

CONTENTS

FOREWORD	13
PREFACE	15
GLOSSARY OF ABBREVIATIONS	17
1. SHORT HISTORY OF DIVING	21
1.1. THE FIRST EXPERIMENTS	23
1.2. DIVING DRESS	24
1.3. UNDERWATER BREATHING APPARATUS	25
1.3.1. Open circuit of breathing	25
1.3.2. Closed circuit of breathing	27
1.4. DIVERS IN COMBAT	28
1.5. ATMOSPHERIC DIVING SUIT	30
1.6. DEEP DIVING	31
1.7. SATURATION DIVING	32
1.8. LIQUID BREATHING	32
2. BREATH-HOLD DIVING	35
2.1. BREATH-HOLD DIVING TO SHALLOW DEPTHS	37
2.1.1. Shallow water blackout	38
2.2. BREATH-HOLD DIVING TO MEDIUM DEPTHS	39
2.2.1. Taravana syndrome	40
2.3. DEEP BREATH-HOLD DIVING	41
2.3.1. Physiologic aspects of deep breath-hold diving	42
2.3.1.1. Pre-dive respiratory maneuvers	42
2.3.1.2. Voluntary apnea	44
2.3.1.3. Pressure equalization in paranasal sinuses and tympanic cavities	44
2.3.1.4. Diving response	45
2.3.1.5. Compression of the chest	45
2.3.1.6. Buoyancy in deep breath-hold diving	46
2.3.2. Pathophysiologic problems of deep breath-hold diving	47
2.3.2.1. Hypoxic syncope of ascent	47
2.3.2.2. Loss of motor control	47
2.3.2.3. Nitrogen narcosis in deep breath-hold diving	47
2.3.2.4. Decompression sickness in deep breath-hold diving	47
2.4. DEEP DIVING OF MARINE MAMMALS	49
3. MODERN DIVING TRENDS AND TECHNOLOGIES	53
3.1. RECREATIONAL DIVING	55
3.1.1. Dive mask	56
3.1.2. Fins	56
3.1.3. Wetsuit	57
3.1.4. Drysuit	57
3.1.5. Open-circuit breathing apparatus	59
3.1.6. Buoyancy control device	61
3.1.7. Additional weight systems	61
3.1.8. Dive computer	62
3.2. TECHNICAL DIVING	63
3.2.1. Open-circuit breathing apparatus in technical diving	63
3.2.2. Rebreathers in technical diving	66
3.2.2.1. Semi-closed circuit rebreather (SCR)	67
3.2.2.2. Closed circuit rebreather (CCR)	67
3.3. DIVING AS A PROFESSION	70

3.3.1.	Commercial diving	71
3.3.1.1.	Saturation diving	72
3.3.2.	Public safety diving	73
3.3.3.	Military diving	74
4.	PHYSICS IN DIVING MEDICINE	77
4.1.	LIQUIDS AND GASES	79
4.1.1.	Symbols of quantities for gases	80
4.2.	WATER	80
4.2.1.	Water in human body	80
4.3.	PRESSURE	81
4.3.1.	Atmospheric pressure	81
4.3.1.1.	Pascal's principle	81
4.3.2.	Hydrostatic pressure	82
4.3.3.	Absolute pressure	82
4.4.	ARCHIMEDES' PRINCIPLE	83
4.5.	GASES IN DIVING PRACTICE	84
4.5.1.	Boyle's law	84
4.5.2.	Charles' law	85
4.5.3.	Gay-Lussac's law	86
4.5.4.	Adiabatic (isoentropic) process	86
4.5.5.	The Joule-Thompson effect	87
4.5.6.	Dalton's law	87
4.5.7.	Henry's law	88
4.5.8.	Fick's law	89
4.6.	LIGHT AND SOUND UNDERWATER	90
5.	CHANGES OF SENSORY PERCEPTION UNDERWATER	91
5.1.	CHANGES IN VISUAL PERCEPTION	93
5.1.1.	Light reflection	93
5.1.2.	Light absorption	93
5.1.3.	Scattering of light	94
5.1.4.	Changes in image-forming mechanisms	94
5.1.5.	Changes in visual field	95
5.1.6.	Dark adaptation	95
5.1.7.	Correction of refractive errors of the eye in diving practice	95
