

# European Journal of Underwater and Hyperbaric Medicine



Official NEWSLETTER

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**DISCLAIMER:** All opinions expressed are given in good faith and in all cases represent the views of the writer and are not necessarily representative of the policy of the EUBS.

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## EDITOR'S COLUMN

### Dear Readers!

For the time being I have accepted that there are no volunteers to take over the task as Editor of this Journal. Things have been a lot easier for me since Tricia took over as Membership Secretary and I stopped moaning in the Executive Committee. With the present situation of 2 issues of the Journal already full and published on time I start enjoying myself again with the task. However, please remember that we still look for volunteers!

This issue comes with an original paper from the hyperbaric unit from Belgrade [1], which is accompanied by the obituary on its lead clinician Dr. Dekleva who died unexpectedly end of last year [2]. From Scotland we have a paper enlightening us on their ongoing study identifying the long term health effects of diving [3]. I encourage you all to visit their website for more information and to check for updates. Bill Hamilton has written another one of his wonderful reviews of a meeting which not all of us could attend [4], and I hope that he will also find the time to do a write-up of the Annual Scientific Meeting of the UHMS in Sydney this year for us. I have included as a reprint a report by David Elliott on the Workshop in Phuket last year from the SPUMS Journal [5], since the conclusions from this Workshop were followed-up in Sydney. Also in this issue another reprint from the SPUMS Journal for educational purposes [6] and a book review for the environmentally conscious diver [7]. I hope you like the issue!

As usual time has been flying and another Annual Scientific Meeting of the EUBS lies ahead of us. This is not only a chance to present your latest scientific work, but also a great opportunity to meet your friends and colleagues from abroad and to discuss with them your present and future projects. On behalf of the organizing and the scientific committee of that meeting I hope that many of us will be able to attend.

See you all in Ajaccio!

Peter

### References

- 1) Dekleva M, Ostojic M, Dikic N, Dekleva N: The favourable impact of hyperbaric oxygenation on the left ventricular systolic function during the first day of acute myocardial infarction in patients treated with thrombolysis blood gas patterns in intensive care patients after hyperbaric oxygen therapy. *Europ J Underwater Hyperbaric Med* 2004, 5(2):20-23.
- 2) Marroni A: In memory of Dr. Nikola Dekleva. *Europ J Underwater Hyperbaric Med* 2004, 5(2):23.
- 3) Ross JAS, Macdiarmid JI, Murray AD, Waiter GD, Taylor CL, Watt SJ, Osman LM, Crawford JR, Adie WR, Lawson A: Examination on the long term health

impact of diving. *Europ J Underwater Hyperbaric Med* 2004, 5(2):24-25.

- 4) Hamilton WR: DAN and UHMS Workshop on Managing of Mild Decompression Sickness in Remote Locations. *Europ J Underwater Hyperbaric Med* 2004, 5(2):26-28.
- 5) Elliott D. Triage and management of diving accidents: the Phuket Workshop, November 2003. Reprinted from *SPUMS J.* 2004; 34: 40-5.
- 6) Wong R, Walker M. Diagnostic dilemmas in inner ear decompression sickness. Reprinted from *SPUMS J.* 2004; 34: 5-10.
- 7) Mueller PHJ: One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook. *Europ J Underwater Hyperbaric Med* 2004, 5(2):40.

## PRESIDENT'S NOTE

### Dear Friends,

In about three months we will be meeting again - to share our new discoveries, report about our successful treatments and protocols, and complain about bureaucracy. Certainly no less important will be the social gathering, handshaking and hugging, updating each other on births, marriages and retirements. Same people, same faces, but each year new and exciting scenery.

I hope all of you have already sent in your abstracts, and that the scientific committee will have a sufficiently challenging job in selecting among them for the meeting.

There are two very urgent tasks which still need to be completed before Ajaccio. We need to finalize the list of candidates for "Member at Large" for 2004 as soon as possible, and we very urgently require suggestions for nominees for Vice President. So please don't wait to send in your suggestions for delegates – you can either supply us with the names of candidates or suggest yourself! **There is nobody who knows you better than yourself!**

There is no salary to offer, no bonuses, stocks or dividends, not even free admission to the meetings. But of course it is a great honor and privilege to serve as a representative of the distinguished EUBS. And it will be your modest way to make a contribution, and hopefully change our organization for the better.

Another topic is the 30<sup>th</sup> EUBS anniversary. We are still looking for some ideas on how to celebrate this important milestone in Ajaccio. Any good ideas?

In the meantime, enjoy the spring days, and don't forget to ask your students to apply in time for the special student travel grants.

Yours Noemi

## MEETINGS

### THIRD ANNOUNCEMENT

## EUBS 2004 30TH ANNUAL SCIENTIFIC MEETING OF THE EUROPEAN UNDERWATER AND BAROMEDICAL SOCIETY

September 15th-19th, 2004

Ajaccio, Corsica

**Organised by EUBS in collaboration with:**  
**Hyperbaric Medicine Department, «la Miséricorde» Hospital, Ajaccio**  
**MEDSUHYP**  
**IMSMAH**  
**FFESSM**

#### WELCOME TO AJACCIO!

Host city of the 30th Annual Scientific Meeting of the European Underwater and Baromedical Society on Diving and Hyperbaric Medicine. The organising committee of the EUBS 2004 Meeting is very happy to welcome you in Ajaccio, Corsica (France) a Mediterranean Island situated in the heart of the gulf of Genoa.

