

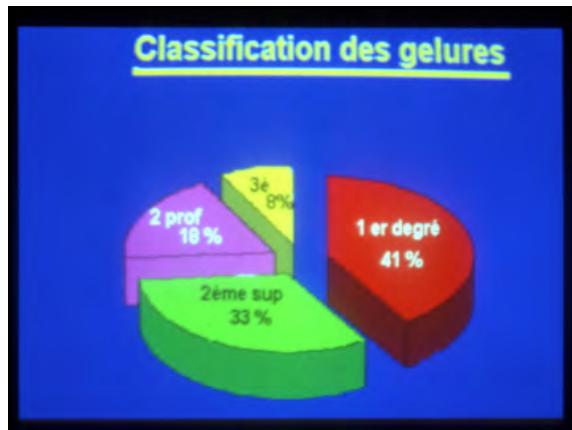
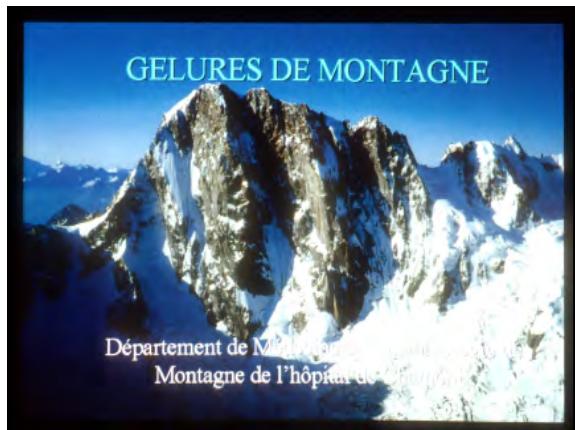
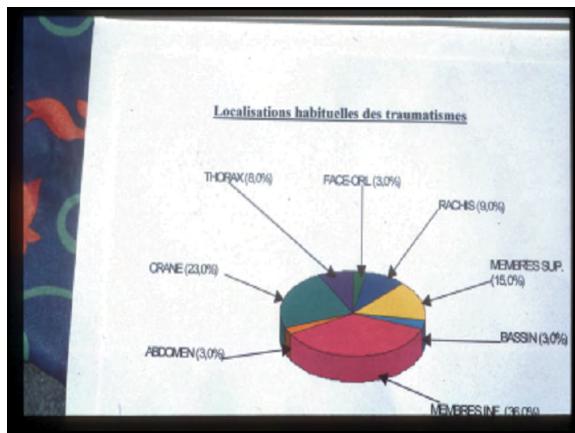
**THE MOUNTAIN ACCIDENTS IN MONT BLANC MASSIF**  
J. Forray  
Departement of surgery  
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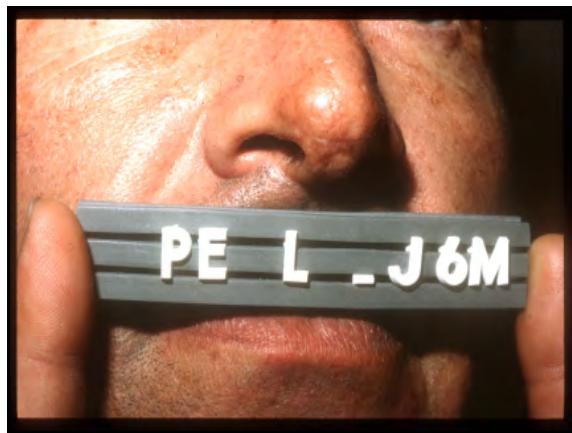
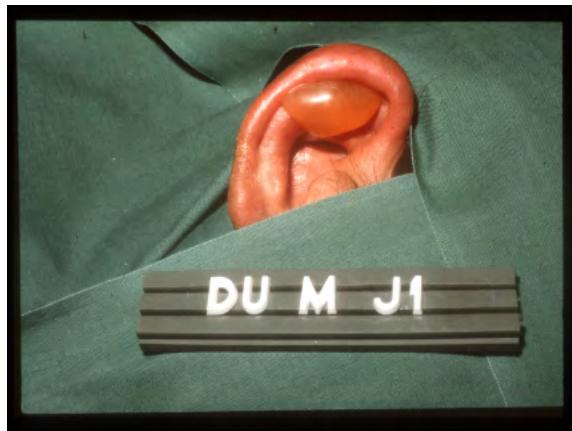
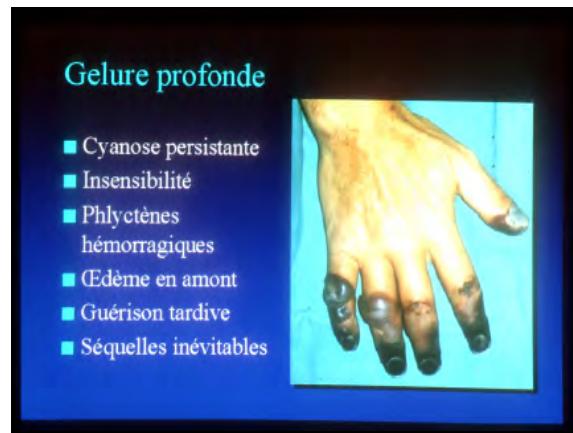
**Abstract**

