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# The DiveMedTFS Newsletter, December 30, 2001

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\*Translation service at bottom of the page.



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## Table of Contents

\*This newsletter is in the form of a web page. The table of contents are links to specific subheadings of the newsletter. The entire newsletter is located at this address: <http://www.gulftel.com/~scubadoc/archdec3001.html>. This web page will be removed from the server with the next edition in about two weeks. You may keep a copy of the newsletter by emailing yourself a copy (File>send page> your email address).

### ---[Note from scubadoc](#)

<http://www.gulftel.com/~scubadoc/archdec3001.html#Note>

Strong response to our new newsletter; UHMS Meeting in La Jolla; World's Funniest Joke; molecule sized circuits; send us material; newsletters not archived.

### ---[Pearl of the Day!](#)

<http://www.gulftel.com/~scubadoc/archdec3001.html#Pearl>

Compression arthralgia

### ---[Question of the Week](#)

<http://www.gulftel.com/~scubadoc/archdec3001.html#Question>

## Costochondral chest pain

### **---Links**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Links>

"Harris" Taylor's links, Medline links about HBOT and malignancies, other links interesting to divers.

### **---Mailbox**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Mailbox>

Dr. Michael Bennett's web site: CLINICAL EVIDENCE DHM WEBSITE"

Database of Randomised Controlled Trials in Hyperbaric Medicine (DORCTHIM); letter and discussion about deep stops; letter from Darren Lovecchio re divemed-tech courses.

### **---Services on Our Web Site**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Services>

Listed services, downloads

### **---Changes in Our Web Site**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Changes>

Recent changes that you might be interested in viewing

### **---Poetry**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Poetry>

haiku by Dr. Snakebelly

### **---Humor**

<http://www.gulftel.com/~scubadoc/archdec3001.html#Humor>

How did you break your arm? Obligatory blonde joke.

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## Note from Scubadoc

Happy New Year!

The response to our new newsletter has been surprisingly strong. Several of you have 'donated' twenty, thirty and as much as fifty dollars to our newsletter fund to provide a better newsletter and web site. This has been used to underwrite the subscription of quite a few dive instructors, students and teachers in countries where there is a poor monetary exchange rate. Our next project is to purchase some software that will enable us to put more of our pages in a downloadable form.



**The Undersea & Hyperbaric Medical Society Annual Scientific Meeting Information packet for 2002 just arrived in snail mail. It will be held at the Hyatt-Regency La Jolla Hotel in San Diego, June 28-30, 2002. <http://uhms.org/Meetings/MeetingsMain.htm>**

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In Britain, a study was done to determine the 'world's funniest joke', testing 100,000 people and 10,000 joke entries. The joke: Sherlock Holmes and Dr. Watson go camping and pitch their tent under the stars. During the night, Holmes wakes his companion and says: "Watson, look up at the stars, and tell me what you deduce."

Watson says: : I see millions of stars, and even if a few of those have planets, it's quite likely there are some planets like Earth, and if there are a few planets like Earth out there, there might also be life."

Holmes replies: "Watson, you idiot, somebody stole our tent."

<http://www.nature.com/nsu/011227/011227-1.html>

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The Editors of Science, one of the world's top scientific journals, has named the year's top scientific breakthrough as the making of molecule sized circuits. Researchers at Harvard, Bell Labs and others have made tiny circuits, teamed in some cases with tiny transistors, wires and switches. All of these were on the small scale measured in nanometers (a billionth of a meter). The possibilities are mind boggling.

<http://straitstimes.asia1.com.sg/cybernews/story/0,1870,92338-1009058340,00.html>

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**We would appreciate very much your sending us interesting material for the newsletter- poetry, jokes, references, announcements or anything of interest to the diver and the diving medical person.**

**You are encouraged to mention us to your friends and associates.**

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**Again, you need to know that we will remove this newsletter from the server with publication of the next newsletter. You can copy sections, or the entire newsletter by sending it to yourself via**

email. The address will not be viable so send the entire web page.