5.2.	CHANGES IN ACOUSTIC PERCEPTION	95
5.3.	CHANGES IN PERCEPTION BY CHEMICAL SENSES	97
5.3.1.	Smell	97
5.3.2.	Taste	97
5.4.	CHANGES IN PERCEPTION BY SOMATIC SENSES	98
5.4.1.	Exteroceptive sensation	98
5.4.2.	Proprioceptive sensitivity (positional perception)	98
6.	BREATHING OF GASES UNDERWATER	101
6.1.	THE PECULIARITIES OF UNDERWATER BREATHING	103
6.2.	NITROGEN	107
6.2.1.	Nitrogen in diving practice	107
6.2.1.1.	Narcotic effect of nitrogen	107
6.2.1.2.	Nitrogen in saturation process	110
6.3.	OXYGEN	110
6.3.1.	Chemically bound oxygen in blood	111
6.3.2.	Physically dissolved oxygen in blood	112
6.3.3.	Oxygen in diving practice	112
6.3.4.	Hypoxia	113
6.3.4.1.	Hypoxic hypoxia	113
6.3.4.2.	Anemic hypoxia	114
6.3.4.3.	Histotoxic hypoxia	114
6.3.4.4.	Stagnation hypoxia	114
6.3.4.5.	Symptoms of hypoxia underwater	114
6.3.5.	Hyperoxia	115
6.3.5.1.	Central nervous system oxygen toxicity	116
6.3.5.2.	Pathophysiology of central nervous system oxygen toxicity	117
6.3.5.3.	Oxygen "off-effect"	119
6.3.5.4.	Pulmonary oxygen toxicity	119
6.3.5.5.	Morphological changes of the pulmonary tissue	121
6.3.5.6.	Hyperoxic-induced myopia	121
6.3.5.7.	Other visual disorders	122

6.3.5.8.	Middle ear oxygen absorption syndrome (oxygen ear)	122
6.3.5.9.	Factors modifying the toxic effect of oxygen	122
6.3.5.10.	Oxygen in corrosive processes	123
6.4.	ARGON	124
6.4.1.	Argon in diving practice	124
6.5.	CARBON DIOXIDE	124
6.5.1.	Carbon dioxide in diving practice	125
6.5.1.1.	Hypocapnia	125
6.5.1.2.	Hypercapnia	125
6.5.1.3.	Acute hypercapnia	126
6.5.1.4.	Chronic hypercapnia	127
6.5.1.5.	Preventing hypercapnia in diving practice	127
6.6.	NEON	128
6.6.1.	Neon in diving practice	128
6.7.	HELIUM	128
6.7.1.	Helium in diving practice	128
6.7.2.	High pressure nervous syndrome (HPNS)	130
6.8.	KRYPTON	130
6.9.	HYDROGEN	130
6.9.1.	Hydrogen in diving practice	131
6.10.	ADMIXTURES AND IMPURITIES IN BREATHING AIR	131
6.10.1.	Carbon monoxide	131
6.10.1.1.	Carbon monoxide in diving practice	131
6.10.1.2.	Pathophysiology of CO intoxication in diving	131
6.10.1.3.	Clinical symptoms of CO intoxication of a diver	132
6.10.2.	Other contaminants of the breathing air	132
7.	BAROTRAUMA	137
7.1.	IMPACT OF PRESSURE ON BODY CAVITIES	139
7.2.	BAROTRAUMA OF DESCENT	140
7.2.1.	Paranasal sinuses	140
7.2.1.1.	Sinus barotrauma of descent (sinus squeeze)	140
7.2.1.2.	Equalization of pressure in paranasal sinuses	141
7.2.2.	Auditory system	141
7.2.2.1.	External ear barotrauma of descent	143
7.2.2.2.	Middle ear barotrauma of descent (ear squeeze)	144
7.2.2.3.	Middle ear pressure equalization (ear squeeze)	147
7.2.2.4.	Inner ear barotrauma of descent	148
7.2.3.	Respiratory system	148
7.2.3.1.	Lower airways barotrauma of descent	150
7.2.3.2.	Pulmonary barotrauma of descent (lung squeeze)	150
7.2.4.	Digestive system	152
