



Ever Upward: September 2023

“Sweet Home Chicago”

Jeff Sventek, AsMA Executive Director

Remember the blues song first recorded by Robert Johnson and made famous by the Blues Brothers? Lyrics from that song state:

“Come on
Baby don’t you wanna go
Back to that same old place
Sweet home Chicago”

The Aerospace Medical Association conducted our 2013 Annual Scientific Meeting in Chicago and due to a confluence of negative events, I swore we would never return to Chicago for a future scientific meeting. Well, I’ve had to eat those words because we are returning to Chicago in 2024 for our 94th Annual Scientific Meeting. So, for a one-week period in early May 2024, we will be back in “Sweet Home Chicago.”

The Aerospace Medical Association’s 94th Annual Scientific Meeting is scheduled for May 5–9, 2024, at the Hyatt Regency Chicago Hotel located at 151 East Wacker Drive, Chicago, IL, United States. The hotel is in downtown Chicago right on the Chicago River and very near excellent restaurants, shopping, and social activities. The hotel offers more than 2,000 guest rooms and 240,000 square feet of meeting spaces.



We recently completed a site visit at the Hyatt Regency Chicago and we are very pleased with the hotel

location, meeting spaces, sleeping rooms, and restaurants. There are several options for getting to the Hyatt Regency Chicago Hotel from the two Chicago airports.

Chicago Midway International Airport

This airport, typically referred to as Midway Airport, Chicago Midway, or simply Midway, is a major commercial airport on the Southwest side of Chicago, IL, located approximately 12 miles from the city’s Loop business district. Midway is a base for Southwest Airlines, which carries over 95% of the passen-



Midway Airport

gers at the airport. The terminal contains 43 gates with facilities for international passengers. Ground transportation options from Midway Airport to downtown Chicago are many. The CTA rapid transit Orange Line provides transit to Downtown Chicago, where it connects with other subway/elevated rapid transit lines. Travelers can also travel from Midway Airport to Hyatt Regency Chicago via taxi, Uber, Lyft, and GO Airport Express.

Chicago O’Hare International Airport

Sometimes referred to as Chicago O’Hare, or simply O’Hare, this airport is the main international airport serving Chicago,



located on the city’s Northwest side, approximately 17 miles (27 km) northwest of the Loop business district. O’Hare has non-stop flights to 214 destinations in North America, South America, the Caribbean, Europe, Africa, Asia, the Middle East, Oceania, and the North Atlantic region as of November 2022.

As of 2023, O’Hare is considered the world’s most connected airport. O’Hare is a major hub for both United Airlines and American Airlines. It is also a focus city for Spirit Airlines. There are many ways passengers can get to and from O’Hare International Airport. Public transportation such as the CTA “L” trains and Metra offer up easy and economical travel. The CTA Blue Line station is located right within the airport, offering easy access for passengers. A number of airport shuttles and regional buses service O’Hare, offering transportation for passengers in the city, suburbs, and surrounding states. Taxis, limos, and rideshare companies are all accessible to passengers who are both coming and going. There are also many rental car companies which service O’Hare.

Should you plan to park a personal vehicle or rental vehicle during the AsMA Annual Scientific Meeting, the Hyatt Regency Chicago recommends parking at the 111 E. Wacker Garage. You can book parking at this garage on SpotHero for \$53 per night when you self-park. Valet parking is \$79 per night.

See ‘Chicago,’ p. N64



Hyatt Regency Chicago Regency Club

Send information for publication in this newsletter to: Journal Department, AsMA; rtrigg@asma.org

From 'Chicago,' p. N63

Sleeping Rooms

The Hyatt Regency Chicago Hotel offers two towers of updated sleeping rooms. The room block for our scientific meeting will offer the following:

- \$216.00/night for single and double occupancy;
- Additional 17.4% (subject to change) room tax;
- \$20.00/night for each additional person above double occupancy;
- Regency Club is available for \$75/person; and
- Complimentary guest room internet.

Meeting Spaces

All meeting spaces to be used during the 94th Annual Scientific Meeting will be in the East Tower. The meeting spaces are on different levels within the East Tower, but all scientific plenary sessions, breakout sessions, and poster sessions will be on the same level and within easy walking distance of each other. The session rooms will also be very close to the Registration area. There are several small boardrooms for small meetings and other meeting rooms for larger groups to meet.

Food & Beverage

The Hyatt Regency Chicago Hotel offers several locations within the hotel for food and beverage opportunities. The American Craft restaurant is on the main entrance level of the East Tower and offers a great menu selection and plenty of seating. The American Craft restaurant is open daily 6:00 a.m.–11:00 p.m.

