




## Document Information

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<b>Analyzed document</b>	Dangers_of_diving_2018.docx (D35826004)
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## Sources included in the report

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<b>SA</b>	<b>Demo / exempted.txt</b> Document exempted.txt (D35992332) Submitted by: ondemand@urkund.com Receiver: document.demo@analys.orkund.se	 <b>1</b>
<b>W</b>	URL: <a href="https://bib.irb.hr/datoteka/886937.Zoran_Hercigonja_Detekcija_plagijata_upotrebom_...">https://bib.irb.hr/datoteka/886937.Zoran_Hercigonja_Detekcija_plagijata_upotrebom_ ...</a> Fetched: 2/28/2018 12:54:00 PM	 <b>10</b>

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## Entire Document

\*\*\* This text is a demo text to show the anti-plagiarism system URKUNDs' function \*\*\* Desmond Demonades and Marie Moran Demonstration University

The

**54%** **MATCHING BLOCK 1/14** **SA** similar.txt (D35994277)

dangers of Diving  
The Greek archipelago, this nautical Eden for the world divers. Clear water with meters and meters of the free and unobstructed visibility. In principle shark free and a Lego box of undiscovered treasures and sunken cities and lower ships from the Phoenician, Egyptian, Greek and Roman times.

**100%** **MATCHING BLOCK 2/14** **SA** similar.txt (D35994277)

A "paradise that was lost but now at last recovered"

by

**100%** **MATCHING BLOCK 3/14** **SA** similar.txt (D35994277)

the renowned free diver and poet Geoffrey van Spladoosh once put it. (1)

**100%** **MATCHING BLOCK 4/14** **SA** exempted.txt (D35992332)

Now, however, it is not really free access to the kingdom of heaven, but it is one that is controlled and checked very hard by the Greek authorities and its naval forces, although the situation is beginning to improve.

John D. Ive, PhD Hist. at Cornell summarizes in Modern Aquatic Archeology And Other Naval Gazing 2012 (2) (trans.) The reduced protectionism around the Mediterranean "Just over seven years ago, the Greek authorities finally easing up on their firm ban of SCUBA diving. Their strict approach was based, wisely so, on the fact that there are archaeological treasures basically everywhere in the Aegean seas.

Now they have given some authorized diving center permission to dive on a few selected sites. Diving Center Crete and Adventure Blue are the two most famous dive centers in the area. " One of the dive sites is located off the island of Thodorou where permission to dive in an area where a German Messerschmitt plane crashed during the Battle of Crete during World War II in 1941(3) has been recently granted. Although planes from WWII could be considered ancient by some so do not feel the Greek authorities that there is any immediate danger to the Greek cultural treasures for scuba divers visiting that particular site. It has namely made sure to clear the area of every single gadget of archaeological value before being released until the grasshoppers. It is unfortunately the case that, too often, if not almost always, or perhaps even always, picked souvenirs from the seabed, be it from wrecks or sunken columns and dropped fishing lines. It is also why this ban on scuba diving has been in place for so long. It is said that Jaque Yves Cousteau was immediately ported from Athens Underwater Archaeology Museum after they realized the consequences of his and Gagnan's invention of the "aqua lung" would it become adopted by a the general populace. (4)

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What is decompression sickness?  
Decompression sickness, by many referred to as "the bends" or "diving sickness", is triggered when bubbles of nitrogen forms in the blood and tissue of a body. These bubbles follow when a person rises from deep water to shallow water, where the pressure is lower, too quickly.

**97%**      **MATCHING BLOCK 6/14**      **W**      [https://bib.irb.hr/datoteka/886937.Zoran\\_ ...](https://bib.irb.hr/datoteka/886937.Zoran_...)

If you or a dive-mate exhibits symptoms of decompression sickness, immediately stop the dive, start administering first aid, and call a specialist in divers' medicine for help. The only treatment is to breathe 100 % oxygen on site as well as in transport to treatment in a decompression chamber.

Symptoms of decompression sickness  
The symptoms vary because the nitrogen bubbles can form in different parts of the body.

They

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occur almost immediately after a completed dive and can lead to catalepsy or even death in serious cases.

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The diver may complain of vertigo or headache, unusual fatigue or tiredness. He or she may have a rash, pain in one or more joints, muscular weakness or tingling in the arms or legs or paralysis. Less often; shock, difficulties with breathing, unconsciousness or death may be seen.

The symptoms generally appear in a relatively short period after completing the dive. Almost 50 per cent of divers develop symptoms within the first hour after the dive, 90 per cent within six hours and 98 per cent within the first 24 hours. (5)

In practice this means symptoms that appear more than 24 hours after the dive are probably not decompression sickness.