**Best regards for safe diving!**

**Ern Campbell, MD**

**scubadoc**

**Diving Medicine Online**

<http://www.gulftel.com/~scubadoc>

[scubadoc@gulftel.com](mailto:scubadoc@gulftel.com)

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## **Pearl of the Day!**

**Compression arthralgia is joint pain that is dependent on depth, rate of compression, and individual susceptibility and usually comes on at 200 fsw (60 msw), increasing with depth and aggravated by exercise. <http://www.gulftel.com/~scubadoc/cmprarth.html> **NEW****

**Arthritic joint pains are often unaffected or improved by a dive (anecdotal).**

**Decompression joint pains come on after decompression and usually occur on the surface.**

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## **Question of the Week**

### **Chest Wall Pain**

**After a dive I was removing my wet suit and twisted around to grab my zipper cord and had severe pain in the chest. I was given O2 on the boat with little relief and went to the doctor here in Samoa and was told not to worry. (We do not have a chamber here, but since the doctor told me not to worry, I basically tried to put it out my head).**



The general pain to touch subsided after a couple of days, but an ache continued to bother me. The pain evolved into a strange combination of pains during the day. At night when I lay down, it eases up. Now, after three months of enduring all of this uneasiness in my chest, I am worried that the injury was actually related to the dive (not the act of taking off the wetsuit). I am currently feeling a general tightness around the upper right chest area, sometimes it feels like nerve pain stretching towards my shoulder from my chest, oftentimes, the pain extends to my back and is quite uncomfortable beside and below my right shoulder blade. Massage seems to help, but the pain soon returns.

I also sometimes have a strange tingling throughout the area below where the collarbone attaches to the chest, it feels like something is in my throat, sometimes almost a hot sensation with a taste. I have been on an acid inhibitor (nexium), so I don't believe it is coming from my stomach. I have seen a doctor here in Samoa, but he doesn't know much about dive medicine. I am a male, 41 years old and generally quite healthy and I stay in shape. This injury has become rather debilitating and I would like to try to do something about it. I would like some advice. Thank you for your time and Merry Christmas!

**Answer:**

Answers to questions are for information only, do not imply diagnosis or treatment and should always be used in conjunction with the advice of an examining physician.

What you are describing is probably 'sternocostal or costochondral separation', an injury that is seen fairly frequently with trauma situations but not often associated with wet suit removal. It is not serious but is difficult to diagnose or see on x-ray or other diagnostic methods and often is a diagnosis of exclusion.

The fact that it is associated with movement and pressure seems to rule out serious internal problems such as pulmonary problems, but it would be wise to have yourself checked for coronary artery disease.

One would have to agree that it most likely is not related to your dives. The condition can cause prolonged severe pain as you have noted and can often last for months. Pain syndromes can also be markedly worsened by anxiety of the unknown and one would suspect that this is having a part to play in your situation.

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Here is another letter about the same subject:

I recently suffered chest pain in my right side after crashing on roller skates with my daughter (long story, but I had to prevent the 4-year-old from getting squashed). I landed on my right side with right arm stretched over my shoulder. Later in the evening (not immediately), I began to experience muscular-type pain at the interior edge of my ribcage, approximately 2" below the sternum. I went to the doctor, and chest xrays were negative for cracks/fractures. 600mg of

Ibuprofen taken a few times a day helps, but after a couple of days without, the pain begins to return. The pain is low grade with occasional sharp pain, no coughing, voice changes or shortness of breath. The injury appeared to get better, but my weight training seemed to aggravate it. Therefore, I have rested it for over a month, but the low grade pain lingers.

While this has not impacted normal life, I have not been able to lift weights/exercise for our dive team. I'm still in good shape, but do not want to get too far gone before resuming. Based upon what I've read, I believe I either have a bruise, rib separation, or perhaps a cartilage stretch/tear. I would very much appreciate information or websites that might contain information on such injuries so I might be able to accelerate the rehab. I've heard soft tissue rib injuries are some of the worst for rehab, but I'm willing to help the process in anyway possible. I've also wondered if an MRI might help diagnose the problem, or if that would even affect the recommendations.

