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Bell phones studio user manual

Often filled with jargon, acronyms, and instructions that require understanding Ph.D., software user manuals may be written from the perspective of the developer, not the user. As a result, guides may often regard the reader's skill level as wrong. The first step in writing a good user manual is to get the actual writing process as far away from the engineer as possible. Software developers know more than anyone what the software works with, but that doesn't mean developers should write guides. Conversely, it is a clear drawback. More important than a deep understanding of the inner workings of the software is to understand who the end user will be, what his level of education is, and how that end user will use the software. In most cases, end users do not need to know the details of programming or the work of the software backend. The user manual should be primarily task-oriented, not much to explain. Because this manual is written to help users understand how to perform certain tasks, it is absolutely essential that authors understand these tasks and, as a result, perform each individual step of each function. You don't necessarily need to know how the program was created from a design or development perspective, but having a strong working knowledge of all features is essential. While each task is running, take time to write down each step, such as a click, drop-down menu, or other action. The developer doesn't write manuals, but she's a valuable resource for writers, and before writing begins, she plans kickoff meetings between writers, developers, engineers, and potential end users to help inform the writer's work from the start. Interviews with subject matter experts and engineers should be recorded, with transcripts created for later reference. The user manual should not have too much text. Rather, it incorporates the free use of graphics and screen clips. The description of the action is much clearer when accompanied by a screen clip that clearly indicates that direction in a text-based direction. Displays how the screen appears before each action is performed, including both the Before view and After view, and what the action does after it is performed. Simple screen capture utilities, such as the Snipping tool included with Microsoft Windows, work well to capture these images. Number each image so that you can caption it with a brief description. Center it just below the paragraph that introduces the concepts depicted in the image first. If you communicate clearly in technical documentation, you should plan and carefully adhere to the standards for the entire guide. Both standardsLanguage, and naming, can help avoid confusion. Templates are available and may be a good starting point for uniformity, but they can be adapted to suit each situation. Using an inch of margin in a column is best suited for adding graphics. The two-column setting can be too crowded and confuse the placement of the image. Software user guides are more likely than any other type of document to run multiple iterations before they are completed, and can go through a multi-stakeholder review process. Word's tracked changes feature makes it easy to track each user's comments and changes. Create multiple versions after each review cycle, each with a different file name, to assist with the process and ensure that all stakeholders are satisfied with the final result. Getty Images Sucking. Breath. Perform 15 to 20 breaths per minute and more than 20,000 breaths per day. One by one, oxygen passes through your bloodstream and fuels your body's cells. The trouble is that we bombard our lungs with contaminants and irritables such as passive smoking and smoke from household cleaning supplies. Still, the lungs are resilient, says Ravi Kalhan, director of the asthma/COPD program at Northwestern University Feinberg School of Medicine. Keep them healthy and they will protect you in old age. Read and start breathing easily. GET FIT exercise does not increase lung capacity further, but strengthens the heart muscles to make it easier for the heart to send oxygenized blood through the body, said Doreen Adrizzo-Harris, associate professor of pulmonary medicine at NYU Medical Center. Your lungs don't have to work hard afterwards. Exercise more efficiently and rewind less. Related: How to become an exercise addiction exercise can also trim belly fat that is linked to a higher risk of asthma. We believe that excess fat associated with obesity increases inflammation in the body and affects the lungs, says Neil Schechter, a pulmonary physician at the Icahn School of Medicine in Mount Sinai, New York City. To see results, you need consistent exercise and increase your heart rate by 20 to 30 minutes on most days of the week, says Jason Tulowski, MD, a pulmonary physician at the Cleveland Clinic. If you have asthma, it may be difficult to maintain intense training, but low key activity may help reduce inflammation of the airways. In one study, asthmatic adults who walked at a moderate pace for 20 to 30 minutes three times a week reported improved symptoms. Swimming is another option, especially during the extremely cold winter months. The warm, moist air in the indoor pool is asthma-friendly. (But don't swim in strongly chlorinated pools.) Stimulation from smoke can cancel out the benefits. Next page: Eat Smart [Page Break] EAT SMART Anti-inflammatory diet helps to decreaseInflammation associated with respiratory diseases such as COPD and asthma, noted Melissa Young, an integrative health expert at the Cleveland Clinic. Filled with these foods: fruits and vegetables: they are packed with antioxidants that help repair damage caused by air pollution. It doesn't matter what kind of thing you eat as long as you eat a lot of them. Related: 13 Vegetables Only You Think You Don't Like Flaxseeds: They Contain High Levels of Omega-3 Fatty Acids, which are considered to have a lower risk of asthma. (Researchers theory that it is due to the high antioxidant capacity of wine.) Olive oil: it has monounsaturated fatty acids, which help reduce inflammation, and tocopherol, a