One level up from the main level (near the hotel registration desks), you'll find the Big Bar, which happens to be the continent's longest free-standing bar. Revel in unparalleled views of downtown Chicago while sipping on beer or signature cocktails. Sports fans can also catch games on one of 24 large flat-screen TVs. The Big Bar opens at 4:00 p.m. with

Happy Hour from 5:00–7:00 p.m. Sunday through Thursday, and 4:00–6:00 p.m. Friday and Saturday.

Back on the main entrance level of the hotel, you'll find the Market Chicago. Stop by day or night for a cup of freshly brewed coffee, or choose from a selection of gourmet sandwiches, fresh fruit, smoothies, pastries, and more. Market Chicago is a great place to start your morning or enjoy a late-night snack. The Market Chicago hours are 6:00 a.m.–12:00 a.m.

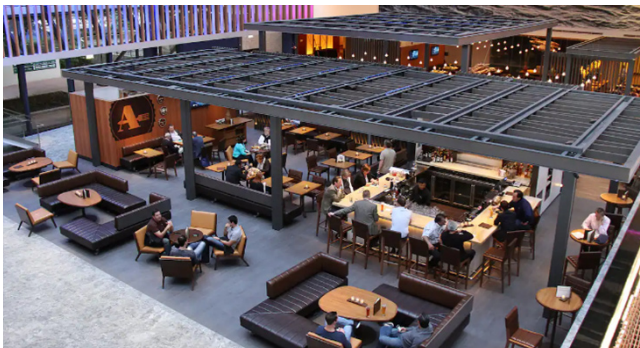
For those who choose to pay the extra fee for Regency Club access, there is a Regency Club lounge on the 35th floor of the East Tower. Hyatt Club lounges vary depending on brand, property, and location. But club access can save you money on dining, since these lounges typically provide free breakfast and snacks throughout the day. They also offer quiet spaces with wi-fi and work areas for when you need a change of hotel scenery.

Finally, the Hyatt Regency Chicago Hotel offers its own very modern, upscale restaurant. Voted Diners' Choice 2023 by OpenTable, Stetson's is located on the main entrance level of the hotel, close to the American Craft restaurant and the Market Chicago, and is open 5:00–10:30 p.m. This non-traditional steakhouse serves internationally inspired dishes prepared with sustainably sourced beef, seafood, and produce. Enjoy the cozy setting with an open kitchen and energetic sushi bar.

Registration for 94th Annual Scientific Meeting

Early Bird registration for the 94th Annual Scientific Meeting will open on the AsMA website on January 1, 2024, and run through January 31, 2024. Early Bird registration offers a small discount on the Advance and Onsite Registration fees. Advance Registration starts on February 1, 2024, and closes

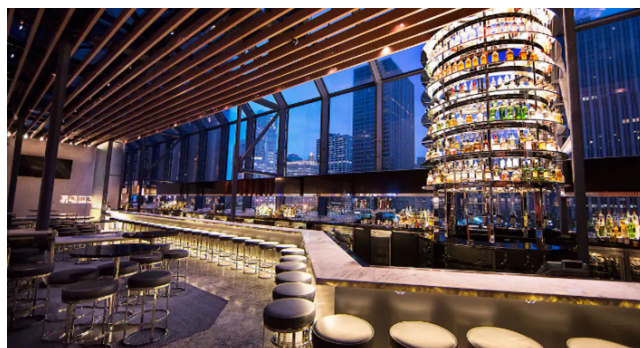
See "Chicago," p. N65



American Craft restaurant



Market Chicago



Big Bar



Stetson's

From 'Chicago,' p. N64

on May 4, 2024. Onsite Registration will open at the Hyatt Regency Chicago Hotel at 9:00 a.m. on Sunday, May 5, 2024.

I hope many of you will have the opportunity to join us for the 94th Annual Scientific Meeting at the Hyatt Regency Chicago Hotel. It will be 11 years since our last scientific meeting in Chicago, so come back to "Sweet Home Chicago" next year and enjoy what Chicago and the 94th Annual Scientific Meeting have to offer. See you there!

New Members

AsMA welcomes 27 new members in September.

