

Mayo Clinic Medical Edge

Diving & Air Travel

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	OIL AND WATER, BLACK SOCKS AND BERMUDA SHORTS... SOME THINGS JUST DON'T GO TOGETHER. NEITHER DO DEEP AND LONG SCUBA DIVES AND FLYING SOON AFTER.
Jan Stepanek, M.D. Track 2 (13:30)	"YOU EXPOSE YOURSELF TO THE BENDS OR DECOMPRESSION SICKNESS."
	MAYO CLINIC DR. JAN STEPANEK COMPARES THE BENDS TO OPENING A SODA BOTTLE TOO QUICKLY SO THAT IT FIZZES OVER THE TOP. THE DISSOLVED GAS IN THE LIQUID IS REACTING TO A

	<p>CHANGE IN AIR PRESSURE.</p> <p>FLYING SOON AFTER DIVING CAN HAVE THE SAME EFFECT ON YOUR BODY.</p>
<p>Dr. Stepanek Track 2 (15:47)</p>	<p>“THE CLASSIC MANIFESTATION OF THE BENDS IS JOINT PAIN, SO ACHES IN THE LARGER JOINTS OF THE BODY, SHOULDERS... KNEES... ELBOWS.”</p>
	<p>YOU CAN ALSO DEVELOP BREATHING AND NEUROLOGIC SYMPTOMS. SO THE SAFE RULE OF THUMB IS NO FLYING FOR 12 HOURS AFTER A DIVE THAT REQUIRES NO DECOMPRESSION STOPS AND 24 HOURS FOR A DIVE THAT DOES.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>

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