7.2.4.1.	Stomach barotrauma of descent	152
7.2.4.2.	Intestinal barotrauma of descent	152
7.2.5.	Dive mask squeeze	152
7.2.6.	Drysuit squeeze	154
7.3.	BAROTRAUMA OF ASCENT	156
7.3.1.	Sinus barotrauma of ascent	156
7.3.2.	Middle ear barotrauma of ascent	156
7.3.3.	Alternobaric vertigo	157
7.3.4.	Inner ear barotrauma of ascent	158
7.3.5.	Damage of airways on ascent	158
7.3.6.	Pulmonary barotrauma of ascent	158
7.3.6.1.	Failure of exhalation in divers: subjective causes	159
7.3.6.2.	Failure of pulmonary ventilation in divers: objective causes	161
7.3.6.3.	Morphologic predisposing factors for pulmonary barotrauma of ascent in divers	163
7.3.6.4.	Arterial gas embolism	164
7.3.6.5.	Pneumothorax	168
7.3.6.6.	Mediastinal and subcutaneous emphysema	169
7.3.7.	Stomach barotrauma of ascent	169
7.3.8.	Intestinal barotrauma of ascent	171
7.3.9.	Dental barotrauma of ascent	172
7.3.10.	Pneumocephalus	172
7.4.	IMPACT OF PRESSURE ON SOLID TISSUES	172
8.	DECOMPRESSION SICKNESS IN DIVERS	175
8.1.	HISTORICAL NOTES	177
8.2.	DECOMPRESSION STRESS	179

8.3.	SATURATION OF THE BODY BY INERT GASES (ON-GASSING)	180
8.3.1.	Pressure factor	181
8.3.2.	Time factor	181
8.3.3.	Capillarization factor	182
8.3.4.	Absorption factor	183
8.3.5.	Saturation half-times	183
8.3.6.	Tissue compartments in terms of inert gas kinetics	185
8.4.	DESATURATION OF INERT GASES FROM THE BODY (OFF-GASSING)	186
8.4.1.	Reverse saturation	188
8.5.	DEVELOPMENT AND GROWTH OF GAS BUBBLES	189
8.5.1.	Micronucleation	189
8.5.2.	Cavitation	191
8.5.3.	Tribonucleation (viscoelastic adhesion, surface friction)	191
8.5.4.	Isobaric counterdiffusion	192
8.6.	DISTRIBUTION OF GAS BUBBLES IN THE BODY	192
8.6.1.	Autochthonous gas bubbles	192
8.6.2.	Heterochthonous gas bubbles	193
8.6.2.1.	Gas bubbles in blood circulation	193
8.6.2.2.	Gas bubbles in lymphatic vessels	194
8.6.3.	Lungs in desaturation process	194
8.6.4.	Patent foramen ovale (PFO) in desaturation process	196
8.7.	SYSTEMIC RESPONSES TO THE GAS BUBBLES	198
8.8.	DECOMPRESSION STRATEGY	200
8.8.1.	Values of maximum tolerated supersaturation (M-values)	201
8.8.2.	Inherent unsaturation, oxygen window	202
8.8.3.	Residual inert gases in the body	203
8.9.	DECOMPRESSION PROCEDURES	204
8.9.1.	Calculations of decompression algorithms	204
8.9.2.	Decompression tables and decompression calculators	205
8.9.3.	Dive computers in decompression calculations	206
8.9.4.	Gas mixtures in decompression procedures	208
8.9.5.	Biological decompression	209
8.10.	PRACTICAL EXECUTION OF DECOMPRESSION PROCEDURES	210
8.11.	PATHOPHYSIOLOGY OF DECOMPRESSION SICKNESS IN DIVERS	212
8.11.1.	Predisposing factors of decompression sickness	212
8.11.1.1.	Primary predisposing factors of decompression sickness	212
8.11.1.2.	Secondary predisposing factors of decompression sickness	215
8.11.2.	Causes of decompression sickness in diving practice	216
