



SUMMER

Cool off this summer with this super-easy recipe for homemade fudgesicles.


All you'll need is:

- A 5.9 oz. Chocolate Instant Pudding Mix
- 3 cups cold milk
- Popsicle sticks
- Popsicle molds


Mix according to the package and freeze. Makes 10.



Smell like a Florida Keys native



DEET®
for Men



Available only in Key Largo


The World's Deadliest Animal: The Mosquito

The animal you see in the photo is a mosquito. It looks basic and yet it's built like a perfect machine.

Upon examination with an electron microscope and other modern devices, the mosquito forms as follows:

On her little head there are exactly 100 eyes. In her mouth, which can hardly be seen even under a microscope, 48 teeth.

In the chest, one for the center and two for the wings, there are 3 hearts and in each heart 2 auricles and 2 ventricles. This little mosquito has a heat receptor to find living things with heat. The heat sensitivity of this device is one thousandth of a degree Celsius. It has a very advanced blood analyzer, and an anesthetic device to easily



absorb the blood, so that its victim does not react to the sting. And there's an anticoagulant device to be able to absorb the blood. There are six tiny blades on its suction pipe; with four of them she makes a square incision and with the other two she forms a tube to absorb the blood.

They also have claws and hooks on their feet to hold on to their food source.

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Prescribed Pressure Opens At History Of Diving Museum

John Christopher Fine

With a gala ribbon cutting ceremony, the History of Diving Museum (HDM) in Islamorada recently opened a new exhibit aptly named Prescribed Pressure. The subtitle is Explore the Incredible World of Undersea Medicine. The theme underscores importance of diving safety through the years of Divers Alert Network (DAN). The presentation traces undersea medicine from its origins as a fast phone advisory system to a network of hyperbaric physicians and dedicated recompression chambers that serve diver emergency needs worldwide.

"You don't want to call us," Dr. Matias Nochetto joked as he began his DAN presentation. "When need arises, then we are available every day and every hour of any day to help, to offer advice in the event of a diving or travel emergency," he added.

The program was part of an exhibit that called attention to the history and progress of diving medicine that had its origins in military applications adapted and directed to recreational diving. Dr. Sally Bauer MD, founder of HDM along with her late husband Dr. Joe Bauer MD, was present to enjoy the fellowship at a reception to launch the exhibit.

Hal Burton of Key Largo spent three days creating a beer tap using a reproduction Mark V hard hat diving helmet. The tap offered two types of beer, Partial Pressure Pale and Dr. Bauer's Brew. Bob Murray, an HDM board member, was on hand to serve up fine wines. HDM Program Director Julia

Sokolow and HDM staff set out a delicious array of food.

With it all was emphasis on the importance of diving medicine, its evolution and development to ensure readily available and immediate help in an emergency. DAN has operators on duty in the US during usual business hours with satellite offices in New Zealand and South Africa to handle calls that come in when the Durham, NC office is closed.

The program was attended by world-acclaimed underwater photographer Stephen Frink, publisher of DAN's Alert Diver Magazine and DAN President and CEO Cliff Richardson. Dr. Nochetto serves as DAN's Executive Vice President and Director of Global Medical Affairs. The launch with historic and contemporary exhibits, including a portable one-place recompression chamber, underscores the importance of diver safety and treatment methods.

Dr. Nochetto indicated that there are only two recompression chambers in the world that are independent and serve diver needs exclusively. Most chambers worldwide are associated with hospitals and treat burn victims, persons with carbon monoxide poisoning, gangrene, wounds that won't heal, skin grafts, radiation injuries and other applications.

Hyperbaric (Hyper from the Greek word higher and Baros the word for weight or pressure) describes the treatment of accident or injury with 100% oxygen under pressure. The pressure causes oxygen to dissolve into blood and body fluid. The pressured oxygen gets to otherwise-oxygen-deprived



Exhibit ribbon cutting Dr. Bauer, Stephen Frink, DAN President Cliff Richardson, Dr. Nochetto & Julis Sokolow, HDM Program Director

tissues to promote healing. In the case of diver decompression accidents where nitrogen gas in the breathing mixture has not been adequately released and the diver suffers the 'bends,' or decompression sickness, this hyper-oxygenation under pressure not only shrinks the nitrogen bubbles. 100% oxygen serves to saturate tissues and affected areas of the body that have been deprived of oxygen. Nitrogen comprises about 78% and oxygen 21% of the air we breathe. Oxygen is used up by the body, nitrogen remains and when saturated in blood and tissues under pressure diving, it must be released safely. If it is not, it bubbles out of solution when pressure is removed as the diver surfaces. Think of a soda bubbling when the cap is removed; in soda the gas is carbon dioxide. For the diver the gas is nitrogen that causes issues.

"Florida has the most recompression chambers world wide," Dr. Nochetto said, answering a diver's question after the presentation. Certainly with Florida

and the Keys as epicenter of diving, statistically the need for emergency response is heightened.

"Not every doctor is a diver. We provide experts to consult with local doctors faced with patients in diving emergencies," Dr. Nochetto emphasized. "We do not treat patients nor offer them medical advice. In the United States every state licenses doctors. How can a doctor licensed in North Carolina treat a patient over the phone from California that is in a hospital in Indonesia suffering a diving accident? We take the call from the person, have protocols, give referrals to local chambers and talk to local doctors that care for their patient."

HDM's Prescribed Pressure exhibit remains at the museum through December 31, 2026. Visitors can access HDM on line and find daily hours of operation. This partnership with DAN broadens public access to the history of diving medicine. It emphasizes the importance of diver safety and emergency response to diving accidents.