- Abadi, Parisa; League City, TX, United States
- Adegbindin, Moustaine; Memphis, TN, United States
- Bechard, Brendan; New York, NY, United States
- Bell, Stephen; Carleton, MI, United States
- Boswell, Bruce; Fleming Island, FL, United States
- Daire, Bethany; Lichfield, Staffordshire, United Kingdom
- Dvorak, Claire; Windermere, FL, United States
- Dziesinski, Lucas; New York, NY, United States
- Gobac, Robert; Kigali, Rwanda
- Grete, Alicyn; Niceville, FL, United States
- Hershenhouse, Tyler; Chicago, IL, United States
- Johnson, Kim; Lewisville, TX, United States
- Kuhl, Heather; Fort Lauderdale, FL, United States
- Laird, Phil; Kingston, Ontario, Canada
- Larson, Jennifer; Raleigh, NC, United States
- Lee, Sariah; New York, NY, United States
- Levine, Laurence; Stuart, FL, United States
- Miller, Muska; London, United Kingdom

- Mohan, Keerthana; Cumming, GA, United States
- Nakajima, Akie; Takasaki, Japan
- Pulford, Dominic; Farnborough, Hampshire, United Kingdom
- Reed, Breland; Enid, OK, United States
- Smith, Brooke; Bethesda, MD, United States
- Upadhyay, Anubhav; Bengaluru, Karnataka, India
- Ward, Gavin; Fort Lauderdale, FL, United States
- You, Christine; Los Angeles, CA, United States
- Zachariah-Kurian, Mary; Joint Base McGuire-Dix-Lakehurst, NJ, United States

AsMA welcomes back three returning members:

- Brane, Lucas; Pearland, TX, United States
- Maloney, Elbert; Gulf Breeze, FL, United States
- Petersen, Eric; Chandler, AZ, United States



CALL FOR AUTHORS

- ▶ Join a project spearheaded by the History and Archives Committee as we prepare for the upcoming **100th anniversary** of AsMA in 2029!
- ▶ The Committee is seeking **authors interested in contributing a chapter to a book** that examines the ways in which the fields of aviation and aerospace medicine have changed over the past century, as reflected by our Society through the years.
- ▶ Help us celebrate the history of our organization and the innovations in our field that many of you have not only witnessed but engineered.
- ▶ Please **contact Committee Chair Walt Dalitsch** at walt3@dalitsch.com if interested.



The Need For
SPEED
Farther, faster, together.

The Aerospace Medical Foundation is working to accelerate its efforts by empowering the next generation of Aerospace Medicine scientists who will take humans to deep space. In order to achieve these objectives, they are setting a goal in the "Need for Speed" campaign of \$5 million by AsMA's 100th Anniversary! Donations can be in cash or in stock and can be made by credit card or PayPal through the AsMAFoundation.org website. AsMA Members: consider joining the Heritage Society and include the Foundation in your estate planning.

Support the Foundation!

With your help we can accelerate to Mach 10 by 2029!

\$680,000

SUBSONIC
MACH < 1.0

MEETINGS CALENDAR

Please check the websites of meetings listed to see updates.

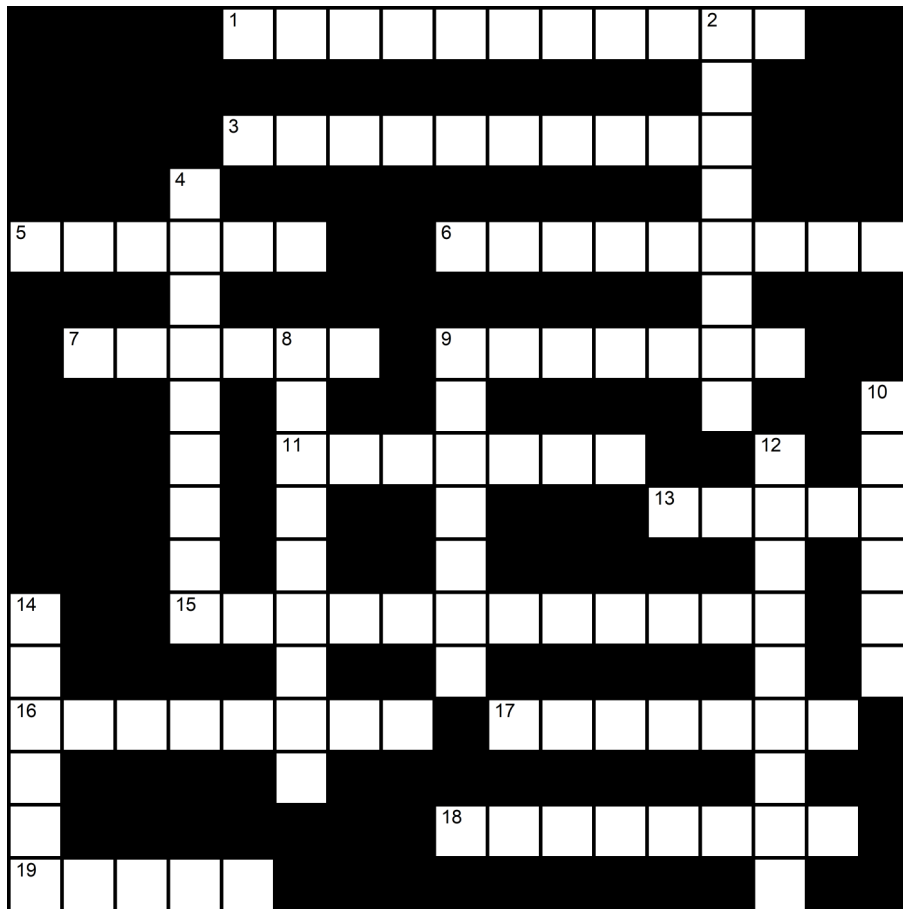
Calls for Papers—Ongoing: IAF's Global Networking Forum Space Conversations Series, online. For more info, please visit <https://www.iafastro.org/events/iaf-gnf-space-conversations-series/>.

