

Title:

Decompression Sickness: The Perils of Excessive Air Pressure

Word Count:

652

Summary:

The article talks about the dangers that may develop through scuba diving. This sport or hobby

Keywords:

light-headedness, loss of consciousness, fatigue, treatment

Article Body:

Adventure, thrill, and courage --- these are the things that define scuba diving. Scuba stands

Many of the dangers that this activity poses are associated with pressure. A condition called

To minimize the risk of decompression sickness, divers should do the following:

Dive and rise slowly in the water, and don't stay at your deepest depth longer than recommended.

Do not fly within 24 hours after diving.

Don't drink alcohol before diving.

Avoid hot tubs, saunas, or hot baths after diving.

Make sure you are well hydrated, well rested, and physically prepared before you scuba dive. I

Certain individuals should avoid scuba diving because of the health risks they might encounter.

Maintaining blood pressure and administering oxygen are some of the regular treatments for emer

Like other sports and hobbies, the dangers of scuba diving can be minimized if individuals wil

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