

**Mayo Clinic Medical Edge**

**Scuba Medicine**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	FOR JERRY SAYRE, THERE'S NOTHING LIKE SLIPPING BENEATH THE WAVES...
<b>Jerry Sayre, M.D.</b>	"SPORT DIVING IS A FANTASTIC EXPERIENCE."
	AS A MAYO CLINIC PHYSICIAN WITH A SPECIAL INTEREST IN DIVE MEDICINE, DR. SAYRE KNOWS THAT TO BE SAFE, YOU NEED TO BE HEALTHY.
<b>Dr. Sayre</b>	"THERE ARE NO HARD AND FAST GUIDELINES. HOWEVER, MEDICAL CONSENSUS SUGGESTS THAT PEOPLE WHO DIVE SHOULD NOT HAVE DIABETES, SHOULD NOT HAVE ASTHMA AND SHOULD NOT

	HAVE A SEIZURE DISORDER.”
	IF YOU’RE SICK AT ALL, IT’S BEST TO STAY ASHORE.
<b>Dr. Sayre</b>	“IF YOU HAVE A BAD COLD, YOU PROBABLY SHOULD NOT DIVE.”
	YOU HAVE TO BE ABLE TO CLEAR YOUR EARS. ALL DIVERS NEED PROPER TRAINING TO AVOID RUPTURED EAR DRUMS OR EVEN THE BENDS.
<b>Dr. Sayre</b>	“THE BENDS IS ANOTHER NAME FOR DECOMPRESSION SICKNESS.”
	SO TO MAKE SURE DIVING IS SAFE FOR YOU, TALK TO YOUR DOCTOR. AND ENJOY THE WONDERS OF THE UNDERWATER WORLD.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.