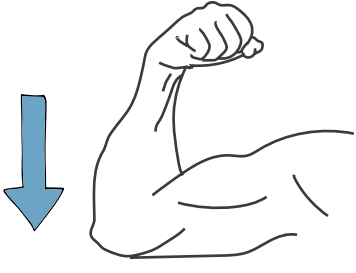


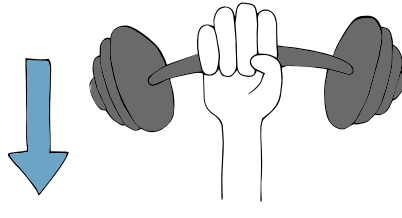
The Ageing Diver

Diving medical considerations

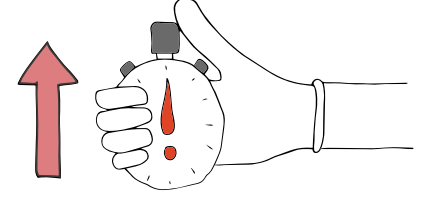
Typical age-related limitations



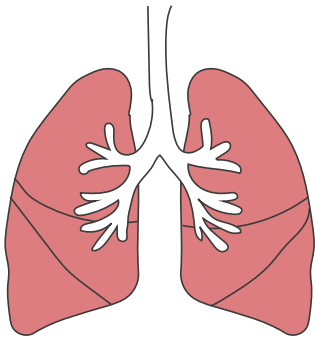
Reduced physical fitness



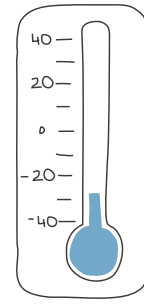
Reduced strength and endurance



Increased reaction times



Altered lung function



Reduced cold resistance



Risks

- Fluid shift into the body core
- Constriction of the blood vessels of the skin
- Significant increase of urine excretion

Possible direct consequences

- Acute hypertension
- Circulatory disorders of the heart
- Triggering cardiac arrhythmias
- Acute breathlessness

Advice

- Expand your safety margin
- Maintain performance tolerance
- Avoid dehydration
- Reduce burden
- Avoid jumping into the water
- Optimise cold protection



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