**Answer:**

From your history provided this sounds like a costochondral separation, although an undisplaced rib fracture is possible.

Rib fractures can take a long time to clear up (four to six weeks) and costochondral separations can take twice as long.

You might want to be sure that you don't have some other internal injury, such as liver damage (right side). It would probably ease your mind - if not your pain - to see a physician and be sure.

Here are some links:

<http://www.ncemi.org/cse/cse0502.htm>

[http://www.cc.cc.ca.us/sportsmedicine/chest\\_injuries.htm](http://www.cc.cc.ca.us/sportsmedicine/chest_injuries.htm)

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## Links

From Larry "Harris" Taylor

Happy Holidays!

Thanks to Karl Huggins for more of his "stuff" on decompression at the Michigan Mafia archive site:

[http://www.umich.edu/~oseh/diving\\_articles.html](http://www.umich.edu/~oseh/diving_articles.html)

Recent Dive Related Sightings:

Dive Bell: <http://www.home.aone.net.au/divebell/>



**European Basking Shark Id (EBSPIP):** <http://www.national-aquarium.co.uk/baskingsharks/>  
**Mollusks:** <http://manandmollusc.net/>  
**Orca:** <http://www.orcahome.de/>  
**Shark-Megamouth:** <http://www.angelfire.com/mo2/animals1/megamouth/megamouth.html>  
**Sharks-Info & Conservation:** <http://www.brunel.ac.uk/admin/alumni/sharks/home.html>  
**Sharks-Salmon:** <http://www.fakr.noaa.gov/oil/salmonsharks.htm>

**Octopus:** <http://www.octopus-fr.com/>

**Forge Dredging:** <http://www.fdsukltd.com/>  
**Highland Millwork:** <http://www.highland-millwork.com/products/products.html>  
**Oceanid:** <http://www.oceanid.com/>  
**Sartek Industries:** <http://www.sarind.com/>  
**USIA:** <http://www.usia.com/>

**Cambrian Foundation:** <http://www.cambrianfoundation.org/>  
**Shark Research Committee:** <http://www.sharkresearchcommittee.com/>

**Marine Biological Assoc:** <http://www.mba.ac.uk/>

**Odyssey:** <http://www.ody.org/>

**Underwater Vehicles:** [http://www.sub-find.com/flash\\_intro.htm](http://www.sub-find.com/flash_intro.htm)

**Benthic:** <http://www.benthictech.com/>

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**Travelers with Special Medical Conditions**  
<http://www.vh.org/Providers/Textbooks/TravelMedicine/SpecMedPed.html>

**Noise can bring on decompression sickness in whales and dolphins**  
<http://www.cosmiverse.com/science12140104.html>

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**Using HBOT in relation to the treatment of malignancies (Medline abstracts)**

**[Bill TJ, Hoard MA, Gampper TJ.](#)**

**Applications of hyperbaric oxygen in otolaryngology head and neck surgery: facial cutaneous flaps.**

Otolaryngol Clin North Am. 2001 Aug;34(4):753-66, vi. Review.  
PMID: 11511474 [PubMed - indexed for MEDLINE]

[Tomaselli F, Maier A, Sankin O, Anegg U, Stranzl U, Pinter H, Kapp K, Smolle-Juttner FM.](#)

Acute effects of combined photodynamic therapy and hyperbaric oxygenation in lung cancer--a clinical pilot study.

Lasers Surg Med. 2001;28(5):399-403.

PMID: 11413551 [PubMed - indexed for MEDLINE]

[Narozny W, Sicko Z, Przewozny T, Pegiel-Sicko E, Stankiewicz C, Skorek A.](#)

[Hyperbaric oxygen therapy as a method of treatment of laryngeal and pharyngeal radionecrosis]

Otolaryngol Pol. 2001;55(1):57-60. Polish.

