



---

## MEDIA ADVISORY

### **Military & Veteran Expedition to Scale Denali, North America's Highest Peak, with Cardiac Insight, Inc. Wearable ECG Sensor, Cardea SOLO™**

*Sudden Cardiac Arrest is the Most Common Cause of Non-Traumatic Death in Men over 34 While Skiing or Hiking at High Altitude. USX's Military & Vets to Gather Research Data on Arrhythmias During Mountaineering Expedition.*

**Kirkland, Wash. (May 14, 2018)** — A mountaineering team from non-profit organization U.S. Expeditions and Explorations (USX) will use Cardiac Insight, Inc.'s Cardea SOLO™, a wearable, wire-free seven-day ECG Sensor and Analysis Software System for the detection of adult arrhythmias, including atrial fibrillation (AFib), to conduct cardiac monitoring during a research expedition on North America's highest peak, Denali, Alaska, from May 14 to June 5, 2018. The USX mountaineering team, comprised of five military members, veterans, and a physician, will summit Denali's West Buttress (6,190 meters/20,308 feet).

Sudden Cardiac Arrest (SCA) is the most common cause of non-traumatic death in men over 34 while skiing or hiking at high altitude. Researchers believe high altitude increases the likelihood of cardiac arrhythmias, which escalate the chance of stroke fivefold and double the risk for Sudden Cardiac Death. However, limited data on this subject exists, especially with participants ranging above 5,000 meters (16,404 feet). Cardiac Insight Inc.'s Cardea SOLO wearable Sensor, which records every heartbeat for up to seven days, provides the capability to capture high-fidelity data in this challenging environment in an unobtrusive, comfortable form factor.

"Through the use of Cardiac Insight Inc.'s wearable Cardea SOLO Sensors, USX will collect a month's worth of continuous data on our expedition participants' heart rhythms before, during, and after our ascent of Denali," said David R. Ohlson, D.O., Director of Research Initiatives for USX, Co-Chief Resident of Internal Medicine at Bingham Memorial Hospital in Blackfoot, Idaho, and an accomplished climber and filmmaker. "The data we capture will help shed light on how frequently abnormal heart rhythms occur in healthy individuals at high altitude and whether or not these arrhythmias are potentially dangerous."

During USX's Denali expedition, each participant will use a journal to meticulously document symptoms they experience while ascending and descending the mountain. The Cardea SOLO Sensors will simultaneously monitor and record heart function data. Post-expedition, this data will be analyzed for abnormalities using Cardiac Insight Inc.'s proprietary ECG Analysis Software. The participant journals will be used to correlate abnormalities between the data and reported symptoms or events. The research findings, which will be submitted for publication in a peer-reviewed academic journal, will help physicians inform their recommendations to patients who wish to participate in recreational activities at high altitudes.



---

“Cardiac Insight, Inc. is thrilled to partner with USX and apply our wearable ECG Sensors and proprietary Analysis Software toward the advancement of arrhythmia scientific research and enhancement of cardiac health care,” said Brad Harlow, Chief Executive Officer of Cardiac Insight, Inc. “Cardea SOLO's participation in USX's Denali expedition will help provide valuable insight into a significant health risk and the heart's performance related to the impact of sports and activities at high altitudes. This could never be accomplished — until now. The research data retrieved by USX using Cardea SOLO on Denali will bring back significant findings that can help save the lives of those most vulnerable.”

Through the expedition, USX's team members will deliver personal narratives surrounding their military service to help influence a positive outcome for veterans struggling with adversity. The expedition team consists of four military members and veterans — Nicklas Anthony, Ron Oliver, Elyse Ping Medvigy, and Adam Storck — and USX Director of Research Initiatives, Dave Ohlson, D.O.

“In an age where so much emphasis is put on raising awareness for the same few veteran-related issues, we need to break this cycle,” said Nicklas Anthony, USX's Marketing and Communications Director and a U.S. Marine Corps officer. “We're seeking to shift the paradigm by continuing our track record of taking action to demonstrate to our community and nation that we can, and will, overcome immense challenges, both seen and unseen, to further scientific research and continue the military tradition of camaraderie and belonging.”