8.11.2.1.	Error in decompression theory	216
8.11.2.2.	Error in decompression practice	217
8.11.2.3.	Individual response to standard decompression procedure	218
8.12.	CLASSIFICATION AND SYMPTOMATOLOGY OF DECOMPRESSION SICKNESS IN DIVERS	218
8.12.1.	Type I decompression sickness	219
8.12.1.1.	Cutaneous decompression sickness	219
8.12.1.2.	Musculoskeletal decompression sickness (bends)	220
8.12.1.3.	Lymphatic decompression sickness	221
8.12.1.4.	Constitutional decompression sickness	221
8.12.2.	Type II decompression sickness	221
8.12.2.1.	Cardiopulmonary decompression sickness	221
8.12.2.2.	Cardiac decompression sickness	222
8.12.2.3.	Neurologic decompression sickness	222
8.12.2.4.	Less frequent forms and symptoms of decompression sickness	225
8.12.2.5.	Manifestation of clinical symptoms of decompression sickness in divers	226
8.13.	TREATMENT OF DECOMPRESSION SICKNESS IN DIVERS	226
8.13.1.	Emergency procedures on site	229
8.13.1.1.	Anamnesis (medical history) in decompression sickness	229
8.13.1.2.	Medical examinations and findings	230
8.13.1.3.	Alternatives for clinical course of acute decompression sickness	232
8.13.2.	Transport to hyperbaric chamber	232
8.13.3.	Hyperbaric chambers	232
8.13.4.	Biophysical principles of recompression therapy of divers	235
8.13.4.1.	Actions before initiation of recompression therapy	236
8.13.5.	Alternative procedures in recompression therapy	236
8.13.5.1.	Adjuvant therapy	237
8.13.5.2.	Use of perfluorocarbons in recompression therapy	238
8.13.5.3.	Healthcare after recompression treatment	238
8.13.6.	In-water recompression treatment	238

9.	LONG-TERM HEALTH EFFECTS OF DIVING	245
9.1.	DELAYED EFFECTS OF PHYSICAL LOAD IN DIVING	247
9.1.1.	Degenerative changes of joints	248
9.1.2.	Degenerative changes of spine	248
9.1.3.	Dysfunction of temporomandibular joint	249
9.2.	DELAYED EFFECTS OF ENVIRONMENTAL CONDITIONS IN DIVING	250
9.2.1.	Skin infections	250
9.2.2.	Inflammation of external ear	251
9.2.3.	Inflammation of middle ear	252
9.2.4.	Chronic sinusitis	252
9.2.5.	Gastroenteritis	252
9.3.	DELAYED EFFECTS OF SATURATION LOAD IN DIVING	252
9.3.1.	Dysbaric osteonecrosis	253
9.3.1.1.	Etiology and pathogenesis of dysbaric osteonecrosis	253
9.3.1.2.	Pathomorphology of dysbaric osteonecrosis	255
9.3.1.3.	Symptomatology of dysbaric osteonecrosis	255
9.3.1.4.	Classification of dysbaric osteonecrosis	255
9.3.1.5.	Diagnosis of dysbaric osteonecrosis	258
9.3.1.6.	Treatment of dysbaric osteonecrosis	259
9.3.1.7.	Prevention of dysbaric osteonecrosis	259
9.4.	OTHER DELAYED HEALTH DISORDERS IN DIVERS	260
9.4.1.	Subclinical neuropathological disorders	260
9.4.2.	Neuropsychological disorders	260
9.4.3.	Behavioral disorders	261
9.4.4.	Respiratory disorders	261
9.4.5.	Ophthalmological disorders	261
9.4.6.	Otorhinolaryngological disorders	261
