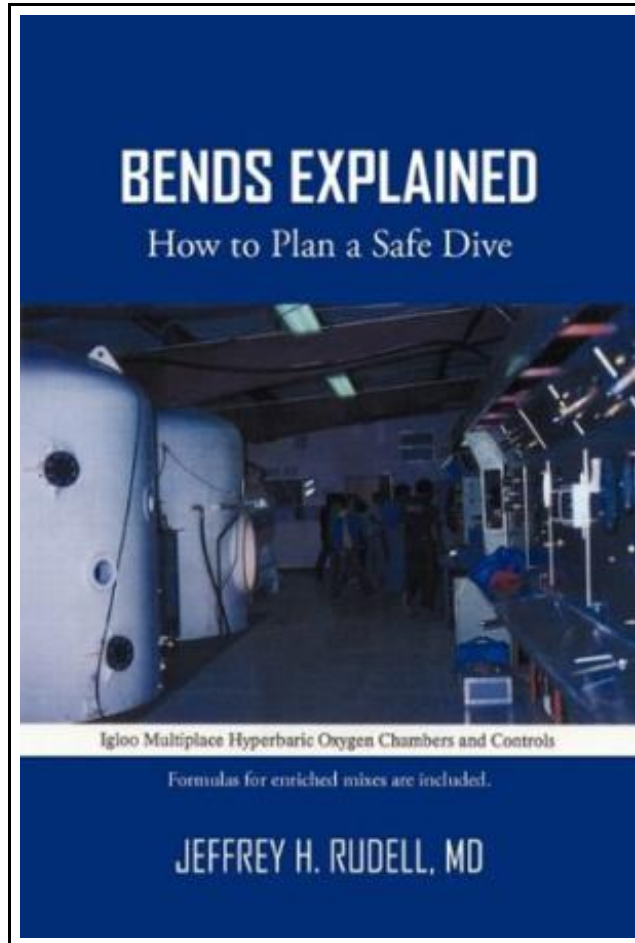


Bends Explained: How to Plan a Safe Dive (Hardback)



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Reviews

Great e book and helpful one. It really is written in straightforward terms and not hard to understand. You can expect to like how the blogger wrote this book.
(Hudson Christiansen)

BENDS EXPLAINED: HOW TO PLAN A SAFE DIVE (HARDBACK)



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iUniverse, United States, 2009. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ideas about bends have changed from the concept that a bubble formed in the nervous system or the joint by cavitation-negative pressure. Rapid ascent or joint motion caused the culprit to appear and pressure would make the bubble go away. Now we are treating tissue damage with oxygen. But, we are still using pressure and oxygen to increase the partial pressure of oxygen in the affected tissue. The treatment of choice is the 5 hour long U.S. Navy Treatment Table 6 which washes out the nitrogen in the tissue and washes in the oxygen. Careful understanding of how my patients got bent and how they responded should make any diver more cautious regarding repetitive diving and a multi-day series of dives. Pressure at the deepest part of the dive washes in the nitrogen over time. Fatty tissue, that includes the central nervous system and peripheral nerves, absorbs more nitrogen than watery tissues such as muscle. Shaping-up to dive includes weight loss, abstinence during the duration of the series of dives, and improving lung function. Physical conditioning such as walking 20 or more minutes a day for several weeks before diving is as important as paying for the trip. Dive accidents sometimes do not have a treatable solution. Most accidents resolve after one recompression breathing oxygen under pressure. Many patients were treated multiple times, and some did not get complete relief of their symptoms and/or neurological findings. Immediate therapy traditionally is in-water recompression which has its drawbacks. It is difficult to administer and hypothermia, fatigue, and drowning are risks. Surface-On-Deck oxygen breathing from a facemask or immediate recompression in a chamber are always effective treatments. Transport to a facility...



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