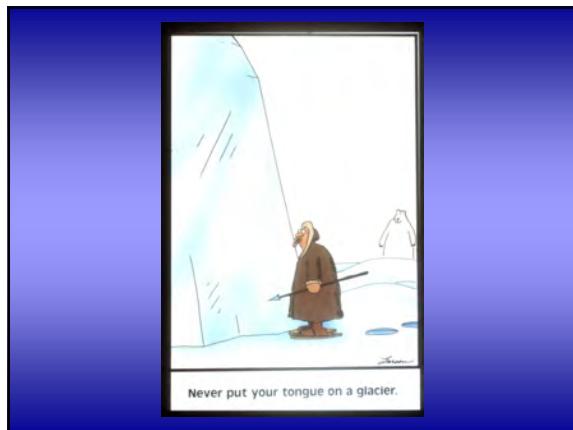
Accidents are very frequent in the Mont Blanc massif. In the last period of time, I was treating different types of injuries: traumatic injuries (69%), chilblains and hypothermia (22%), "mal de montagne" (6%), exhaustion (2%) and thunderstruck injuries (1%). The most common sites of the traumatic injuries were inferior limbs (36%), upper limbs (15%) and head (23%). Chilblains were very frequent. In these cases, the determination of the depth and extension of injuries presents a greater challenge, because the clinical findings are not exact. The treatment includes: rapid warm, intravenous fluid resuscitation, antibiotics, non-steroid anti-inflammatory drugs and late surgical intervention. Exhaustion must be prevented by adequate nutrition and training. Thunderstruck injuries are very rare (about 16 cases). Their management is the same as for other types of burns.



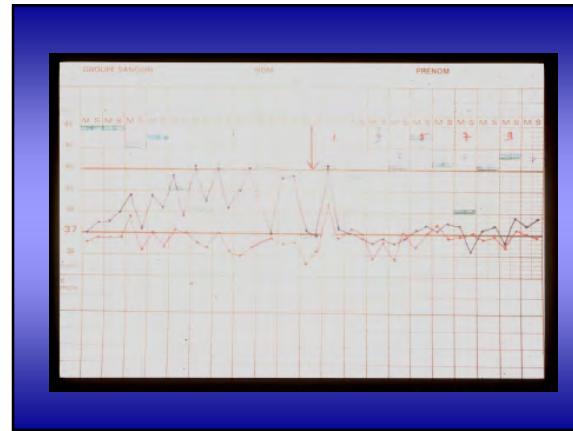
<b>CLASSIFICATION</b>		
<b>TRAUMATOLOGIE</b>	:	<b>1034 cas    69 %</b>
<b>CRYOPLEXIES</b>	:	<b>327 "    22 %</b>
<b>MAL DES MONTAGNES</b>	:	<b>94 "    6 %</b>
<b>EPUISEMENTS</b>	:	<b>31 "    2 %</b>
<b>ACCIDENTS DUS A LA FOUDRE</b>	:	<b>16 "    1 %</b>













### Traitement des gelures superficielles

**Réchauffement**

- Il est simple
- Comme celui des brûlures superficielles
- Conserver si possible les phlyctènes
- Antiagrégants+vasodilatateurs
- Soins locaux

### Traitement des gelures profondes

#### Traitement général

- Rhéomacrodex
- Vasodilatateurs
- Anti inflammatoires non stéroïdiens
- Antibiotiques
- Péridurales
- Injections intraarterielles
- Hémodilution

### Traitement des gelures profondes

#### Traitement local

- Rechauffement
- Soins d'aseptie
- Chirurgie :
  - \* greffes libres
  - \* greffes peau d'orteil
  - \* lambeau
  - \* sympathectomie (séquelles)
  - \* amputations, nécrectomies
  - \* greffes d'orteils
- Oxygène hyperbare

### Prévention

- Bonne hydratation et nutrition
- Chaussures de conception moderne, sèches
- Sous-gants, gants ou moufles - secs
- Vêtements amples
- Ne vous lavez pas (!)
- O<sub>2</sub> à haute altitude
- Améliorer la CIVD (?)