An exception is if the diver has travelled in an aircraft or has been travelling in the mountains. Under these circumstances, low pressure can still trigger decompression sickness more than 24 hours after the last dive. As a result, it is wise not to fly within 24 hours of a deep dive.

These symptoms are to be considered at a personal level and must not be regarded as fool proof signs of diving sickness especially when taken out of context. For example the symptom "skin itch" is the common symptom of an ordinary mosquito bite and often also the allergic response to eating daffodils marinated in vinegar in sensitive people. Also, and this is rather important, as the medical authority Marie Moran once so eloquently put it: "Symptoms like Dizziness, Vertigo, Ringing in the ears, Bizarre behavior, Confusion, Personality changes and Staggering are all quite common when strolling home from the pub late at night after a few pints to many." These can with a bit of bad luck also be combined with another symptom; Amnesia and Tremors the next day. The reader should be aware of this before studying the list below and remember to first of all ask themselves or their patients "have I/you been diving to any significant depth recently? Or am I/are you just really really drunk/hung over?" before diagnosing. - Unusual fatigue - Numbness, tingling and paralysis -

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Skin itch

- Pain in joints and / or muscles of the arms, legs or torso
- Dizziness, vertigo, ringing in the ears
- Shortness of breath
- Skin may show a blotchy rash
- Paralysis, muscle weakness
- Difficulty urinating
- Bizarre behavior
- Confusion, personality changes,
- Amnesia, tremors
- Staggering
- Coughing up bloody, frothy sputum
- Collapse or unconsciousness

Note: Symptoms and signs usually appear within 15 minutes to 12 hours after surfacing; but in severe cases, symptoms may appear before surfacing or immediately afterwards. Delayed occurrence of symptoms is rare, but it does occur, especially if air travel follows diving.

Diving with bubbles of carbon monoxide in the blood isn't the best way of enjoying the sport. In fact it is quite often fatal. The readiness of local hospitals and caregivers to treat diving sickness varies greatly, from "excellent" if your diving in New York harbor to "crap" if your diving of Antarctic so the wise diver should always know the symptoms in order to be able to safely abort a dive gone bad and to avoid the situation altogether. Many hospitals offer supplemental courses in dive-medicine that really should be mandatory to get the instructor license. Interestingly, the knowledge taught in these courses mostly originates from the experience recorded by US naval officers when interviewing Hawaiian clam divers in the 1920's for the Pearl Harbor naval construction that took place at the time. They had generations of knowledge on the subject and were more than willing to pass this on to the Americans. (6)

Denial and Recognition

The most common manifestations of DCS are joint pain and tingling or numbness. Next most common are muscular weakness and the inability to empty a full bladder. Severe DCS is easy to identify because the signs and the symptoms are obvious. However, most cases of DCS manifests subtly with a minor joint ache or a paresthesia - an abnormal sensation like burning, tingling or tickling in one or more extremities.

In many cases these symptoms are ascribed to another cause such as overexertion, heavy lifting or even a tight wetsuit. This delays seeking help and is why it is often noted that the first symptom of DCS is denial. As once was said "Sometimes these symptoms remain mild and go away by themselves, but many times they increase in severity until it is obvious to you that something is wrong and that you need help".

What happens if you don't seek treatment?

Dive Master and Ph.Md John Doe states "

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In severe DCS, a permanent residual handicap may be the result: this can be a bladder dysfunction - usually very embarrassing, sexual dysfunction or muscular weakness, to name a but few. In some instances of neurological DCS, there may be permanent damage to the spinal cord, which may or may not cause symptoms. However, this type of damage may decrease the likelihood of recovery from a subsequent bout of DCS. Untreated joint pains that subside are thought to cause small areas of bone damage called osteonecrosis. Usually this will not cause symptoms unless there are many bouts of untreated DCS. If this happens, however, there may be enough damage to cause the bone to become brittle or for joints to collapse or become arthritic."

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<http://www.scubaboard.com>) ...so don't delay seeking treatment

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How to prevent decompression sickness

As a recreational diver you should dive very conservatively. It doesn't matter whether you are using

a dive computer or a dive table. You should plan your dive in advance. Experienced divers always select a table depth of 10 feet, or approx. 3

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meters, deeper than the planned actual depth. This is what all divers should do, especially when you are

diving in cold water or when you are diving under tough conditions. When you are diving with a computer, you should be cautious in approaching no-decompression

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limits. This is especially important to be aware of when you are diving deeper than 100 feet,

or approx. 30

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meters.