HFACS Workshops: Workshops on the The Human Factors Analysis and Classification System (HFACS) are available online and in-person. For more info, please visit <https://www.enrole.com/erau/jsp/course.jsp?categoryId=&courseId=HFAC> for in-person and <https://www.enrole.com/erau/jsp/course.jsp?categoryId=558570F8&courseId=OHFA> for online.

Oct. 26-29, 2023; International Congress of Aviation and Space Medicine (ICASM 2023); Conrad at Etihad Towers, Abu Dhabi, UAE. For more information, please visit <https://www.iaasm.org/news/international-congress-of-aviation-and-space-medicine-icasm-2023>.

September Crossword Puzzle

By Lt. Col. Srihari Iyer K, Flight Surgeon, Indian Army



ACROSS

1. Exposure to 42,500 to 45,000 feet while on 100% Oxygen is _____ stage of hypoxia. (11)
3. Drop-down mask in _____ aircraft are automatically released when cabin altitude is between 10,000 - 14,000 ft. (10)
5. The commonest ejection related injury is known to occur during _____ phase of ejection. (6)
6. _____ Phenomenon was first described by Malcom and Money. (5,4)
7. _____ line is used to define the boundary between aeronautics and astronautics. (6)
9. 32.3°C is _____ zone as per FITS. (7)
11. _____ vision ranges from about 1 to 10⁻³ mL (7)
13. The capability of crew escape system was observed in _____ T-10A. (5)
15. Ozonosphere lies in _____ layer of the atmosphere. (12)
16. The _____ shift (or phenomenon) is the relatively greater brightness of blue or green light, compared with yellow or red light, upon shifting from photopic to scotopic adaptation. (8)
17. Illusions of self-motion occur when one perceives bodily motion despite no movement taking place is called _____ illusion. (7)

18. Cabin altitude which is controlled at a constant value over a range of aircraft altitudes is _____ pressurization schedule. (8)
19. Radiation from Sun reaches the earth within _____ minutes. (5)

DOWN

2. The first patent for an ejection system using compressed air is attributed to a British Railway Engineer Everard _____. (8)
4. Central Venous Pressure _____ immediately on entering microgravity. (9)
8. Ebullism is encountered at _____ limit. (9)
9. _____, London is the first airport to introduce Air Traffic Control. (7)
10. H in HACCP is _____. (6)
12. Space Associated Neuro-ocular Syndrome which is characterized by optic disc edema, choroidal thickening, cotton wool spots, and a _____ vision shift. (9)
14. _____ syndrome, includes lack of motivation to work or interact with others, drowsiness, fatigue, and the inability to concentrate as a result of Space Motion Sickness (6)

The solution is on p. N68 of this newsletter.

NEWS OF CORPORATE MEMBERS

Axiom Space Newest Corporate Member

AsMA welcomes Axiom Space as its newest Corporate Member. They are a commercial space company located in Houston, TX, and are a leading provider of human spaceflight services and developer of human-rated space infrastructure. They operate missions to the International Space Station (ISS) and are developing a successor to the ISS. They also build next-generation spacesuits. They were recently chosen by NASA for the fourth private astronaut mission to the ISS and have signed an agreement with the European Space Agency (ESA) and Poland to send a Polish astronaut to space on a future Axiom Space mission. This astronaut will focus on scientific research and educational outreach while in orbit. Axiom Space will manage all aspects of the mission, including access to training, hardware and safety certification, on-orbit management, and post-mission support. For the NASA mission, Axiom Space launched in August from the Kennedy Space Center and contracted with SpaceX as launch provider to provide transportation to and from the ISS and to familiarize Axiom's astronauts with the systems, procedures, and emergency preparedness for the Dragon spacecraft.