PMID: 11355479 [PubMed - indexed for MEDLINE]

[Tomaselli F, Maier A, Pinter H, Stranzl H, Smolle-Juttner FM.](#)

Photodynamic therapy enhanced by hyperbaric oxygen in acute endoluminal palliation of malignant bronchial stenosis (clinical pilot study in 40 patients).

Eur J Cardiothorac Surg. 2001 May;19(5):549-54.

[Stankova J, Kavan P, Krizova H, Hermanska E, Dosel P, Sazel M.](#)

[131I meta-iodobenzylguanidine in combination with hyperbaric oxygen therapy in the treatment of prognostically high-risk forms of neuroblastoma]

Cas Lek Cesk. 2001 Jan 19;140(1):13-7. Czech.

PMID: 11242978 [PubMed - indexed for MEDLINE]

[Carl UM, Feldmeier JJ, Schmitt G, Hartmann KA.](#)

Hyperbaric oxygen therapy for late sequelae in women receiving radiation after breast-conserving surgery.

Int J Radiat Oncol Biol Phys. 2001 Mar 15;49(4):1029-31.

[Takiguchi N, Saito N, Nunomura M, Kouda K, Oda K, Furuyama N, Nakajima N.](#)

Use of 5-FU plus hyperbaric oxygen for treating malignant tumors: evaluation of antitumor effect and measurement of 5-FU in individual organs.

Cancer Chemother Pharmacol. 2001;47(1):11-4.

PMID: 11221954 [PubMed - indexed for MEDLINE]

[Kunugita N, Kohshi K, Kinoshita Y, Katoh T, Abe H, Tosaki T, Kawamoto T, Norimura T.](#)

Radiotherapy after hyperbaric oxygenation improves radioresponse in experimental tumor models.

Cancer Lett. 2001 Mar 26;164(2):149-54.

PMID: 11179829 [PubMed - indexed for MEDLINE]



[Maier A, Tomaselli F, Anegg U, Rehak P, Fell B, Luznik S, Pinter H, Smolle-Juttner FM.](#)

Combined photodynamic therapy and hyperbaric oxygenation in carcinoma of the esophagus and the esophago-gastric junction.

Eur J Cardiothorac Surg. 2000 Dec;18(6):649-54; discussion 654-5.

PMID: 11113670 [PubMed - indexed for MEDLINE]

[Melbourne GJ, Lehm JP.](#)

Quantifying the radiation exposure of nursing staff delivering hyperbaric oxygen therapy to grade IV neuroblastoma patients post 131I-MIBG therapy.

Eur J Nucl Med. 2000 Nov;27(11):1732-3. No abstract available.

PMID: 11105832 [PubMed - indexed for MEDLINE]

[Kohshi K.](#)

[Malignant brain tumor treatment and hyperbaric oxygenation]

No Shinkei Geka. 2000 Sep;28(9):763-71. Review. Japanese. No abstract available.

PMID: 11025875 [PubMed - indexed for MEDLINE]

[Maier A, Anegg U, Fell B, Rehak P, Ratzenhofer B, Tomaselli F, Sankin O, Pinter H, Smolle-Juttner FM, Friehs GB.](#)

Hyperbaric oxygen and photodynamic therapy in the treatment of advanced carcinoma of the cardia and the esophagus.

Lasers Surg Med. 2000;26(3):308-15.

[Dische S, Saunders MI, Sealy R, Werner ID, Verma N, Foy C, Bentzen SM.](#)

Carcinoma of the cervix and the use of hyperbaric oxygen with radiotherapy: a report of a randomised controlled trial.

Radiother Oncol. 1999 Nov;53(2):93-8.

[Haffty BG, Hurley R, Peters LJ.](#)

Radiation therapy with hyperbaric oxygen at 4 atmospheres pressure in the management of squamous cell carcinoma of the head and neck: results of a randomized clinical trial.

Cancer J Sci Am. 1999 Nov-Dec;5(6):341-7.

