pillar of Frenzy (Middle Cathedral Yosemite), NW Wall of the Kingspitze, and also other routes in locations such as the exciting run out granite domes of Tuolumne Meadows, the superb sandstone towers of Canyonlands Utah, fourteen thousand foot peaks in Colorado, impressive granite boulders of Joshua Tree, awesome limestone cliffs of the Verdon France, and steep limestone sports climbing at Buoux, France.



She has also climbed numerous peaks in the Dauphine Alps, Valais Alps and in the Dolomites in Italy, and has been a member of the British Section of the Swiss Alpine Club since her teens. She has also had a number of articles published in their annual journals and newsletters.

JERRY GORE

Jerry Gore – big wall climber, entrepreneur, family man & mountaineer

Jerry was born in Britain on April 15th 1961, is married, and was diagnosed as diabetic January 31st 2001. Though new to diabetes, Jerry has not let diabetes get in the way of his activities.

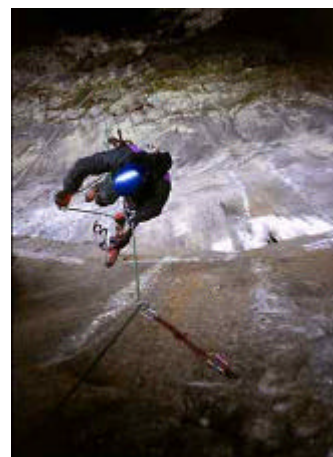
Jerry has enjoyed a varied career in the pursuit of modern alpinism, over a twenty-year period. After



leaving school he worked as the Mountain Co-ordinator for the Alberta Province, the aim of which was to climb the 75 classic peaks of the Alberta Rockies. Following this he undertook a Short Service Commission in the Royal Marines, during which he spent three winters developing major ice climbing areas in Arctic Norway, as well as succeeding on military expeditions to the Nepalese and Indian Himalayas.

A degree in Human Physiology at Loughborough University followed with work for the Karrimor Think Tank. Subsequent to this he has managed to combine promotional work with annual expeditions to the Greater Ranges. He has climbed extensively in the Alps, Norway, the Himalayas, South and North America, the Pamirs, Patagonia, Greenland, and Baffin Island, and enjoys technical alpinism in remote areas.

Jerry Gore crossed the Iceland Icecap in 1977 when he was 16, summited Mont Blanc at 17 and climbed a 7000-meter giant Manaslu North in the Himalayas at 22. He has climbed abroad on an expedition every year since 1977 and excels at all the various climbing disciplines. But his enduring passion is for Big Walls. He first fell in love with the sport during a visit to Yosemite Valley, California in 1980, and his enthusiasm for the World's largest rock faces have remained to this day. Jerry has climbed Big Walls in Norway, Pamirs, Greenland, Patagonia, Baffin Island, and the Bugaboos. He has climbed on expeditions with the World's best including Warren Hollinger, Mark Synnott, Silvo Karo, and Twid Turner and has been exposed to all the various types of Big Wall experiences, from fast lightweight ascents to lightning strikes, through to opening up whole new Big Wall playgrounds. He has climbed numerous walls in Yosemite including The Shortest Straw, currently the most technical aid route achieved by a British team. Jerry is the UK's most experienced Big Wall climber, and has achieved climbs of World class significance.



DAVID PANOFSKY

David Panofsky – multi skilled athlete, mountaineer, environmental engineer and adventure seeker

David Panofsky is an athlete, mountaineer, and adventure seeker with experience as a diabetic reaching top level amateur cycling competition, participating in numerous high altitude expeditions, and climbing and trekking extensively throughout Mexico, the Sierra Nevada, Rockies, Alps, Pyrenees, and Andes.



Diagnosed with insulin dependent diabetes in 1984, David accepted his diagnosis as a new challenge to educate himself about the disease, to explore medical technologies and treatment offering improved glycemic control, and most importantly, to live life to its fullest. David has played a critical role in bringing together the many people who are IDEA 2000. His direct and intimate

involvement with IDEA 2000 reflects an evolution from waging a personal battle with the disease to reaching out to educate, to fight the perceptions many have regarding diabetes and to help diabetics who are in need. This long-term vision lives on with the work of the non-profit all-volunteer operated organisation based in the USA, IDEA 200, Inc. --- inspiring, networking, and sharing information on living a full life with diabetes. In December of 2000 David was leader of the International Diabetic Expedition to Aconcagua which placed seven Type 1 diabetics on the 22,834 ft (6959 m) summit and raised nearly \$100,000 for projects helping diabetics in Latin America and diabetes research. This expedition has served as a successful model and springboard for other diabetic adventures around the globe.

For more than 10 years, as a diabetic, David raced road bicycles with top amateurs and professionals in the US and abroad, participating in the 1988 Olympic Trials in Spokane. In 1994, David recognised a challenge and beauty he deeply missed and returned to a pre-diabetes passion of mountains - trekking, climbing and mountaineering. His love for high places has brought him to many of the great mountain ranges of the world - the Alps, Pyrenees, Tatra, Rockies, Cascades, Sierra Nevada, Andes. In addition to leading the IDEA 2000 expedition to Aconcagua, David has reached, through expeditions planned and co-ordinated by himself, the summit of the third highest peak in North America, Pico de Orizaba (18,800 ft, 5700m) in Mexico (twice) and the summits of the two highest mountains in the Ecuadorian Andes, Cotopaxi (19,370 ft, 5900m) and Chimborazo (20,700 ft, 6300m), and in 2002 Washington State's Mount Rainier (14,410 ft, 4390). Notable trekking accomplishments include England's 200-mile northern coast-to-coast trek, a 110-mile traverse of Italy's Graian Alps, Spain's rugged 500-mile GR-11 traverse of the Pyrenees, and a coast-to-coast trek across Corsica.

