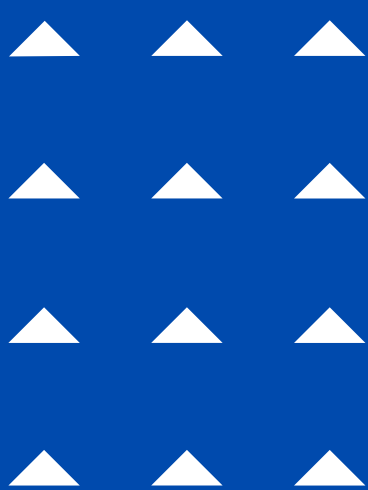


Medical Tips From The Expert



Franka Appelman



**Passionate Diver
Medical Examiner of Divers**

TIPS FROM THE EXPERT

The Divers Pee

Did you know that every diver has to pee while diving? This is a physiological response to drain the increased central blood volume due to the hydrostatic pressure. So make sure you drink well before the dive; otherwise you'll get dehydrated.

Tip 1



TIPS FROM THE EXPERT



Nasal Spray

Did you know that it is dangerous to use nasal spray before diving? When the effect of the nasal spray wears off, there is a rebound effect. The nasal mucosa temporarily become more swollen. If this occurs while diving, you can get a reverse block. This only applies to the nasal spray that you can get over the counter.

Tip 2

#WSDA_SEADRAGONS

Ear Infection

Did you know that divers are at risk for outer ear infections? This is due to contaminations in the water, which irritate your ear canal. You can reduce this risk by rinsing your ears with fresh water after diving and drying them well. If necessary, use acidic or oily ear drops for prevention. Alcohol will dry out and irritate the ear canal and eardrum.

TIPS FROM THE EXPERT

Tip 3



TIPS FROM THE EXPERT



Losing Weight

Did you know that you can lose weight by diving? While diving, you'll burn calories. An hour of diving burns about 400 to 700 calories! For comparison, you burn just as many calories in a game of basketball! Of course, an after-dive-snack negates the effect.

Tip 4

#WSDA_SEADRAPONS

Alcohol

Did you know that drinking alcohol after diving increases the risk of decompression sickness?

This is due to the diuretic and vasodilating effects of alcohol.

The nitrogen is removed more slowly and may end up in places where it causes damage. It is advised to avoid alcohol the first hours after the dive.

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Tip 5



Alcohol

Did you know that alcohol before diving also has risks?

In addition to the risk of decompression sickness mentioned before, it also affects cognitive function while diving.

TIPS
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Tip 5.2



Franka Appelman is a passionate diver who's in the water every week throughout the year. She likes to share her enthusiasm about diving in both fresh and saltwater with others. She is also a dive doctor/ medical examiner of divers and owner of Duikdokter.com. By Duikdokter.com, Franka informs people about the effects of diving on the body and how to dive as safely as possible from a medical point of view.



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