—To read more about AsMA's newest Corporate Member, please visit <http://www.axiomspace.com>. For more on the NASA mission, visit <https://www.axiomspace.com/news/ax4-mso> and for more on the ESA mission, visit <https://www.axiomspace.com/news/poland-esa-agreement>.

MedAire Provides Medical Support to Delta

Delta has partnered with MedAire's MedLink service for in-flight medical support. With MedLink, flight attendants now have direct access to the medical team via a secure app on their mobile devices. This enables secure, real-time communication of non-identifiable medical information that will help clinicians more accurately assess a patient's condition and recommend a course of action to the crew. Each Delta flight attendant receives 6 weeks of initial training along with recurring training every 18 months. During in-flight medical events, the decision whether to request an unscheduled landing is at the discretion of the Commander with the advice of MedLink physicians and in coordination with Delta's ground operations team.

—Please visit <https://www.md80.it/2023/08/16/news-brevi-16-08-2023/> to read the section entitled "Delta Migliora La Risposta Alle In-Flight Medical Emergencies" (article in Italian).

Mayo Clinic Examines Hypertension in Pregnancy

A recent Mayo Clinic population-based study found that babies from pregnancies complicated by hypertension were more than two times as likely to develop chronic hypertension as adults. The study supports the recognition of maternal history of hypertension as a potential cause of early-onset hypertension in their children. Additionally, people born from hypertensive pregnancies may need more heart health monitoring and screening and should be provided timely medical advice about diet, exercise and other lifestyle mea-

asures to reduce their risk. These findings build on earlier research, which found that the children of mothers with preeclampsia during pregnancy—a condition that can include high blood pressure—had an increased risk of stroke and other cardiometabolic disorders later in life. The researchers are actively studying the fetal origins of adult chronic hypertension to understand the underlying mechanisms and developmental origins of the condition. Their goal is to improve the diagnosis of hypertension in all people and to discover targeted therapies.

—Please see <https://newsnetwork.mayoclinic.org/discussion/hypertension-in-pregnancy-poses-measurable-risks-for-babies/> for more on this.

UTMB Study to Help Diagnose Dementia Earlier

A University of Texas Medical Branch (UTMB) research team recently received an award notification from the National Institute on Aging for their project "Annual wellness visit policy: Impact on disparities in early dementia diagnosis and quality of healthcare for Medicare beneficiaries with Alzheimer's Disease and Its Related Dementias." The three primary investigators of this interprofessional team have appointments in three UTMB schools and an additional two co-investigators are also from UTMB. Early recognition of cognitive impairment and timeliness in Alzheimer's Disease and Related Dementias (ADRD) diagnosis are key to optimal dementia care. No studies have examined the effect of the annual wellness visit (AWV) policy on reducing disparities in ADRD diagnosis and health outcomes among community-dwelling Medicare beneficiaries with ADRD, based on the Institute for Healthcare Improvement (IHI) 4Ms framework of an age-friendly health system: "what matters," "mentation," "mobility," and "medication." This 5-year project will use this framework in a convergent parallel mixed-methods study to inform AWV policy and develop a practice guideline to improve the timeliness of ADRD diagnosis and post-diagnosis dementia care, thereby decreasing health disparities and improving quality of life among Medicare beneficiaries with ADRD.

—Visit <https://www.utmb.edu/spph/about-us/news/article/news/2023/08/09/utmb-researchers-set-to-help-clinicians-diagnose-dementia-earlier> to read more.

AOPA and FAA Team Up to Help Pilots

The Aircraft Owners and Pilots Association (AOPA) and the Federal Aviation Administration (FAA) have teamed up to help pilots steer clear of regulatory trouble with their certificate. A three-part video series, entitled "Protecting Your Pilot Certificate," will cover information that pilots should know and understand when it comes to flying passengers and property safely and legally. FAA Aviation Safety Inspector Don Riley and AOPA Legal Lead Ian Arendt are the two subject matter experts featured in the series, which is hosted by AOPA Communications Director Eric Blinderman and FAA Program Management Analyst Jamal Wilson. The first video, "Cost Sharing your Aircraft," was published in late July and focuses on the complexity and nuance that pilots should con-

See 'Corporate News,' p. N68

