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## Akai apc40 user manual pdf

Often filled with jargon, acronyms, and instructions that require a Ph.D to understand, the user manual software is sometimes written from a developer's point of view rather than a user. As a result, the guide can make assumptions about the level of reader skills that are often incorrect. The first step in writing a good user manual is to get the actual writing process as far as possible engineers. Software developers know more than anyone who makes the software work, but that doesn't mean developers should write guides. On the other hand, it is a different disadvantage. More important than a deep understanding of the internal work of the software is the understanding of who the end user is, what level of education it is, and how the end user will use the software. In most cases, end users don't need to know the finer programming points and back-end work of the software -- they just need to know how to use them to make their jobs easier. User manuals are supposed to be task-oriented, rather than heavily descriptive. Because manuals are written to help users understand how to perform certain tasks, the author needs to have an understanding of those tasks as well, and as a result, through every discrete step each feature is really important. It is not necessary for the author to necessarily know how the program is created from a design or development point of view, but it is important to have a strong work knowledge of all its characteristics. When performing each task, take the time to write each step, including clicks, drop-down menus, and other actions. Although the developer should not be the one to write a manual, he will still be a valuable resource to the author, and before writing begins, planning a kickoff meeting between writers, developers and engineers, and potential end users to help inform the author's work from scratch. Interviews with matter experts and engineers should be recorded, with transcripts made for later reference. The user manual should not be too heavy text. Instead, combine the use of graphic liberals and screen clips. The description of the action is clearer with the text-based direction that is included with a screen clip that clearly describes that direction. Include both before and after view, to show what the screen looks like before taking each action, and what happens after the action has been taken. Simple screenshot utilities such as Snipping Tools included in Microsoft Windows work well to capture this image. Make sure you number each image, and include the caption that briefly describes it. Center immediately under paragraphs that first introduced the concept in the image. Communicating clearly in technical documents requires careful planning and compliance with standards throughout the guide. Standards in both language, and noon help avoid confusion. Templates are available and can be a good starting point for uniformity, although this can certainly be adapted to adjust to each situation. Using a single-inch margin with a single column best suits the need to add graphics. The two-column setting may seem too crowded, and can make the image placement confusing. More than any other type of document, the software user guide may go through various effects before it is completed, and it may go through a review process by various stakeholders. Using the Track Change feature on Microsoft Word is an easy way to keep track of each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process together and ensures that all stakeholders are satisfied with the final results. Get Image Induction. Exhaust. You take 15 to 20 breaths per minute—more than 20,000 breaths a day. With each one, oxygen moves through your bloodstream, fueling your body cells. The problem is, we bomb our lungs with pollutants and irritants such as cigarette smoke and cigarette fumes from household cleaning supplies. Still, lungs are resilient, said Ravi Kalhan, MD, director of the Asthma/COPD Program at Northwestern University Feinberg School of Medicine. Keep them healthy and they will protect you into old age. Read on, and start breathing easy. GET FIT Although exercise does not increase the lung capacity per se, it strengthens the heart muscle so that your heart can better pump oxygen blood through your body, said Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Your lungs then don't have to work hard. You will exercise more efficiently and feel less wind. RELATED: How To Be An Exercise Addict Exercise Can also cut stomach fat, which is associated with a higher risk of asthma. We think the excess fat associated with obesity increases inflammation in the body, which affects the lungs, said Neil Schachter, MD, a pulmonologist at the Icahn School of Medicine at Mount Sinai in New York City. To see the results, you need a consistent exercise, raise your heart rate for 20 to 30 minutes most days of the week, said Jason Turowski, MD, a pulmonologist at the Cleveland Clinic. If you have asthma, it may be difficult to maintain intense exercise, but lower primary activity can help reduce airway inflammation. In one study, asthmatic adults who walked for 20 to 30 minutes three times a week at a moderate rate reported an increase in their symptoms. Swimming is another especially during the fried winter. The warm and humid air in the indoor pool is asthma-friendly. (But don't swim in a very chlorine pool; irritation from fumes can overcome benefits.) Next Page: Eating Smart [ pagebreak ]EAT SMART Anti-inflammatory diet helps decrease inflammation, which has been linked to respiratory diseases such as COPD and asthma, notes Melissa Young, MD, an integrated physician at the Cleveland Clinic. Fill with these foods: Fruits and vegetables: They are full of antioxidants, which can help repair damage from air pollution. No matter what type it is, as long as you eat a lot of them. RELATED: 13 Vegetables You Just Think You Don't Like Flaxseeds: They contain high levels of omega-3 fatty acids, which are believed to be connected to a lower risk of asthma. White wine: Vino drinkers—especially those who breathe white—have a healthier lung. (Researchers theorized it is caused by high antioxidant capacity of wine.) Olive oil: It has unsaturated fatty acids, which can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with better lung function. Cup of joe: