



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO Diving World Headquarters,
158 Garden Grove Road, Lincoln, NB, Canada

ISSUE 32

What's New

Welcome to the **September 2013** edition of The **COJO Diving Safety Stop Newsletter**.

August was a fantastic month full of courses!!! **COJO** has completed **DAN** Oxygen Provider, PADI SCUBA Skills Refresher, 3 **SDI** Recreational Sidemount Diver and a **SDI** Sidemount Instructor Course!! **COJO** did Discover SCUBAs and Bubble Makers too!! **Wow what a month!!**



COJO is pleased to introduce the newest addition to our newsletter, "**ASK DOC OCTO**" In this forum, divers can send in questions for **COJO's very own Doc Octo** that relate to any medical questions you may have about diving. Doc Octo will pick a topic every month and write a small article about it!! Don't miss the article this month!! It is awesome!!

September is Pirate month!!! **COJO** will be heading to **Eastport Maine** for the **Eastport Pirate Festival** and their favorite pirate buddies, Diver Ed and Captain Evil as well as many members of the **League of Underwater Superheroes!!** This is fun for both divers and non-divers alike!!!

Connie will also be going to **Les Escoumins** for an awesome dive trip!! She will be joined by **Jerry Shine, Diver Ed, Captain Evil** and a ton of other people. Joe has to defend the country and will not be going!! Joe has a rough life for sure!!

COJO encourages you to send in your pictures for the **Photo Of The Month**. If your picture gets chosen, your picture and name will be published in the Safety Stop and you could win a coupon redeemable for merchandise or services at **COJO Diving**.

If you would like to stop receiving this newsletter please reply to this e mail with "Unsubscribe Me" in the Subject Line

Thanks and Safe Diving!!
Connie and Joe
COJO Diving



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Courses Completed During August

During August, COJO completed the following courses:

- DAN Oxygen Emergencies for SCUBA Divers
- COJO SCUBA Skills Refresher
- PADI Bubble Maker
- COJO Drysuit Diver Orientation
- SDI Sidemount Instructor
- SDI Sidemount Diver
- COJO Discover Scuba



Courses To Come

September is shaping up nicely!!! We are starting our next PADI Dive Master Course!! The course is pretty full so if you are interested let us know right away!! We will also be doing the following

- 18 Sept – PADI Enriched Air Nitrox
- 19 to 22 Sept – PADI Advanced Open Water Diver
- 4 to 6 Oct – PADI Rescue Diver Course
- 12 – 13 Oct – DAN Dive Emergency Management Program





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Excursions During August

During August, COJO didn't do an actual dive excursion because we were crazy busy running courses. However we did do a few surface trips.

One to **Eastport** where we visited around the town and stopped in at all the shops to see what kind of crafts and toys would be here for the **Pirate Festival**. Connie even found an awesome new hat!!

The other one we did was to **Saint Andrews, NB** to the **Kingsbrae Garden**. There we looked at over 27 acres of beautiful gardening and fantastically fun animals!! Joe learned how to use YouTube to download Peacock Calls and almost caused a panic when a large male peacock took a very keen liking to him!! **DO NOT TRY THAT WITH A SEAL!!** There were plenty of toys for all!!



EXCURSIONS TO COME

LES ESCOUMINS

This month Connie will be taking a group of COJO Divers mixed with League of Underwater Superheroes and topped off with Jerry Shine (A league of his own) to Les Escoumins, Quebec for some of the most exciting marine life anywhere!! It promises to be a spectacular display of sea critters!!! For more information, send us a note on Facebook or at info@cojodiving.com!



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NEWFOUNDLAND 2014!!!

That's right, we are planning another trip to **Newfoundland** for July 20 to 27, 2014!!! If you have never been to Newfoundland and dived these wrecks **now is the time!!** If you have been there, nothing more needs to be said!! It is **World Class Diving** and will be a **World Class Trip**.

We are still in the planning stages and we will need deposits quickly to get our spots but this will be the trip of a lifetime!! We will be offering several courses such as **Advanced Nitrox and Decompression Procedures**. Don't miss out!!





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ASK DOC OCTO

And now, here is our brand new column that will feature your diving medical questions to **COJO's very own Doc Octo.**



Dear Doc Octo,

I have booked an expensive exciting charter dive and I feel a cold coming on. Can I safely use over the counter decongestants and still dive?

Signed,

The Bogeyman.