[Haffty BG, Hurley RA, Peters LG.](#)

Carcinoma of the larynx treated with hypofractionated radiation and hyperbaric oxygen: long-term tumor control and complications.

Int J Radiat Oncol Biol Phys. 1999 Aug 1;45(1):13-20.

[Kalns JE, Piepmeier EH.](#)

Exposure to hyperbaric oxygen induces cell cycle perturbation in prostate cancer cells.

In Vitro Cell Dev Biol Anim. 1999 Feb;35(2):98-101.

[Krahn MJ, Hagen NA.](#)

**Analgesic effect of hyperbaric oxygen for pain caused by cancer treatment.**  
**J Palliat Care. 1999 Summer;15(2):53-5. No abstract available.**

**[Kohshi K, Kinoshita Y, Imada H, Kunugita N, Abe H, Terashima H, Tokui N, Uemura S.](#)**  
**Effects of radiotherapy after hyperbaric oxygenation on malignant gliomas.**  
**Br J Cancer. 1999 Apr;80(1-2):236-41.**

**[Coles C, Williams M, Burnet N.](#)**

**Hyperbaric oxygen therapy. Combination with radiotherapy in cancer is of proved benefit but rarely used.**  
**BMJ. 1999 Apr 17;318(7190):1076-7; discussion 1077-8. No abstract available.**

**[Wang PH, Yuan CC, Lai CR, Chao HT, Tseng JY, Chiang H, Lee WL, Lee SD, Ng HT.](#)**

**Rapid progression of squamous cell carcinoma of the cervix after hyperbaric oxygenation.**  
**Eur J Obstet Gynecol Reprod Biol. 1999 Jan;82(1):89-91.**

**[Carl UM, Hartmann KA.](#)**

**Hyperbaric oxygen treatment for symptomatic breast edema after radiation therapy.**  
**Undersea Hyperb Med. 1998 Winter;25(4):233-4.**

**[Kalns J, Krock L, Piepmeier E Jr.](#)**

**The effect of hyperbaric oxygen on growth and chemosensitivity of metastatic prostate cancer.**  
**Anticancer Res. 1998 Jan-Feb;18(1A):363-**

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**Epidemiologic Notes and Reports Gastrointestinal Illness among Scuba Divers -- New York City**  
**<http://www.cdc.gov/mmwr/preview/mmwrhtml/00000170.htm>**

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**Pulmonary edema associated with scuba diving : case reports and review.**  
**[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11713154&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11713154&dopt=Abstract)**

**Scuba induced pulm edema**  
**[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11728772&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11728772&dopt=Abstract)**

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**Recreational scuba divers' aversion to low-frequency underwater sound.**  
**[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11732884&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11732884&dopt=Abstract)**

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## **Article on Oxygen Radicals Rusting from Within The Dark Side of O2**

**by Pamela Weintraub**

<http://news.bmn.com/hmsbeagle/117/notes/feature1>

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## **Be Prepared for Diving - Learn About Malaria!**

<http://tiscali.ifyoudive.com/health/malaria1/>

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## **Bubble science benefits deep divers**

<http://www.lanl.gov/worldview/news/releases/archive/01-061.shtml>

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## **Deaths Associated with Occupational Diving**

<http://www.cdc.gov/eпо/mmwr/preview/mmwrhtml/00053331.htm>

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## **Cool Web Sites from Rodale's Newsletter**

### **WORLD TRAVEL GUIDE**

<http://www.worldtravelguide.net/navigate/world.htm>

### **NEW ENGLAND AQUARIUM WEB CAM**

The Giant Ocean Tank at Boston's New England Aquarium hosts a variety of reef life like angelfish, grunts and moray eels. Go to: <http://www.neaq.org/vtour/webcam.g.html>

### **OFFICIAL TRAVEL INFO**

The web site of the International Association of Convention and Visitor Bureaus provides links to the tourism and visitor bureau web sites of more than 1,000 cities in 27 countries. Best viewed with Explorer, the site is an invaluable tool for destination research. Go to:

<http://www.officialtravelinfo.com>

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## **Why don't marine mammals get DCS?**

Here is a paper or article written by AA Bove, MD, PhD that explains what you want to know.

