



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 41

## What's New

Welcome to the **June 2014** edition of The **COJO Diving Safety Stop Newsletter**.

**May** was absolutely crazy with courses!! COJO ran an **Advanced Recreational Trimix, Drysuit Diver, Intro to Tech, Open Water, Sidemount Diver and Underwater Rigging as well as a couple others!!** Most of the diving was done on Deer Island but there were also a couple dives done in local quarries!! The weather so far hasn't been the best but it looks to be shaping up!!



On 31<sup>st</sup> of May we also had our Water Sports Demo with Michelle Richards from Diversco!! It was an awesome time in the water with Stand Up Paddle Boards, Kayaks and a HUGE Jumpy Castle!!! Thanks Michelle and a special thanks to all who came out and supported the event!! What an awesome day!!

**Doc Octo** is back with another awesome article. This one is on **Diving and Women's Health!!** Great work Doc Octo!!

A very big congratulations to **Matt Towns** on his **100<sup>th</sup> dive!!** WOW what a landmark Matt!! **Great job!!**

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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The summer is going to rock!! We are running so many courses it is absolutely CRAZY HERE!! During May we ran:

- **IAINTD** Advanced Recreational Trimix
- **COJO** – Drysuit Orientation Course
- **COJO** – Underwater Rigging
- **PADI** – Open Water Course
- **PADI** – SCUBA Refresher

As well as checkout dives that we couldn't get in from last month due to the crap weather!!



Congratulations to **Billy Lee** on completing his

**Recreational Sidemount Course!!**  
Great Job!!

## Courses To Come

For **June** here is a quick look at what is coming up!!

- 5 to 8 June 14 – **TDI** Intro To Technical Diving  
(Classroom, Confined Water)
- 7 to 8 June 14 – **PADI** Open Water Checkout dives
- 10 to 12 June 14 – **IAINTD** Advanced Recreational Trimix  
(Classroom)
- 17 to 19 June 14 – **PADI** Rescue Diver Course
- 21 to 22 June 14 – **TDI** Intro To Tech  
(Dives)
- 12 to 15 June 14 – **TDI** Intro to Technical Diving

If you are looking for a specific course you don't see here, give us a call!!





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### Excursions During May

During May Connie and Joe were so busy they never left the local dive areas of New Brunswick and Maine!! We did, however, have an awesome event!! We had **Michelle Richards** from **Akona** and **Diversco** here for an awesome **Water Sports Demo Day!!** WOW what a blast!! Michelle brought a few **Stand Up Paddle Boards**, some **Kayaks** and even a **HUGE Jumpy Castle** down and we went to **Killarny Lake** for some fun in the sun!!!

**COJO** is now your **Kayak and SUP Headquarters** as well, we have everything you could ever need OR WANT for your diving needs!! **Come in and check it out!!**



On another side note, the **gear bath** is open again for the season!!

**If you dive your gear, you can rinse it here!!**



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### EXCURSIONS TO COME TODAY ONLY!!!!!!! ANDREW MARTINEZ IS BACK IN TOWN!!

That's Right!! **Andrew J Martinez** is back at COJO Diving for 1 June 14 to give a totally awesome seminar on diving in **Underwater Photography in St. Vincent!!** Don't miss it!! See our events page on **COJO's Facebook Page** for details!!



### WRECK DIVING – HMCS SAGUENAY 9 TO 10 AUG 14

Come on out for an awesome weekend of wreck diving on the **HMCS Saguenay** in **Lunenburg Nova Scotia!!** This is a fantastic wreck and a favorite to all who dive her!! Don't miss out, last year we were PACKED!! We will be offering a **Basic Wreck Course** that weekend as well if anyone is interested.







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### NEWFOUNDLAND 2014!!!

That's right, we are planning another trip to **Newfoundland** for July 19 to 26, 2014!!! If you have never been to Newfoundland and haven't been on 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 well into the planning and we have collected deposits. **There are just 3 spots available** so if you are interested, let us know. This is the trip of a lifetime!! We will be offering PADI Self-Reliant / SDI SOLO courses as well as conducting Open Water Dives. Don't miss out!! If you are interested, send a note to [info@cojodiving.com](mailto:info@cojodiving.com) for details!!





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## ASK DOC OCTO...



### Diving and Women's Health

In the 1956 play *My Fair Lady*, Professor Higgins openly laments "Why can't a lady be more like a man?". Perhaps he was intimidated by the unique aspects of female physiology and their influence on diving safety. Happily the wonderful folks at DAN are not daunted and have published several excellent reviews on this topic. I hope you feel it is equally wonderful that I have ripped off these articles, just to give you the bottom lines.