Caffeine has the same effect as theophyllin drug, which opens airways, said Dr. Turowski. Tomato sauce: Research shows that lycopene—a famous antioxidant found in tomatoes—can protect you from exercise-induced asthma. Next Page: Clear Water [ pagebreak ]CLEAR THE AIR Pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Disease Burden Study. Why? Small particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to escape L.A. for Idaho, but there are precautions everyone should take. Check forecast: You can find the Air Quality Index (AQI) in [airnow.gov](#). In the days that AQI in your area is high (more than 150 if you don't have lung problems, more than 100 if you have breathing problems), consider taking your workouts in the house. If you exercise outside, avoid routes near traffic. RELATED: Burning This Summer Calories Don't idle your car: It emits a lot of pollution as a moving vehicle, and you're in the middle of a fog. Turn off the wwwwing if you wait more than 10 seconds, and heat your engine by driving. (Your car and its engine warm up faster when you drive.) Make a .M.P: As you fill your tank, gas emissions ejacent and form an ozone, smog component. Hit the pump after dark to keep the sun from turning such gas into pollutants. Next Page: Recovery Your Home [pagebreak ]RESTORES AIR POLLUTION YOUR HOME in your home might be worse than what is festering outside the house. Here's how to clean the air, statistics. Go electric: Heating your home and AC system should ideally operate electricly, not oil, because the latter releases more oil. Most homes built after 2000 do, but if you live in an older house that uses oil, consider installing a home air-screening system for a few thousand ringgit. RELATED: 9 Ways to Detox Your Home Get tested: Every two years, your home needs to be tested for radon—the original odorless gas found in one in every 15 homes in and is the second cause of lung cancer. You can hire a certified company to do so, or buy a test kit for \$15 to \$25 at a hardware store or through [sosradon.org/test-kits](#). If the radon concentration exceeds 4 picocuries per liter of air (pCi/L), you need to install a radon reduction system (up to \$1,500). Keep moisture low: An environment that is too damp is a breeding place for mold, a common allergen. The EPA recommends maintaining humidity below 60% in summer and between 25 and 40% in winter. You can measure moisture with hygrometers (\$20 to \$40 in hardware stores). If the air is too dry, use a humidifier. It's too wet, try dehumidifier. RELATED: You 12 Worst Allergy Errors Trading in your fireplace: Particle things in wooden smoke can damage your heart and lungs. Switch to a clean burning gas or EPA-certified wooden kitchen, or put in an electronic fireplace or insert gas (about \$1,000 to \$3,000) for less emissions. To learn more, go to [epa.gov/burnwise](#). Next Page: Stay safe from third cigarette smoke [ pagebreak ]STAY SAFE FROM THIRDHAND SMOKE You don't know to smoke and stay away from secondary cigarette smoke. But there's something called third cigarette smoke—the remnants of tobacco fumes that adhere to walls and furniture and then off-gas slowly into the interior environment. This is not simply an smell: It reacts with internal pollutants, such as ozone and nitrous acid, creating compounds that lock down your cell's DNA and cause potential cancer-causing damage, according to research presented at a meeting of the American Chemical Society of 2014. Although the risk is higher for infants and children (as they crawl around the house, they can stir and suck these compounds), pretty much anyone is exposed. RELATED: 30 Days Countdown To Quit Smoking When traveling, insisting on a smoke-free hotel room, and avoid the houses of smoking friends (even if they do not light up in front of you, their furniture can reckon). If you inherit a smoker's house, remove the affected items such as sofas and carpets, pay back and bring in professionals to thoroughly clean the air ventilation system. DOES YOUR BLANKET GIVE YOU ASTHMA? You've never had asthma before, but lately you're always short of breath. What gives? It's not uncommon for a 40-something woman to suddenly complain of asthmatic symptoms, says Dr. Addrizzo-Harris. Common triggers: exposure to allergens you haven't faced in years, such as a woollen bath or mold. I can't tell you how often I've seen that reported the symptoms began as soon as he moved to a new home, dr. Turowski said. Usually the basement of the mold is the culprit. Next Page: Women's problems? [ Pagebreak ] A WOMAN'S PROBLEM? How three P women can mess with your breathing. You'll get your tendion: Up to 40% of women with asthma reports that their symptoms worsen immediately before their period. During this period Estrogen levels fall, and we think that these volatility somehow activates the inflammatory response in women's airways, dr. Kalhan said. As a result, you are more likely to cough, feel short of breath and shine. Talk to your documents about increasing asthma meds today; Research has also shown that taking birth control pills (to serve increased hormones and swimming) can help. You get pregnant: In the first few weeks of pregnancy, an increase in hormone progesterone causes you to breathe more often, which may make you feel like you're short of breath when you really don't. (Hormones extend your lung capacity, allowing your blood to bring large quantities of oxygen to your baby.) This sensation disappears, then reappears around your third trimester, when your uterus begins to press on your diafragm, making it harder for your lungs to grow completely. But there is relief soon: During the final months of pregnancy, your baby will fall into your pelvis, taking pressure off your lungs. RELATED: 10 Tips to Pregnant You are going through the perimenopause: As you approach the menopause, the level of estrogen rides a verifiable roller coaster, and those dramatic peaks and drops can trigger inflammation that sets aside asthma attacks. Research has shown that menopausal women are twice as vulnerable to severe asthma as men of the same age. If you look at your wheezing getting worse, talk to your gyno about going on a pill or using hormone therapy to help lighten you through transition. The good news is that once your ovary has closed the store, your asthma should improve. Increase.

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