<http://www.scubamed.com/feature.htm#anchor513871>

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## **Recent Advances in Respiratory Medicine**

<http://bmj.com/cgi/content/full/323/7325/1349>

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## Mailbox

This was in the last newsletter but is worth repeating: Dr. Michael Bennett writes to inform us of his new web site:

**"CLINICAL EVIDENCE DHM WEBSITE"**

**Database of Randomised Controlled Trials in Hyperbaric Medicine (DORCTHIM)**

The site can be found at <http://www.hboevidence.com>  
and contains:

1. A searchable database of all RCTs in Diving and Hyperbaric Medicine
  2. A one page critical summary of each paper summarising methodology and results.
  3. A forum for discussion of and addition to the above.
  4. Links to HBO and EBM sites
- 

Here is a letter sent by Capt. Nate Friedlander. It is a carbon copy of letter to Dr. Peter Bennett:

Dear. Dr. Bennett,

Thank you very much for your followup reply to my letter to Immersed Magazine.

The issue of an intermediate safety stop seems to be of critical importance in safe diving. It was certainly omitted from my dive training (I have a PADI advanced plus and nitrox certification) and although I enjoy staying current with popular dive literature, I don't recall ever hearing the issue raised until reading the Immersed article. Even then the issue was raised in a very technical way without discussion of the practical applications.

I would greatly appreciate it if you would use your organization to publicize the theory and practical aspects of intermediate safety stops as a means of minimizing the risks of DCS in as many media venues and training programs as possible.

Sincerely yours,  
Capt. Nate Friedlander

It would appear that this is a solution to a problem for only deep and mixed gas diving. However, it might also be something that should be instituted in the programs of the training



agencies for all divers to use in their dive profiles. One would need to balance the negative effect of increased nitrogen uptake during the short deeper stops prior to the prescribed stops in the divers decompression profiles. The benefits to 'no D' diving would seem to be few, other than the slowing down of the ascent.

Called "Pyle stops", after the diver Richard Pyle, who wrote about this (see below), there are two theories or models for the phenomena of deep stops reducing the overall decompression time - and the risk of decompression illness.

The Reduced Gradient Bubble Model (RGBM) of Bruce Weinke PhD is a derivative of the Varying Permeability Model (VPM) of David Yount PhD. Both use the concept of a population of preformed tissue gas micronuclei whose size and number vary. In the RGBM version of the algorithm, the increasing number and/or size of microbubbles is incorporated into the algorithm during gas washout. This is said to reduce DCS to a very low 1:10,000 dives. In any event, here are some links that you can visit and try to understand the physics behind the recommendations for the deep stops.

Clearing up the confusion about deep stops

Eric Baker

<http://www.gap-software.com/docs/deepstop.pdf>

The Importance of Deep Safety Stops: Rethinking Ascent Patterns From Decompression Dives  
by Richard L. Pyle

<http://www.bishopmuseum.org/bishop/treks/palautz97/deepstops.html>

Bubble science benefits deep divers

<http://www.lanl.gov/worldview/news/releases/archive/01-061.shtml>

M-values

<http://www.gap-software.com/docs/mvalues.pdf>

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Darren Lovecchio sends in information about DiveMed Tech Courses. This can be found on his web page at [http://www.divemed-tech.com/html/workshops/workshop\\_index.htm](http://www.divemed-tech.com/html/workshops/workshop_index.htm)

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## Services Available on Our Web Site

[Register & Questions](#)

**This site allows you to register and ask questions**

**[DiveMed Email Logon](#)**

**Free web based email allows you to access your own POP server from any computer in the world.**

**Dive Medicine Bulletin Boards**

**[2Scubadive](#)**

**[Scubaboard](#)**

**[Divernet Board](#)**

**[Websearch](#)**

**An excellent web search page.**

**[Medline](#)**

**Several ways to access medline**

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**Buy your diving related books from amazon.com from right here**