#### Pregnancy

Is it safe to dive while pregnant? Now, some of you may be thinking "Great, as if morning sickness, back pain, people commenting on your diet, size and the litter box wasn't enough". Yes, it now appears that the "buzz-kills" of the world want you to stop diving as well. Unfortunately however, there is some evidence for an increase in fetal malformation associated with diving. The problem is understandably hard to study. Good luck recruiting pregnant divers to engage in an activity possibly linked to fetal damage. So that leaves two other ways to study the issue. Retrospective studies and animal studies. Retrospective studies look at women who were pregnant (and unaware) and dived and compare them to matched control women who did not. The data is not as robust, but does give some interesting results. Several of these studies did show an association with birth defects and diving. Animal studies (at least some) show a similar trend. It is as yet unclear if the issue is the "silent bubbles" that occur on ascent or the increased ppO<sub>2</sub> at depth. In any case, the bottom line is; **don't dive if you are pregnant**. If you have been diving and find out later you were pregnant, the data suggest you are likely fine, but let your doc know.

#### Breast feeding and diving

Around here, I would think the logistics of this would be incredibly daunting. Pack your gear, the baby and the baby gear, "Check". Time your dive to the tides in the Bay of Fundy, "Check". Catch the ferry, keeping everyone happy, "Check".



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Feed your child (hungry or not) far enough in advance of the dive to allow appropriate pre-dive prep, "Check". Dive and try to not worry since you gave her to Matt and he's teaching her infantry songs, "Check". I think there is a PADI specialty for someone that pulls off that one. If you can do the planning, take comfort in the knowledge that there are no concerns for the amount of nitrogen present in breast milk after diving. Bottom line; **It is safe to dive and breast feed.**

### Breast implants

Whether done for cosmetic reasons or reconstruction post-mastectomy, breast implants are relatively common. Tests putting implants in a hyperbaric chamber (one can only imagine what kind of a day this was) showed insignificant bubble production on ascent. The bottom line; **breast implants are generally safe in diving.**

### Menstruation and diving

Retrospective data from analysis of DCI incidents suggests increased risk while menstruating. One study based on 956 female divers with DCI showed 38% were on their period when they got bent. One explanation offered was period-associated fluid retention (more tissue to off-gas) but again no firm answers. Bottom line; **always dive conservative profiles, particularly if you are on your period.** Oh yes, apparently there is also no increased risk of shark attacks if you are on your period. So your older brother was wrong about that too.

### Oral contraceptives

As you recall, oral contraceptives usually contain a mixture of synthetic estrogen and progesterone (there are exceptions to this). The concern was that the pro-clotting effect of estrogen might fire off the coagulation cascade that is believed to be a part of DCI. However, the current thinking is that these medications do not pose an increased risk to female divers. It's comforting to know that the pigs that were also force fed hormones and then "bent" in a chamber were also ok. Bottom line, **it is generally safe to be on the pill and dive.**

These are just the highlights, I encourage you to hit the DAN site there are many other research articles on these issues.

**Another great article!! Some very good information and, good advice to Dive Conservative!! Although Doc Octo says it is safe to Dive and Breast Feed, please don't do it at the same time!!**



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### June's Featured Course

### PADI Rescue Diver Course (June 20 to 22)

"Challenging" and "rewarding" best describe the **PADI Rescue Diver** course. Building upon what you've already learned, this course expands on what you already know about how to prevent problems, and how to manage them if they occur. The course combines classroom, confined water and ocean dives to master your skills!

To enroll in the **PADI Rescue Diver** course, you must be at least 12yrs old and have a **PADI Adventure/Advanced Diver** (or equivalent), and have current First Aid and CPR certification (within the past 2 years). First Aid and CPR training is available for an additional fee.



**Course Cost: \$300.00+HST**





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### JUNE'S FEATURED PRODUCTS

#### COJO Chammyz Jackets!!

Chammyz are soft, yet durable garments, designed to provide the utmost in warmth and comfort — offering the highest level of protection against rapidly changing weather conditions. Their unique design promotes maximum water absorption from your body. Our resilient line of active gear is worn and endorsed by boaters, lifeguards, surfers, water skiers, swimmers, divers, winter sports and outdoor enthusiasts throughout the world.

- ☐ **Moisture Wicking – Absorbs and Evaporates**
- ☐ **Fabric Dries Quickly – Keeps You Dry**
- ☐ **Breathable – Maximum Comfort**
- ☐ **Lightweight – Comfortable and Breathable**
- ☐ **Blocks UVA/UVB rays – Sun Protection: Rated at 50+**



1 SURF BOMBER - \$79.00



2 CLASSIC PULLOVER - \$67.00



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### Photo of the Month

This photo was taken by **James (Jim) Neely** in March of 2014. He was in the Bahamas diving off of the Aquacat. Great photo Jim, see you in Newfoundland!!

For this cool photo, Jim has won himself a free Nitrox Fill in Newfoundland!!

Great Job Jim!!



**Keep sending in those pictures!!**



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### Other News

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

Congratulations to **Matt Towns** on his **100<sup>th</sup> Safe Dive!!!** Awesome job Matt!!



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 and we are looking forward to diving with you soon!!

Connie and Joe!!