Avoid the risk factors noted above and be careful when you are doing deep or long dives. This will decrease the chance of DCS occurring. Do not expose yourself to altitude and do not fly too soon after a dive. Doing so can also increase the risk of decompression sickness. DAN (Divers Alert Network) has recently published guidelines for flying after diving. (8)

Literature list: January/February 2004 issue, "How Long to Wait? DAN Discusses Provisional Guidelines for Flying After Diving," By Richard D. Vann, Ph.D., Vice President, DAN Diving into Darkness: A True Story of Death and Survival 2008 Phillip Finch ISBN 978-0312383947 St. Martin's Press Diving Science, Michael Strauss, Igor V. Aksenov, ISBN 978-0736048309004 Human Kinetics Kennington, R.A., 1993. Tourism in coastal and marine environments — a recreational perspective. Ocean and Coastal Management 19, 1–16.

## Hit and source - focused comparison, Side by Side

**Submitted text** As student entered the text in the submitted document.

**Matching text** As the text appears in the source.

1/14	SUBMITTED TEXT	50 WORDS	54% MATCHING TEXT	50 WORDS
	<p>dangers of Diving</p> <p>The Greek archipelago, this nautical Eden for the world divers. Clear water with meters and meters of the free and unobstructed visibility. In principle shark free and a Lego box of undiscovered treasures and sunken cities and lower ships from the Phoenician, Egyptian, Greek and Roman times.</p>			<p>dangers when diving the Greek archipelago, despite being the nautical Eden for divers all over the world. The water is clear with meters and meters of</p> <p>free and unobstructed visibility. It's also in principle shark free and filled with undiscovered treasures</p> <p>and lower ships from the Phoenician, Egyptian, Greek and Roman times.</p>
	<p><b>SA</b> similar.txt (D35994277)</p>			

2/14	SUBMITTED TEXT	11 WORDS	100% MATCHING TEXT	11 WORDS
	<p>A "paradise that was lost but now at last recovered"</p>			<p>a "paradise that was lost but now at last recovered".</p>
	<p><b>SA</b> similar.txt (D35994277)</p>			

3/14	SUBMITTED TEXT	14 WORDS	100% MATCHING TEXT	14 WORDS
	<p>the renowned free diver and poet Geoffrey van Spladoosh once put it. (1)</p>			<p>the renowned free diver and poet Geoffrey van Spladoosh once put it,</p>
	<p><b>SA</b> similar.txt (D35994277)</p>			

4/14

SUBMITTED TEXT

103 WORDS

100% MATCHING TEXT

103 WORDS

Now, however, it is not really free access to the kingdom of heaven, but it is one that is controlled and checked very hard by the Greek authorities and its naval forces, although the situation is beginning to improve.

John D. Ives, PhD Hist. at Cornell summarizes in Modern Aquatic Archeology And Other Naval Gazing 2012 (2) (trans.) The reduced protectionism around the Mediterranean "Just over seven years ago, the Greek authorities finally easing up on their firm ban of SCUBA diving. Their strict approach was based, wisely so, on the fact that there are archaeological treasures basically everywhere in the Aegean seas.

SA exempted.txt (D35992332)

5/14

SUBMITTED TEXT

51 WORDS

100% MATCHING TEXT

51 WORDS

What is decompression sickness?

Decompression sickness, by many referred to as "the bends" or "diving sickness", is triggered when bubbles of nitrogen forms in the blood and tissue of a body. These bubbles follow when a person rises from deep water to shallow water, where the pressure is lower, too quickly.

What is decompression

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6/14	SUBMITTED TEXT	67 WORDS	97% MATCHING TEXT	67 WORDS
	<p>If you or a dive-mate exhibits symptoms of decompression sickness, immediately stop the dive, start administrating first aid, and call a specialist in divers' medicine for help. The only treatment is to breathe 100 % oxygen on site as well as in transport to treatment in a decompression chamber.</p> <p>Symptoms of decompression sickness</p> <p>The symptoms vary because the nitrogen bubbles can form in different parts of the body.</p>		<p>If you or a dive-mate exhibits symptoms of decompression sickness, immediately stop the dive, start administrating first aid, and call a specialist in divers' medicine for help. The only treatment is to breathe 100 % oxygen on site as well as in transport to treatment in a decompression chamber. Symptoms of decompression sickness. The symptoms decompression sickness vary because the nitrogen bubbles can form in different parts of the body.</p>	
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7/14	SUBMITTED TEXT	19 WORDS	100% MATCHING TEXT	19 WORDS
	<p>occur almost immediately after a completed dive and can lead to catalepsy or even death in serious cases.</p>		<p>occur almost immediately after a completed dive and can lead to catalepsy or even death in serious cases.</p>	
	<p><b>W</b> <a href="https://bib.irb.hr/datoteka/886937.Zoran_Hercigonja_Detekcija_plagijata_upotrebom_dodataka_za_moo...">https://bib.irb.hr/datoteka/886937.Zoran_Hercigonja_Detekcija_plagijata_upotrebom_dodataka_za_moo ...</a></p>			