**[Conferences](#)**

**Links to Meetings and conferences**

**[Glossary](#)**

**Alphabetical listings of diving medical terminology**

**[Medical Center](#)**

**Gives our consultants and another way to ask questions**

**[FreeStuff](#)**

**Useful free things on the net**

**[Dictionary](#)**

**Several medical dictionaries**

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**Downloads**

**Divemaster's Quick Accident Response**

**Valuable Summary of Rapid Assessment and Management of the injured diver**



[http://www.gulftel.com/~scubadoc/download/Quick\\_Response.zip](http://www.gulftel.com/~scubadoc/download/Quick_Response.zip)

### **Decompression Sickness**

<http://www.gulftel.com/~scubadoc/download/decosknss.zip>

### **Dehydration**

<http://www.gulftel.com/~scubadoc/download/dehyd.zip>

### **Endocrine and diabetic problems**

<http://www.gulftel.com/~scubadoc/download/endmet.zip>

### **Exercise and the Heart**

<http://www.gulftel.com/~scubadoc/download/exhrt.zip>

### **Nutrition and Diving**

<http://www.gulftel.com/~scubadoc/download/Nutrition.zip>

### **Physical Fitness for diving**

<http://www.gulftel.com/~scubadoc/download/physfit.zip>

### **Buhlmann Altitude Tables**

<http://www.gulftel.com/~scubadoc/download/balt.zip>

### **Buhlmann Sea Tables**

<http://www.gulftel.com/~scubadoc/download/bsea.zip>

### **Dental Distress, by Larry Stein, DDS**

[http://www.gulftel.com/~scubadoc/download/Dental\\_Distress.zip](http://www.gulftel.com/~scubadoc/download/Dental_Distress.zip)

### **Dive Accident Management**

<http://www.gulftel.com/~scubadoc/download/divaccman.zip>

### **Equalizing Techniques, by Allen Deckelboum, MD**

[http://www.gulftel.com/~scubadoc/download/Equalizing\\_Techniques.zip](http://www.gulftel.com/~scubadoc/download/Equalizing_Techniques.zip)

### **Divemaster's Model Action Plan**

<http://www.gulftel.com/~scubadoc/download/modact.zip>

### **Deep Thoughts**

**DAN Takes a Quick Look at the Makeup of Nitrogen Narcosis**

**By Renee Duncan Westerfield, Director, DAN Communications**

**From 'Alert Diver', June 2001, pp 16-19.**

<http://www.gulftel.com/~scubadoc/download/narked.zip>

## **Photosensitivity**

**Bruce Miller, MD**

**Dr. Miller, a Dermatologist, is a Consultant for Diving Medicine Online. This is a lecture presented to Medical Seminars, 2000**

**<http://www.gulftel.com/~scubadoc/download/Photosensitivity.zip>**

## **Sunlight**

**<http://www.gulftel.com/~scubadoc/download/Sunlight.zip>**

## **Teen Divers**

**<http://www.gulftel.com/~scubadoc/download/Teendive.zip>**

## **The Older Diver**

**[http://www.gulftel.com/~scubadoc/download/The\\_Older\\_Diver.zip](http://www.gulftel.com/~scubadoc/download/The_Older_Diver.zip)**

## **Diving Dermatoses**

**[http://www.gulftel.com/~scubadoc/download/Diving\\_Dermatoses.zip](http://www.gulftel.com/~scubadoc/download/Diving_Dermatoses.zip)**

