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Strong acid and strong base list

What is acid-base balance? Your blood needs the right balance of acidic and basic (alkaline) compounds to function properly. This is called acid-base balance. Your kidneys and lungs work to maintain acid-base balance. Even small variations from the normal range can have significant effects on your vital organs. Acid and alkaline levels are measured on a pH scale. An increase in acidity causes pH levels to decrease. An increase in alkaline causes pH levels to increase. When the level of acid in the blood is too high, it is called acidosis. When your blood is too alkaline, it's called alkalose. Respiratory acidosis and alkalose are caused by a problem with the lungs. Metabolic acidosis and alkalose are caused by a problem with the kidneys. Each of these conditions is caused by an underlying disease or disorder. Treatment depends on the cause. When you breathe, your lungs remove excess carbon dioxide from your body. When they can't do that, your blood and other fluids get too acidic. Symptoms of respiratory acidosis Symptoms may include fatigue, shortness of breath, and confusion. Causes of respiratory acidosis There are several different causes of respiratory acidosis, including: breast deformities or injuries chronic lung and respiratory disorders overuse of sedatives Types of respiratory acidosis There are no noticeable symptoms of chronic respiratory acidosis. This is because your blood slowly becomes acidic and your kidneys are adjusted to compensate and return your blood to a normal pH balance. Acute respiratory acidosis comes on suddenly, leaving the kidneys no time to adjust. Individuals with chronic respiratory acidosis may experience acute respiratory acidosis due to another disease that causes the condition to worsen. Diagnosis of respiratory acidosis A complete physical examination is necessary. Diagnostic tests may include: arterial blood gas test metabolic panel pulmonary function testing chest X-ray Treatment of respiratory acidosis A doctor should be seen immediately for the treatment of acute respiratory acidosis, as this can be a life-threatening condition. The treatment is targeted to the cause. Bronchodilator medication can be given to correct some forms of respiratory obstruction. If your blood oxygen level is too low, you may need oxygen. It may be necessary to be non-invasive ventilation of positive pressure or a breathing machine. For the treatment of chronic respiratory acidosis, the underlying cause must be determined in order for proper treatment to take place. The cause may be from an organ deformity, an infection, or some other form of inflammation. Each cause may require a different treatment ranging from antibiotics to a breathing machine. In both cases, if you smoke, you will be advised to stop. Complications of respiratory acidosis Respiratory acidosis is serious and requires immediate medical attention. Complications of untreated respiratory acidosis include failure, organ failure and shock. Prevention of respiratory acidosis You can take steps to help prevent some of the conditions that lead to respiratory acidosis. Maintain a healthy weight. Take sedatives only under strict physician supervision and never combine them with alcohol. Don't smoke. Metabolic acidosis occurs either when your body produces too much acid, or when your kidneys are unable to remove it properly. Symptoms of metabolic acidosis Symptoms may include rapid breathing, fatigue, and confusion. Causes of metabolic acidosis There are three main types of metabolic acidosis. Diabetic acidosis, or diabetic ketoacidosis, is a build-up of ketone substances. This is usually due to uncontrolled type 1 diabetes. Hyperchloremic acidosis is when your body loses too much sodium bicarbonate, often after severe diarrhea. Lactic acidosis is when too much lactic acid builds up. This may be due to: prolonged exercise lack of oxygen certain medications, including salicylates low blood sugar, or hypoglycaemia alcohol seizure silver failure cancer kidney disease severe dehydration poisoning from ingestion of too much aspirin, ethylene glycol, and methanol Diagnosis metabolic acidosis Diagnostic tests may include serum electrolytes, urine pH, and arterial blood gases. Once acidosis is confirmed, other tests may be needed to pinpoint the cause. Treatment of metabolic acidosis The underlying condition of acidosis should be treated. In some cases, sodium bicarbonate is prescribed to return the blood to a normal pH. Complications of metabolic acidosis Severe cases can lead to shock and can be life-threatening. Alkalose is when alkali levels are too high due to decreased carbon dioxide or increased bicarbonate. There are five kinds of alkalose. Symptoms of alkalosis Symptoms of alkalose may include: muscle twitching, hand tremor, muscle spasms numbness and tingling nausea vomiting light-headedness confusion Causes and types of alkalosis Respiratoric alkalose are when your blood has low levels of carbon dioxide. This can be caused by a number of factors including: lack of oxygen-high altitude fever lung disease silver disease salicylate poisoning On the way you have alkalose your carbon dioxide levels are low. This causes your body to release more bicarbonate to return your blood pH level back to normal. This is called compensated alkalose. Your blood pH level will test normal, but your kidneys release more bicarbonate, compensating for the lower levels of carbon dioxide. When your blood has too much bicarbonate, it is called metabolic alkalose. This can happen from prolonged vomiting. Prolonged vomiting can also make you lose too much chloride. This is called hypochloremic alkalose. Some diuretic medications can cause you to lose too much potassium. This is called hypocalcemic alkaline. Diagnosing alkalose Along with a physical exam, diagnostic tests for alkalose may include a panel, blood gas analysis, urinalysis, and urine pH. Treatment