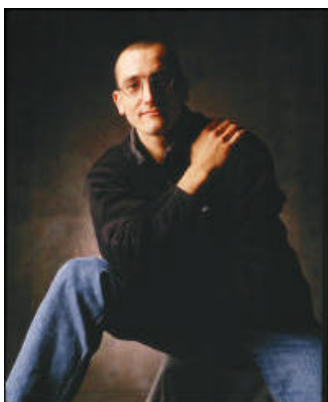
David is also an avid rock and ice climber, sea kayaker, cross-country skier, and cyclist. In July of 2000 he was honoured with the LifeScan Lifetime Athletic Achievement Award and donated the \$5000 award to offset group expenses for the Aconcagua expedition. Featured in numerous US regional and national publications, television, radio, as well as international media outlets, David continues to speak about and show pictures of diabetics doing what they love to do - climb mountains – to wide-ranging audiences including the general public, families with children with diabetes, newly diagnosed diabetics, and health care professionals.



Originally from Evanston, Illinois, USA, David moved to Madison, Wisconsin to complete his undergraduate studies in Civil and Environmental Engineering at the University of Wisconsin and now works for the Wisconsin Department of Natural Resources. He lives with his wife Pat and their son Martin. David's fluency in Italian and French have afforded him friends and adventures in far-away corners of the world. David is fortunate to be healthy and free of any complications from diabetes. His diabetes self-management skills and resulting control are considered excellent by his diabetes health care team. In April 1999, David switched from multiple daily injection (MDI) therapy to insulin pump therapy, with excellent results.

MARCO PERUFFO

Marco Peruffo - runner, cross-country skier, and ski mountaineer



Marco was diagnosed with Type 1 diabetes when he was 10. The first years with the disease were marked by a general lack of glycemic control and difficulty with diabetes self-management. Through sports and above all, alpinism, he discovered a new balance and a better awareness of what he could accomplish as a person and as diabetic.

At present, his HgbA1c values routinely range between 6.8 and 7.2% and his insulin therapy consists of 22 units per day of Actrapid (Regular) and 16 units of Protaphane (NPH) divided into 4 injections a day. In some situations, to bring down blood sugar or during strenuous and extended physical exertion, he uses Humalog (lispro).

He has been climbing for over 12 years on steep rock and ice and he has climbed more than 100 routes in the Alps including routes on Monte Bianco; the Grandes Jorasses; west face of Bernina; north-east face of Pizzo Badile; north-east face of Ortles; north-west face of Gran Zebrù. In the Dolomiti; the south face of Marmolada; north-west face of Civetta; north face of Tre Cime di Lavaredo; north face of Agner; north face of Sass de la Crusc, and lots more.

During 1999 he went to the Cordillera Blanca in the Peruvian Andes where he climbed Nevado Urus (5495 m., 18029 ft.), Nevado Ishinca (5553 m., 18219 ft.), Nevado Pisco (5756 m., 18885 ft.), the Ferrari route on the south-west face of Nevado Alpamayo (5946 m., 19509 ft.) and Nevado Huascarán (6769 m.), where he reached 6200 m. (20342 ft.).



He also enjoys doing marathons, trail running, cross-country skiing, and ski mountaineering.

VITTORIO CASIRAGHI

Vittorio Casiraghi – athlete, environmental technician, family man and mountaineer



Vittorio is 44 years old and is from the town of Besana Brianza, Province of Milano, in Northern Italy. He has been diabetic for 10 years and has been climbing for more than 25. He is an athlete and enjoys all forms of mountain activity. He has climbed extensively throughout the Alps, has climbed big walls in Yosemite and has taken part in expeditions in remote corners of the world including Egypt's Sinai Mountains and Argentina's Patagonia.

He is married and has two daughters (Marina 11 and Silvia 6 years old). He is an environmental technician at the local water pollution control district. He tries hard to balance a life of work and family, while keeping physically fit.

Vittorio enjoys climbing, mountaineering, ski mountaineering, cross-country skiing, running and cycling. He works hard on maintaining good glycemic control and has consistent quarterly HgbA1c values of less than 6.5%. His diabetes management program is intensive MDI therapy consisting of a minimum of four daily injections: morning - actrapid penfill, midday-actraphane penfill (50/50), evening-actrapid penfill, and the last-protophane penfill. His total daily insulin needs are about 45-50

units. He understands the importance of taking care of his diabetes when in the mountains and adjusts his diabetes management program as needed. He always has his diabetes essentials close at hand: insulin (penfill system); blood glucose monitoring system; and food, including fast-acting carbs.



Vittorio has climbed what many consider the most important and great routes of the Alps - the classics - The Cassin route on the Grandes Jorasses, the Bonatti route on the Petit Dru, the south ridge of the Aiguille Noire De Peuterey, the English route on Pizzo Badile, routes on Marmolada's south face, routes on the Cime di Lavaredo, to name a few. He also took part in a number of international expeditions including one to Egypt, another to Patagonia where they climbed the east ridge of Aguja Saint Exupery in the Fitz Roy vicinity, and Yosemite Valley where he climbed the Nose route on El Cap in 2 days, the regular route on Half Dome, and others.

He is an active member of the Italian Academic Alpine Club, where he has taught mountaineering and ski mountaineering.

