

# dan facts

Practical dive safety tips for divers.

## Healthy Diving

Whatever your age and athletic ability level, consider the fitness required for scuba. To that end, DAN offers guidelines for healthy and safe diving.

### Pre-dive Physical

Learning to dive? Been away from the sport? Have certain medical conditions? You may need a physician's referral before diving. Do you have questions about your fitness to dive or do you need an evaluation by a dive physician? DAN can refer you to a specialist in your area.

### Diving on Medications

If you take a new medication before a dive, consider possible side effects before you enter the water. If a medication "may cause drowsiness," reconsider your plan to dive. Diving while taking medication? Pay attention to any adverse effects, which may be due to the medication.

### Asthma and Diabetes

Specialists in dive medicine voice concern about the advisability of allowing some with asthma or diabetes to dive. DAN continues researching safety issues of diving for individuals with underlying health problems. Potential divers with either of these conditions need to be evaluated on a case by case basis prior to diving. Contact the DAN Medical Department for more information. Your DAN membership helps support these studies.

### Enjoy Scuba

Anyone with good health and fitness can enjoy a lifetime of diving. Follow these guidelines:

#### See your physician for regular checkups.

**Get regular exercise.** Be rested, hydrated and well-nourished before diving, use proper equipment and exposure protection. Plan your dive, avoiding overexertion.

#### Don't hide or downplay any medical condition or health problem.

Address such a problem with a medical professional.

**Questions ...** about your own diving fitness or about certain medical conditions? Need to find a doctor in your area? Does your doctor have any questions? Call the DAN Medical Information Line at 919-684-2948 from 9 a.m. to 5 p.m. Eastern Time.

DAN Medical Information Line: +1-919-684-2948 ext. 222

[www.DiversAlertNetwork.org](http://www.DiversAlertNetwork.org)

Divers Helping Divers™

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