10.	THERMOREGULATION AND CHANGES OF BODY TEMPERATURE IN DIVING	265
10.1.	BASICS OF THERMAL SCIENCE FOR DIVING PRACTICE	267
10.2.	PHYSIOLOGY OF THERMOREGULATION	268
10.2.1.	Physiologic thermoregulatory mechanisms	268
10.2.1.1.	Central thermoregulatory system	268
10.2.1.2.	Central thermoreceptors	268
10.2.1.3.	Peripheral thermoreceptors	269
10.3.	MECHANISMS OF THERMOREGULATION	269
10.3.1.	Chemical thermoregulation	269
10.3.2.	Physical thermoregulation	270
10.3.2.1.	Radiation	270
10.3.2.2.	Conduction	270
10.3.2.3.	Convection	271
10.3.2.4.	Evaporation	271
10.3.3.	Body core and body surface	271
10.3.4.	Areas of critical heat loss from body surface	272
10.3.4.1.	Head and intracranial space	272
10.3.4.2.	Groin and thighs	273
10.3.4.3.	Axillary holes	273
10.3.4.4.	Hands and fingers	274
10.3.4.5.	Ankles and feet	274
10.4.	HYPOTHERMIA IN DIVING PRACTICE	275
10.4.1.	Immersion hypothermia	275
10.4.1.1.	Stages of hypothermia in divers	275
10.4.1.2.	Post-immersion collapse (circumrescue collapse, rewarming collapse)	277
10.4.1.3.	Individual variability of cold tolerance and response	277
10.4.1.4.	Hypothermia in female divers	277
10.4.2.	Respiratory hypothermia	278
10.4.3.	Complications of hypothermia	278
10.4.4.	Prevention of hypothermia in diving practice	279
10.4.5.	Treatment of hypothermic diver	281
10.4.5.1.	Passive rewarming	282
10.4.5.2.	Active external rewarming	282
10.4.5.3.	Active internal rewarming	282
10.5.	HYPERTHERMIA IN DIVING PRACTICE	282
10.5.1.	Acute hyperthermia	283
10.5.2.	Subacute (latent) hyperthermia	283
10.5.3.	Prevention of hyperthermia in diving practice	284
10.5.4.	Treatment of hyperthermic diver	284

11.	FITNESS TO DIVE	287
11.1.	FITNESS TO DIVE EXAMINATION OF DIVERS	289
11.1.1.	Initial medical examination	289
11.1.2.	Anamnesis (medical history)	290
11.1.3.	Periodic evaluation of medical fitness of recreational divers	290
11.1.4.	Periodic medical examinations of commercial divers	290
11.1.5.	Re-assessment of fitness to dive after illness, injury, decompression sickness or diving accident	291
11.2.	LIST OF ABSOLUTE AND RELATIVE CONTRAINDICATIONS FOR DIVING	291
11.2.1.	Circulatory system diseases	291
11.2.2.	Respiratory system diseases	292
11.2.3.	Otorhinolaryngological diseases	293
11.2.4.	Ophthalmological diseases	294
11.2.5.	Central and peripheral nervous system diseases	294
11.2.6.	Mental disorders and psychiatric diseases	296
11.2.7.	Musculoskeletal diseases	297
11.2.8.	Diseases of gastrointestinal system	298
11.2.9.	Endocrine and metabolic diseases	299
11.2.10.	Diseases of blood and hematopoietic organs	299
11.2.11.	Urogenital diseases	300
11.3.	MODIFICATION OF DATA AT FITNESS TO DIVE EXAMINATIONS	300
11.3.1.	Dissimulation	300
11.3.2.	Simulation	301
11.3.3.	Aggravation	301
12.	DIVING OF CHILDREN, ADOLESCENTS AND ELDERLY	303