for alkalosis Nodig medications (such as chloride and potassium) can help correct chemical losses. Further treatment will depend on the cause. Your doctor will need to monitor your vital signs and create a proper plan to correct your pH imbalance. Complications of alkalosis severe cases, alkalose can lead to cardiac arrhythmias or coma. Alkalose and acidosis can become very serious if they go untreated. Make an appointment with your doctor if you think you have developed symptoms under both conditions. Last Updated On Jul 10, 2020 Life Is Wasted In Between Times. The time between when your alarm first rings and when you finally decide to get out of bed. The time between the time you sit at your desk and when productive work begins. The time between making a decision and doing something about it. Slowly, your day is cut away from all the unused in-between moments. Eventually, time wasters, laziness, and procrastination get the better of you. The solution to reclaim these lost middle moments is by creating rituals. Every culture on earth uses rituals to transmit information and encode behavior that is considered important. Personal rituals can help you build a better pattern for handling everything from how you wake up to the way you work. Unfortunately, when most people see rituals, they see meaningless superstitions. In fact, many rituals are based on a primitive understanding of the world. But by building personal rituals, you get to encode the behavior you feel are important and cut the wasted middle moments. Program your own algorithms Another way to see rituals is by viewing them as computer algorithms. An algorithm is a set of instructions that are repeated to get a result. Some algorithms are very efficient, sorting or searching millions of pieces of data in a few seconds. Other algorithms are bulky and awkward, taking hours to do the same task. By forming rituals, you are building algorithms for your behavior. Take the delayed and painful pattern of waking up, discussing whether to sleep for another two minutes, hitting the snooze button, repeating until almost late to work. This could be reprogrammed to get out of bed immediately, without discussing your decision. How to form a Ritual I have even made personal rituals for handling email, waking up every morning, writing articles and reading books. Far from making me inflexible, these rituals give me a useful standard pattern that works best 99% of the time. When my current ritual doesn't work, I'm always free to stop using it. It's not that hard to form a ritual, and the same principles of changing habits apply: Write out your behavior sequence. I suggest starting with a simple ritual of only 3-4 step maximum. Wait until you established a ritual before trying to add new steps. Commit you to follow your 30 days. This step will take the idea and condition it into your nervous system as a habit. Define a clear trigger. When does your ritual begin? A ritual that wakes up is easy – the sound of your alarm clock works. As for what triggers you to go to the gym, read a book or answer email- you'll have to decide. Adjust the pattern. Your algorithm probably won't be completely effective the first time. Making a few adjustments after the first 30-day trial can make your ritual more useful. Ways to use a ritual based on the above ideas, here are some ways to implement your own rituals: 1. Waking Up Set up a morning ritual when you wake up, and the next few things you do immediately after. To combat grogginess after immediately waking up, my solution is to do a few pushups right after getting out of bed. After that, I sneak for ninety minutes of reading before getting ready for morning classes. 2. Using the Internet How often do you reply to email, look at Google Reader or check Facebook every day? I found by taking all my daily internet needs and compressing them into one, highly efficient ritual, I was able to cut off 75% of my web time without losing any communication. 3. Reading How much time do you get to read books? If your library isn't as large as you want, consider the rituals you use for reading. Programming a few steps to trigger yourself to read instead of watching TV or during a break in your day can chew through dozens of books each year. 4. Kindness Rituals can also help with communication. Create a ritual to start a conversation when you have the opportunity to meet people. 5. Work One of the hardest barriers when overcoming procrastination is to build a concentrated flow. Building these steps into a ritual can allow you to quickly start working or continue working after a breakup. 6. Go to the gym If exercising is a struggle, coding a ritual can eliminate a lot of the difficulties. Create a quick ritual to go to exercise right after work or when you wake up. 7. Exercise Even within your workout, you can have rituals. Distance between runs or reps with a certain number of breaths can eliminate the guesswork. Forming a ritual to do certain exercises in a certain order can save time. 8. Sleeping Form a soothing ritual in the last 30-60 minutes of your day before you go to bed. This will help slow yourself down and make falling asleep much easier. Especially if you plan to get up full of energy in the morning, it will help if you eliminate insomnia. 8. Weekly reviews The weekly review is a big part of the GTD system. By making a simple ritual checklist for my weekly review, I can make the most of this exercise in less time. Originally I did reviews where I wrote my thoughts on the week and progress as a whole. Now I'm narrowing my focus towards specific plans, plans, and measurements. Final Thoughts We all want to be productive. But time wasters, procrastination, and laziness sometimes get the better of us. If you face such difficulties, do not be afraid to make use of these rituals to help you conquer them. More tips for capturing Time Wasters and procrastination Featured photo credit: RODOLFO BARRETO via unsplash.com unsplash.com