



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

By Jeffrey H Rudell MD

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...



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