type of vitamin E associated with better lung function. Cup of Joe: Caffeine has a similar effect to the drug cellophylline that opens the airways, says Dr. Toulowski. Tomato sauce: Research suggests that lycopene (an antioxidant famous for tomatoes) may protect you from exercise-induced asthma. Next page: Clearing the Air [Clear the Air Pollution claims more than 3.2 million lives worldwide each year, according to the burden of global disease research in 2013. Why is that? Small particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to run away from L.A. for Idaho, but there are precautions for everyone to take. Check forecasts: You can check the Air Quality Index (AQI) at [airnow.gov](#). Consider working out indoors on days when your area has a high AQI (more than 150 if you don't have lung problems and 100 more if you have breathing problems). If you exercise outdoors, avoid routes near traffic. Related: Don't idle your car burning calories this summer: it releases as much pollution as a moving vehicle and you're in the middle of a fog. If you have been waiting for more than 10 seconds, turn off the ignition and drive to warm up the engine. (Your car and its engine warm up faster when you drive.) P.M pit stop: When the tank is filled, the release of gas evaporates, forming ozone, a component of smog. Hit the pump after dark so that the sun does not turn those gases into pollutants. Next page: Rehabilitating Your Home [Page Break] Air pollution in your home may be worse than what is purulent outdoors. Go electric: The latter emits more particulates, so your home heating and AC system should ideally work with electricity, not oil. Most homes built after 2000 do, but if you live in an old house that uses oil, consider installing a home air filtration system for thousands of dollars. Related: Take a 9 ways to detox your home test: every two years, your home should take a radon (radon) test.It is the second leading cause of lung cancer. You can hire a certified company to do it or buy a test kit for \$15 to \$25 at the hardware store or [sosradon.org/test-kits](#). If the radon concentration exceeds 4 picocury (pCi/L) per liter of air, a radon reduction system (up to \$1,500) must be installed. Keep humidity low: an overly moist environment is a breeding ground for mold and a common allergen. The EPA recommends maintaining humidity below 60% in summer and 25-40% in winter. Humidity can be measured with a hygrometer (\$20-\$40 in the hardware store). If the air is too dry, use a humidifier. Try a dehumidifier that is too wet. Related: Your 12 worst allergy mistakes trade in your fireplace: particulate matter in wood smoke can damage your heart and lungs. Switch to an EPA-certified cleaner burning gas or wood stove, or put it in an e-fireplace or gas insert (about \$1,000 to \$3,000) to reduce emissions. For more information, visit [epa.gov/burnwise](#). Next page: Stay safe from thirdhand smoke [page breaks] You know you don't smoke and you know to keep away from passive smoking [stay safe from third party smoke.] But there is something called third-party smoke: the remaining cigarette smoke on the walls and furniture, and off-gas to the indoor environment. According to a study presented at a 2014 meeting of the American Chemical Society, this is not just a smell: it reacts with indoor pollutants such as ozone and nitrite, locking into the DNA of cells and creating a compound that causes potentially cancer-causing damage. While the risk for babies and toddlers is high (crawling around the house can stir and inhale these compounds), almost everyone is susceptible. Related: 30-day countdown to quitting smoking Insist on a non-smoking hotel room during your trip and avoid a friend's house smoking cigarettes (furniture can leak, even if it's not lit in front of you). If you are inheriting a smoker's house, remove affected items such as sofas and carpets, repaint and bring a specialist to thoroughly clean the ventilation system. Has your duvet given you asthma? What do you give? It's not uncommon for women in their 40s to suddenly complain of asthma-like symptoms, says Dr. Adrizzo Harris. A typical trigger: to be exposed to allergens that you haven't faced in years, such as feather bedding or mold. I can't say how often I've seen patients report symptoms as soon as they move into a new home, says Dr. Tulowski. Usually, moldy basements are the culprits. Next page: Women's Problems? [Page breaks] women's problems? You are about to get your period: Up to 40% of women with asthma report that their symptoms worsen just before their period. The other dayWe believe that estrogen levels decrease and that these fluctuations somehow activate the inflammatory response of the female airways, says Dr. Callan. As a result, you are more likely to cough, run out of breath or feel wheezing. Talk to your documentation about increasing asthma coucsous these days. Research also suggests taking contraceptives (to prevent hormonal rises and dips) that may help. You're pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone can make you feel short of breath when you really aren't, and may trigger breathing more often. (Hormones expand your lung capacity, allowing your blood to carry large amounts of oxygen to your baby.) This sensation disappears, and then, when your uterus begins to push your diaphragm, it reappears around your third trimester, difficult for your lungs to fully expand. But soon there is relief: during the last month of pregnancy, your baby will take pressure from your lungs and fall into your pelvis. Related: 10 Tips for Getting Pregnant You're experiencing menopause disorder: as you approach menopause, estrogen levels ride a true roller coaster, and their dramatic peaks and drops can cause inflammation that causes asthma attacks. Studies have shown that menopausal women are equally twice as likely to have severe asthma as older men. If you notice that wheezing is getting worse, talk to your gyno about taking the pill or using hormone therapy to ease the transition. The good news is that if your ovaries close the store, your asthma will improve. Improve.

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