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## Epilepsy and recreational scuba diving

Scuba diving is a popular recreational sport. Scuba diving refers to a self-contained underwater ventilator. When divers dive deep, they go underwater at a depth of up to 130 feet, they breathe through the mouthpiece attached to the compressed air tank. Diving-certified agencies offer training for divers from beginners to experts. The three agencies offering certification courses are the Professional Association of Diving Instructors (PADI), the National Underwater Instructor Association (NAUI) and the International Diving School (SSI). This allows you to rent equipment, tanks, refills and dives without supervision. However, most agencies recommend diving in a group of 2 or 3 divers, a path to safety, the most serious diving-related injuries, and deaths to new divers or go beyond their training or experience. For safety reasons, always dive within the scope of your experience and training level. Don't try diving that you're uncomfortable with. Good rules to follow for safe diving include: never dive without friends. Do not dive if you have a cold or congestion in your ears or nose. Always plan your dive and always dive according to your plan. Check your diving equipment to make sure it works. Use the right equipment that can handle your planned diving. Do not drink alcohol or take medication before diving. Ask your doctor what medications are safe to take when diving. Ask your doctor how diving affects your health, which can be dangerous if you have some health problems. Learn about fish, corals and other dangers you should avoid to prevent injury. Be aware of local tides and currents. When you come down, make sure you adjust the ears and mask evenly. At the depth, stay within the parameters of the diving table and computer. This information helps you avoid compression sickness. Don't hold your breath while you're up. Your ascent should be slow and your breathing should be normal. Don't panic underwater. If you are confused or scared during diving, stop trying to relax and think through the problem. Ask for help from your diving friend or diving boss. Diving in the cave is very dangerous, only divers with proper training and equipment should try it. If you feel bad or if you are in pain after diving, immediately go to the nearest emergency room. Do not fly for 12 hours after uncompressed diving, even in pressurized aircraft. If you or your diving friend has an accident while diving, call the Divers Alert Network (DAN) at 919-684-9111. and help. If necessary, they will take you to the nearest hyperbaric room or appropriate medical facility. What is considered the most common health problem in diving is the middle ear. These squeezes produce pain in your ears caused by pressure. The deeper you go into the water, the more pressure it will be, the more in contrast to your body. This condition can occur if you cannot adjust the pressure in your ears equally as you dive. You can relieve pressure by yawning, swallowing or blowing with your nose and mouth closed. This is called popping your ears. Squeezing that affects your inner ear or sinus is less common. You can get wounds, scrapes and other surface injuries. Fish, corals or other marine life can cause these things. Other threats include debris, fishing lines and metal or wood exposed to the wreckage. Below are serious health problems associated with deep diving. barataluma, inner ear, this condition can be caused by unbalanced ear pressure or rapid descent into water. Symptoms include dizziness, nausea, ear aches or ringing, and hearing loss. Barotaluma Lung This condition can be caused by improper breathing when you go up to the surface of the water. It can also be caused by diving with respiratory infections. Symptoms include chest pain, shortness of breath and hoarseness. There's a chance you're going to pass out. Sickness from compression (curvature) This condition can occur if you go up from deep water to the surface too quickly. Your body releases fizzy nitrogen gas in your bloodstream. Bubbles can damage the tissues of your body and block blood vessels. Compression sickness affects your lungs, brain and spinal cord. Symptoms include chest pain, joint pain, difficulty breathing and bladder problems. You can become nasty or paralyzed. Signs of severe compression illness are disorders of the spinal cord, brain and lungs. Flying after diving can make this condition worse. Blood clots in the air This can happen when bubbles enter your bloodstream and travel to your brain. It can be a type of barotrauma or the effect of curvature. If the bubble enters the veins, it is called an air-venous thromboembolism. If they enter the arteries, it is called an air borne artery. Serious symptoms include dizziness, confusion, speech problems and numbness. You can suffer from blindness, deafness, seizures or paralysis. Fortunately, serious health problems from scuba diving are rare. However, you should seek immediate care if you have any of the symptoms listed above. You may need hyperbarrick oxygen therapy. This consists of sleeping in a room or a boat with increased pressure. It feels like being underwater. Therapy reduces or removes bubbles from your bloodstream. The question to ask your doctor what health prevents me from What medication can I take while I'm scuba diving? What should I do if I feel bad after a deep dive? The network reminds resource divers one way to refine all this year's noise is to escape into the water, we are talking deep beneath the surface on a diving trip. Sport is outdoors, an inherent