Dear Bogeyman,

The thoughts of diving with you while you spew mucous like a lawn sprinkler sounds delightful. However, it turns out that there is much more to your question than you might have thought. Let's start out by thanking Mother Nature. In her wisdom she built special receptors into your nasal passage that respond to adrenaline. Stimulation of these receptors leads to constriction of the nasal blood vessels and (medically speaking) less snot. Clearly, this might be handy say if you are running from a tiger and you don't want to leave an easy to follow snot trail, or alternatively risk being found by the said tiger with your persistent and annoying sniffing. Though frankly having people who sniff constantly eaten by tigers really doesn't sound that bad. A more hoity-toity explanation might be that stimulation of these receptors by adrenaline would offer a survival advantage by a marginal improvement of nasal airflow. Whatever. Now let's turn our thoughts to our shallow godless culture of big pharma and quick fixes. Turns out that those over the counter nasal decongestants (either sprays or pills) contain molecules that mimic, at least to nasal tissue, the effects of adrenaline. As much as I hate to admit it, it does sound more appealing to unplug my nose with Sudafed than raw terror. So this sounds easy; snot plus drugs equals OK to dive. Not so fast there Mucous Man, remember there is at least one other important player is the misery of a cold; the plugged ear. In a cold a plugged ear is caused by a closed Eustachian tube. You remember the Eustachian tube don't you? Yes, that's the bit you gleefully jam air into as you descend to prevent ear squeeze. Let me describe a simple model of the middle ear. Imagine a closed room accessible only by a ventilation shaft. In this example, the



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room is the middle ear and the ventilation shaft is the Eustachian tube. If there is a volume change in the room, the only way to equalize the pressure is by gas moving through the ventilation shaft. For me, I like to imagine Mission Impossible with Tom Cruise crawling through my Eustachian tubes when I equalize my ears. Sadly, like Tom's mental stability, a plugged Eustachian tube may not be that easy to fix.



Turns out that in the medical literature there is very little evidence to support unplugging the Eustachian tube with antihistamines, decongestants or nasal steroids. Usually, in the case of a cold, your body fights off the viral infection, the nasal inflammation clears and then the Eustachian tube opens up. So Nature fixes the problem, it just takes longer than you would like. Chronic middle ear problems are a different matter and there are roles for some medications, see the DAN website for more details. So there you have it, if you have a cold decongestants might let you look better because you have less snot in your mask, but you probably won't be able to equalize your ears anyway so your dive will end at four feet. But that's OK, cause a dive is still a dive. Amazingly, the other traditional concern about decongestant use was the fear of rebound. That is, maybe these drugs work on the way down, but wear off during ascent. What confuses me is that most sprays and oral medications are dosed at twelve to twenty-four hour intervals. So theoretically, when your gas has been gone for say ten to twenty-two hours they wear off. The way I see it, at this point you are either back in the boat or still on the bottom, either way problem solved. A much more troubling question should be "How will a particular diver respond at pressure and under stress to a medication that probably has never been systematically studied in a diving environment?". That's really the issue. Should you be diving sick with a medication never tested at depth? Should you be putting your whole team at risk because of your selfish desires? Well, should you? I hope at this point you are feeling pretty ashamed for even bringing up the whole "should I still go diving" thing. So, there it is, if you have a cold stay home, screw big pharma and watch re-runs of Shark Week.

Sincerely,

Doc Octo

Next month Doc Octo explains how PFOs may be more than just rejection letters.



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September's Featured Course

DAN Diving Emergency Management Provider

A dive emergency is rarely a single event. More often than not, many separate small problems compound to create a much larger emergency.

The **DAN DEMP** program integrates the knowledge and skills from several **DAN** training programs into a single course — at a significant time savings without sacrificing any skills.

After completing the skill and knowledge development portions of this program, the students then bring everything together in a composite scenario.

The **DEMP** course is taught over 2 days and will be the weekend of **12-13 October, 2013**.

Don't miss out, sign up now!!





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SEPTEMBER'S FEATURED PRODUCTS

XS SCUBA Transfill Whip!!

This piece of gear is a must for any diver who wants to equalize tanks. With this whip, a diver can rent High Pressure, SUPER LARGE capacity tanks with any mix and trans fill their favorite tanks for diving without having to ever carry the large ones!! It is absolutely awesome!!

For Sidemounters you can equalize your tanks before a dive to ensure you stay well within your safe gas planning rules!!



ONE WHIP DOES BOTH DIN AND YOKE!!



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Photo of the Month

This is a first!! **We have a tie** for Photo of the Month. On the Left, **Jerry Shine**'s photo of Joe in a rare appearance in his underwear!! On the Right, Joe has been training a young Padawan learner to be as much of a Dive Jedi as he is!! You can see by the intense looks on these two's faces, there is no joking around when it comes to the seriousness of a dive!!

Great Job to **Logan Penney** on completing his Night Dive and earning his **PADI Advanced Open Water** Certificate and thanks to **Jerry Shine** for not forgetting he took this classic picture....

Keep sending in those pictures!!



Photo Credit © Jerry Shine 2012



Photo Credit © Jim Penney 2013



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Other News

COJO would like to congratulate **Mike Murphy** on his 600th dive!!!! WOW what an incredible thing that is!!! Great job Mike, keep it up

Our book "**Sidemounting for the Recreational Diver**" is available online or in our store. We kept the costs low and there are some fantastic lessons in it for all divers, not just Sidemounters.



We would love for you to follow us on Facebook. Become a friend of COJO Diving at <http://www.facebook.com/COJODiving>

Come in and visit us at the **COJO Diving World Headquarters!!** We have a beautiful facility with a nice fireplace to sit and warm up at after a cold day of diving. There is always lots of coffee and hot chocolate and Joe usually has fresh popcorn on!!

Thanks!!

Looking forward to diving with you soon!!

Connie and Joe!!