12.1.	DIVING OF CHILDREN AND ADOLESCENTS	305
12.1.1.	Age for starting to dive	306
12.1.2.	Intellectual performance of children and adolescents	306
12.1.3.	Musculoskeletal system of children and adolescents	307
12.1.4.	Cardiovascular system of children and adolescents	308
12.1.5.	Respiratory system of children and adolescents	308
12.1.6.	Middle ear pressure equalization	308
12.1.7.	Thermoregulation in children and adolescents	309
12.1.8.	Decompression sickness in children and adolescents	309
12.2.	DIVING OF ELDERLY	311
12.2.1.	Intellectual performance of elderly	311
12.2.2.	Musculoskeletal system of elderly	311
12.2.3.	Cardiovascular system of elderly	312
12.2.4.	Respiratory system of elderly	313
12.2.5.	Thermoregulation in divers of older age	313
12.2.6.	Decompression sickness in divers of older age	313
13.	WOMEN IN DIVING	317
13.1.	MORPHOLOGIC AND FUNCTIONAL PECULIARITIES OF FEMALE BODY	319
13.2.	MEDICAL ASSESSMENT OF WOMAN'S DIVING CAPABILITY	320
13.2.1.	Age of woman diver	320
13.2.2.	Somatic habitus	320
13.2.3.	Organic changes of venous system	321
13.2.4.	Urogenital diseases	321
13.2.5.	Menstruation	321
13.2.6.	Contraception	322
13.2.7.	Pregnancy	322
13.2.8.	Breast implants, mastectomy	323
13.2.9.	Liposuction	324
14.	INVESTIGATION OF FATAL DIVING ACCIDENTS	327
14.1.	ON-SITE INFORMATIONS	329
14.1.1.	Diving qualification and personal experience of the deceased	330
14.1.2.	Health status of the deceased	330
14.1.3.	Profile of the last dive	330
14.1.4.	Diver behavior underwater	330
14.1.5.	Body location of the deceased	330
14.1.6.	Elevation of the corpse to the surface	331
14.1.7.	Interval between accident and finding the body	331
14.1.8.	Interval between surfacing and death	331
14.1.9.	Transport of the corpse on a solid platform	331
14.1.10.	Resuscitation attempts	332
14.1.11.	Preliminary on-site examination of diving equipment	333
14.2.	EXPERT INVESTIGATION OF DIVING FATALITY	333

14.2.1.	Forensic medicine procedures	333
14.2.1.1.	External examination	333
14.2.1.2.	Postmortem non-invasive examinations	335
14.2.2.	Medicolegal autopsy	335
14.2.3.	Extraneous gas	339
14.2.3.1.	Postmortem desaturation artefact	339
14.2.3.2.	Postmortem putrefactive decompression artefact	340
14.2.3.3.	Resuscitation-induced gas artefact	340
14.2.4.	Histology	340
14.2.5.	Toxicology	341
14.3.	DIVING EQUIPMENT INVESTIGATION	341
14.3.1.	Incorrect assembly	342
14.3.2.	Incorrect use	342
14.3.3.	Malfunction or failure	343
14.3.3.1.	Basic diving equipment (dive mask, fins)	343
14.3.3.2.	Wetsuit	343
14.3.3.3.	Drysuit	343
14.3.3.4.	Thermoinsulating undergarment	344
14.3.3.5.	High-pressure cylinders	344
14.3.3.6.	Breathing regulators	344
14.3.3.7.	Buoyancy control device (BCD)	346
14.3.3.8.	Rebreather (SCR or CCR)	346
14.3.3.9.	Dive computer	347
14.4.	EXPERTISE OUTCOMES	347
INDEX	350