social distance and a rare opportunity for adventure in a world where our epidemic is so great. What's more, you don't have to go far. Whether your trip to an international diving location is postponed or you're strapping fins for your first certified dive, there are a surprising number of worthwhile dive sites here in the Us (and if you don't get certified for diving? Start with PADI eLearning, which allows beginners to pass the academic section of their PADI diving certification from home. This six-place dive facility offers something for all types of divers: unusual creatures, centuries-old shipwrecks and funky rock formations. In addition, they are also in destinations worth planning trips, so we've included our favorite spots to eat, stay and play when you're not in the water. What equipment do you need to buy to start scuba diving? The answer is... Not! Many divers use the rental equipment to dive the first few days before purchasing their own diving kits, which say there is an advantage in training in the diving equipment you will use when you are certified. The following gear items are arranged in order of my recommended purchase, Vladamir Piskunov/Getty Images. A high quality and comfortable diving mask that fits your face well can make the difference between enjoyable diving and miserable underwater time. Take the time to choose a mask and don't forget to take it with you on your diving trip. Rental masks will finish the job, but having your own mask will make a significant difference in your underwater comfort level. Most divers find ownership of their own diving fins (and diving shoes, if appropriate). Make them more confident underwater. Rental fins come in a variety of lengths, patterns and hardness, where it is hard to predict what you will get when renting diving fins. This is especially true for divers with unusual fin sizes. I have extra small feet and stuck to weak baby fins and floppy in rental equipment situations. Do you remember how to calculate your decompression limit on the diving table? If not, I suggest you buy a diving computer early in your diving career. Computer diving reduces the risk of compression illness by writing custom diving profiles for diving as you move through the water. Keep in mind that tracking of a friend or diving guide. Computers are not acceptable, since computers have huge differences, and the slight difference between the underwater profiles of divers can change the limits. Limited Decompression You must own a diving computer to keep the diver warm in a wetsuit or wash suit. If you have an average size, most dive shops will have a suit that suits you, but nothing beats the comfort of having your own wetsuit or dry cleaning suit. When renting a wetsuit, most divers find that diving causes them to pee, which makes them take some consideration. Secondly, you may want to be able to pee underwater, and doing so in a rental kit is not the most polite behavior in the world. Regulators are buying expensive. Since it is an item that does not fit, many divers choose to rent out regulators instead of buying their own. Modern regulators are very reliable and most dive centers have rental regulators that are well maintained for their divers to use. When buying your own regulatory bodies, take time and do your research. With proper maintenance, good regulators will last throughout your diving career. Buoyancy compensation (BCs) are expensive and large. As a result, many divers travel with most of the diving equipment, but choose to rent BCs to avoid groups and weight gain in their baggage. Renting and diving with a variety of BCs before buying will help you test different styles and features, which will help you determine what's best when it's time for you yourself. Of course, your diving will be more comfortable with your own BC. Once you have purchased bc, you will have a way to carry diving equipment and safety equipment with you in your dive. Popular accessories include diving knives, underwater lights, whistles and buoys, surface markings for surface communication, underwater transmitter devices such as tanks and writing slates. Of course, if these accessories are necessary for your diving environment, you may want to buy it earlier in your diving career. If you plan to travel independently to a diving site, you do not need to buy your own weight. Most divers take the weight from the shops or boats they dive with. Weights are usually included in the price of diving. However, if you dive at local diving sites such as mines, lakes or beaches without a diving guide, you may need to buy your own weight kit. As with weight, tank rental is often included in the price of diving with a diving shop or submarine. Again, if you plan to dive independently, you will need to buy your own diving tank or rent it from a dive shop. Please note that the dive tank requires visual inspection every year and hydrostatic testing every five years (depending on where you live). Diving is a sport that is based on equipment, but new. There is no need to buy a full diving kit immediately. Most dive shops provide rental equipment for students to use during the course if they are not ready to purchase a full kit. However, completing your course on your own device will at least help you familiarize yourself with its functions and applications and make you more comfortable once you've been certified. Remember that it's dangerous to buy diving equipment and try diving on your own. Find diving lessons from certified instructors when you're ready to start diving, diving, diving.

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