## **PMLE**

**<http://www.gulftel.com/~scubadoc/download/PMLE.zip>**

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# **Changes**

**Web page with all changes in the web site in past two weeks.**

**<http://search.freefind.com/find.html?id=9763814&w=0&p=0>**

**Some of the sites that have undergone changes and updates**

***Dec 26, 2001 - [Diving Medicine Bookstore](#)***

***Dec 26, 2001 - [Bone and Joint Problems](#)***

***Dec 26, 2001 - [Compression Arthralgia](#)***

***Dec 25, 2001 - [THE MORAY EEL -- there are 80 or more species of eels of the family Muraenidae](#)***

***Dec 25, 2001 - [Hazardous Marine Life](#)***

***Dec 25, 2001 - [Great Barracuda](#)***

***Dec 25, 2001 - [Predators Dangerous to Divers](#)***

***Dec 24, 2001 - [Diving Medicine](#)***



**Dec 21, 2001 - [Web Links to Pulmonary barotrauma](#)**

**Dec 20, 2001 - [Glossary of Scuba diving medical terms](#)**

**Dec 20, 2001 - [Links to Scombroid Poisoning](#)**

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## Poetry

Poetry by Dr. Snakebelly

haiku

under an overhang  
an upside down diver looks up  
an upside down lionfish looks down

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## Humor

We receive many good stories and jokes. We decided to try to pick out the one that gave us the best chuckle, laugh or guffaw as the 'best of the lot'.

**How Did You Break Your Arm???**

Even if you aren't a skier, you'll be able to appreciate the humor of the slopes as written in this account by a New Orleans paper.

A friend just got back from a holiday ski trip to Utah with the kind of story that warms the cockles of anybody's heart. Conditions were perfect, 12 below, no feeling in the toes, basic numbness all over, the "tell me when we're having fun" kind of day.

One of the women in the group complained to her husband that she was in dire need of a restroom. He told her not to worry that he was sure there was relief waiting at the top of the lift in the form of a powder room for female skiers in distress. He was wrong, of course, and the pain did not go away.

If you've ever had nature hit its panic button in you, then you know that a temperature of 12

below zero doesn't help matters. So, with time running out, the woman weighed her options.

Her husband, picking up on the intensity of her pain, suggested that since she was wearing an all white ski outfit, she should go off in the woods. No one would even notice, he assured her. The white will provide more than adequate camouflage. So she headed for the tree line, began disrobing and proceeded to do her thing. If you've ever parked on the side of a slope, then you know there is a right way and a wrong way to set your skis so you don't move. Yup, you got it. She had them positioned the wrong way.

Steep slopes are not forgiving, even during embarrassing moments. Without warning, the woman found herself skiing backward, out of control, racing through the trees, somehow missing all of them and onto another slope. Her derriere and her reverse side were still bare, her pants down around her knees, and she was picking up speed all the while.

She continued on backwards, totally out of control, creating an unusual vista for the other skiers.

The woman skied, if you define that verb loosely, back under the lift, and finally collided violently with a pylon. The bad news was that she broke her arm and was unable to pull up her ski pants. At long last her husband arrived, putting an end to her nudie show, then went to the base of the mountain and summoned the ski patrol, who transported her to a hospital.

In the emergency room she was regrouping when a man with an obviously broken leg was put in the bed next to hers.

"So how'd you break your leg?" she asked, making small talk.

"It was the damdest thing you ever saw," he said, "I was riding up this skilift, and suddenly I couldn't believe my eyes. There was this crazy woman skiing backward out of control down the mountain with her bare bottom hanging out of her clothes and her pants down around her knees. I leaned over to get a better look and I guess I didn't realize how far I'd moved. I fell out of the lift."

"So how'd you break your arm?"

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Obligatory blonde joke!

A blonde walks into a library and says, "Can I have a burger and fries?"

The librarian says, "I'm sorry, this is a library."

So the blonde whispers, "Can I have a burger and fries?"

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Thanks for the support to all of you who have signed up with our new newsletter! Send me your material at [scubadoc@gulftel.com](mailto:scubadoc@gulftel.com)

Best regards for safe diving!

Ern Campbell, MD  
Diving Medicine Online  
<http://www.gulftel.com/~scubadoc/>

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#### TRANSLATE THIS PAGE



Please MOVE AND HOLD your MOUSE CURSOR over the little DOWN ARROWS in the translated web page in order to see a pop-up window with ALTERNATIVE TRANSLATIONS.



**Diver's Alert Network**

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