The USX team members' individual stories will be featured in [USX's "Through the Fog" blog series](#), which highlights the steps each military member or veteran took to re-vector themselves with immersive, positive outdoor activities that filled the experience gap or built a bridge to connect to an optimal state of mental health, Anthony said.

Read below for the team members' service and hometown information.



### About Cardiac Insight, Inc.

Cardiac Insight, Inc. ([www.cardiacinsightinc.com](http://www.cardiacinsightinc.com)) is a leading U.S. developer of advanced body-worn digital health care information systems through its proprietary software, algorithms and devices. The company's two flagship products are its wearable ECG Sensor and Analysis Software System, Cardea SOLO™ ([www.cardeasolo.com](http://www.cardeasolo.com)) and Cardea 20/20 ECG™, the only 12-lead test that incorporates the International Criteria for identification of the risk of Sudden Cardiac Arrest in young athletes. Founded in 2008, Cardiac Insight is an ISO-certified company and is based in Kirkland, Washington, USA.

Cardea SOLO is a wearable, wire-free, seven-day ECG Sensor that comes complete with a PC-based, in-office Analysis Software System for the detection of adult cardiac arrhythmias, including AFib. The Cardea SOLO System leverages one of Cardiac Insight's main differentiators – its proprietary ECG Analysis Software that incorporates advanced arrhythmia detection algorithms. Cardea SOLO streamlines ambulatory patient diagnosis at the point of care, and eliminates the need for costly and time-consuming outsourced ECG scanning services.

Cardea SOLO is the ONLY in-office PC-based ECG Analysis Software cleared by the U.S. Food and Drug Administration (FDA) to produce an automated draft findings report without human intervention. The report is ready for clinician review or edits in five minutes or less. Cardea SOLO Software also provides clinicians access to and ownership of every heartbeat of patient data for further analysis.

Millions of adults across the United States and Europe suffer from arrhythmia in its most common form, atrial fibrillation (AFib). Patients with AFib face an estimated five-times higher risk of stroke and more than double their risk of Sudden Cardiac Death. In young adult athletes, SCA is the number one medical cause of death; it is estimated that, every 72 hours, an athlete dies in the U.S. from a cardiac arrest.

For reference, Cardiac Insight, Inc.'s Cardea SOLO ECG Sensor is pictured below.



**For further information, contact:**

Teresa Fausti

Publicist, Cardiac Insight, Inc.

[teresa@fausticommunications.com](mailto:teresa@fausticommunications.com)



---

## About U.S. Expeditions and Explorations (USX)

U.S. Expeditions and Explorations (<https://www.usx.vet/>) is a 501(c)(3) non-profit organization that enables the military and veteran communities to impact STEM fields by conducting adventurous, scientific research across the globe. Based in Hinesville, Georgia, USX was founded in 2015 and is operated by military members and veterans. USX's expeditions contribute to research in ultrasonography (Mount Everest, 2016), high altitude cardiology (Denali, 2018) and, in the future, subterranean geography.

The mountaineering team for USX's Denali expedition includes the following members:

- Nicklas Anthony, 33, an active duty U.S. Marine Corps Captain from Norman, Okla. Anthony resides in Issaquah, Wash.
- David R. Ohlson, 41, the Director of Research Initiatives for USX and Co-Chief Resident of Internal Medicine at Bingham Memorial Hospital in Blackfoot, Idaho, where he also resides.
- Ron Oliver, 41, an active duty Lieutenant Colonel in the Air National Guard from Jacksonville, Fla. Oliver resides in North Pole, Alaska.
- Elyse Ping Medvigy, 28, a Captain in the U.S. Army Reserve from Sebastopol, Calif. Ping Medvigy resides in Washington, DC.
- Adam Storck, 31, a U.S. Army veteran from Seattle. Storck resides in London and Nairobi, Kenya.

USX's 2018 Denali research expedition is sponsored by the following organizations:

- Pratt & Whitney, a United Technologies Corp. company and world leader in the design, manufacture and service of aircraft engines and auxiliary power units (<http://www.pw.utc.com/>).
- Guild Mortgage Company, a nationally recognized mortgage banking company with more than 250 branches and satellites serving homebuyers throughout the United States (<https://www.guildmortgage.com/>).

### For further information, contact:

Reece Lodder  
Publicist, USX  
[reece@ledecreative.com](mailto:reece@ledecreative.com)