The diver may complain of vertigo or headache, unusual fatigue or tiredness. He or she may have a rash, pain in one or more joints, muscular weakness or tingling in the arms or legs or paralysis. Less often; shock, difficulties with breathing, unconsciousness or death may be seen. The symptoms generally appear in a relatively short period after completing the dive. Almost 50 per cent of divers develop symptoms within the first hour after the dive, 90 per cent within six hours and 98 per cent within the first 24 hours. (5)

In practice this means symptoms that appear more than 24 hours after the dive are probably not decompression sickness.

An exception is if the diver has travelled in an aircraft or has been travelling in the mountains. Under these circumstances, low pressure can still trigger decompression sickness more than 24 hours after the last dive. As a result, it is wise not to fly within 24 hours of a deep dive.

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## Skin itch

- Pain in joints and / or muscles of the arms, legs or torso
- Dizziness, vertigo, ringing in the ears
- Shortness of breath
- Skin may show a blotchy rash
- Paralysis, muscle weakness
- Difficulty urinating
- Bizarre behavior
- Confusion, personality changes,
- Amnesia, tremors
- Staggering
- Coughing up bloody, frothy sputum
- Collapse or unconsciousness

Note: Symptoms and signs usually appear within 15 minutes to 12 hours after surfacing; but in severe cases, symptoms may appear before surfacing or immediately afterwards. Delayed occurrence of symptoms is rare, but it does occur, especially if air travel follows diving. Diving with bubbles of carbon monoxide in the blood isn't the best way of enjoying the sport. In fact it is quite often fatal. The readiness of local hospitals and caregivers to treat diving sickness varies greatly, from "excellent" if your diving in New York harbor to "crap" if your diving of Antarctica so the wise diver should always know the symptoms in order to be able to safely abort a dive gone bad and to avoid the situation altogether. Many hospitals offer supplemental courses in dive-medicine that really should be mandatory to get the instructor license.

Interestingly, the knowledge taught in these courses mostly originates from the experience recorded by US naval officers when interviewing Hawaiian clam divers in the 1920's for the Pearl Harbor naval construction that took place at the time. They had generations of knowledge on the subject and were more than willing to pass this on to the Americans. (6)

## Denial and Recognition

The most common manifestations of DCS are joint pain and tingling or numbness. Next most common are muscular weakness and the inability to empty a full bladder. Severe DCS is easy to identify because the signs and the symptoms are obvious. However, most cases of DCS manifests subtly with a minor joint ache or a paresthesia - an abnormal sensation like burning, tingling or ticking in one or more extremities.

In many cases these symptoms are ascribed to another cause such as overexertion, heavy lifting or even a tight wetsuit. This delays seeking help and is why it is often noted that the first symptom of DCS is denial. As once

Skin itch - Pain in joints and / or muscles of the arms, legs or torso - Dizziness, vertigo, ringing in the ears - Shortness of breath - Skin may show a blotchy rash - Paralysis, muscle weakness - Difficulty urinating - Bizarre  
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111

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What happens if you don't seek treatment?

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**10/14**

**SUBMITTED TEXT**

135 WORDS

**98% MATCHING TEXT**

135 WORDS

In severe DCS, a permanent residual handicap may be the result: this can be a bladder dysfunction - usually very embarrassing, sexual dysfunction or muscular weakness, to name a but few. In some instances of neurological DCS, there may be permanent damage to the spinal cord, which may or may not cause symptoms. However, this type of damage may decrease the likelihood of recovery from a subsequent bout of DCS. Untreated joint pains that subside are thought to cause small areas of bone damage called osteonecrosis. Usually this will not cause symptoms unless there are many bouts of untreated DCS. If this happens, however, there may be enough damage to cause the bone to become brittle or for joints to collapse or become arthritic."

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meters.

Avoid the risk factors noted above and be careful when you are doing deep or long dives. This will decrease the chance of DCS occurring. Do not expose yourself to altitude and do not fly too soon after a dive. Doing so can also increase the risk of decompression sickness. DAN (Divers Alert Network) has recently published guidelines for flying after diving. (8)

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