Ajaccio has managed to keep natural beauty of its coast line, which is famed for being one of the most beautiful gulfs in the world. In the pedestrian streets of the old town, you will naturally follow the footsteps of the Napoleon way, enjoy the wonderful museums and savour the bustle of the daily market.

On the way to the «Sanguinaires» Islands you will see stunning beaches, isolated creeks and you will be overawed by the fascinating colours of the purple cliffs by sunset. In Ajaccio surrounded by scenic mountains, you are never far from the sea. «Ajaccio la Belle» is pleased to welcome you to such a wonderful and inspirational place.

We strive to maintain a high level of oral and poster presentations, and we would like to invite you to actively participate in this meeting. This is a good opportunity to share ideas and opinions on current topics. We think this could promote a high level of quality works. This year, the organising and scientific committees have decided that a prize will be awarded to the best presentation (oral or poster), one in diving medicine and the other one in hyperbaric medicine.

We hope you will be entirely satisfied with our hospitality and we are looking forward to seeing you at the EUBS 2004 meeting.

On behalf of the organising committee, I would like to welcome you to Ajaccio in Corsica.

**Bruno Grandjean, MD**  
**Secretary General of the EUBS 2004 meeting**

#### SCIENTIFIC COMMITTEE

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**SUPPORTING ORGANISATIONS:**

EUBS 2004 is organised by European Underwater and Baromedical Society in collaboration with:

- Hyperbaric Medicine Department, «La Miséricorde» Hospital, Ajaccio
- MEDSUBHYP (Société de Physiologie et de Médecine Sub-aquatiques et Hyperbares de Langue Française)
- IMSMAH (Institut Méditerranéen de Sciences Médicales Appliquées à l'Hyperbarie)
- FFESSM (Fédération Française d'Etudes et de Sports Sous-marins)

**GENERAL INFORMATION:**

**Dates:** Wednesday 15th to Sunday 19th September, 2004

**Location:** The 30th annual scientific meeting of the European Underwater and Baromedical Society will take place in Ajaccio, the regional capital of the «Ile de Beauté», a friendly stopping place surrounded by scenic mountains on the shore of one of the most beautiful gulfs in the world.

**Venue:** The meeting will be held at the «Palais des Congrès et Expositions Millenari» d'Ajaccio. The «Palais des Congrès et Expositions Millenari» built according to maritim architecture, like a boat dominating the sea, ideally situated at the heart of the imperial city, is next to both the marina and the merchant harbour, 10 min away from Ajaccio Campo dell'Oro International Airport. The short walking distance from the hotels to the congress center will give the participants a general impression of Ajaccio, an elegant city pleasant to live and a delight to discover, which has kept the charm of a small mediterranean town with a rich architectural and historical heritage.

**How to reach Ajaccio:**

**By plane:** Ajaccio International Airport is situated at 4km from the city center. From the airport a 10 min bus connection will take you directly to the city center where most of the hotels available for the EUBS meeting are situated.

**By boat:** There are crossings by ferry or high speed boats between Ajaccio merchant harbour (which is situated near the town center) and the continent. Departing from the harbours of Marseilles, Nice or Toulon.

Needing more information for organising your trip, you can contact our official travel agency:

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**PRE-AND POST CONGRESS MEETING:****Pre-Congress Workshop: Quality insurance in Hyperbaric Medicine – Wednesday September 15th.**

A full day workshop, organised by the European Committee on Hyperbaric Medicine, will provide an overview and discussion forum on following topics: clinical governance, used equipments and certification, health and safety guidelines, adverse events and accreditation of hyperbaric facilities.

**Post-Congress Symposium – Sunday September 19th.**

This morning symposium organised by MEDSUBHYP (Société de Physiologie et de Médecine Sub-aquatiques et Hyperbares de Langue Française) will be devoted to presentations and discussions on a «hot topic»: the safety of decompression models. Simultaneous translation from french (the official language of Medsubhyp) to English will be provided in order to make this symposium accessible to as many EUBS participants as possible.

**SOCIAL ACTIVITIES:**

**Welcome Reception:** On Thursday September 16th, we are proud to invite you and your spouse to a welcome reception at the Ajaccio City Hall, «Salon Napoléonien» where the Mayor will host us at 6.30 pm.

**Guided Tour of Ajaccio:** Friday afternoon September 17th, will be devoted to the cultural and historical aspects of Ajaccio founded in 1492. The memory of Napoleon Bonaparte is firmly entrenched in the city and many are the places, streets and buildings reminding us that the future Emperor was born here in 1769.

**EUBS annual banquet:** In the good tradition of EUBS, we will keep the annual banquet at an exquisite venue. The Ajaccio's art of living will confirm your feelings that the local inhabitant hospitality is as warm as the sun, and will make your stay truly unforgettable.

**Partner's program:** A special partner's program will also be organised. More details will follow in the second announcement.

## IMPORTANT INFORMATION FOR THE MEMBERS

**"It is reminder time again for Membership Fees".** The membership fees for all Members of the Society are due on the 1st July 2004. I look forward to receiving any fees not paid yet for this year. Details of how to pay the fees can be obtained from the website or the renewal form which was printed in the March 2004 issue. EUBS have also recently opened a Euro account, so if any Member would like to pay by cheque or transfer in Euros, please contact me and I will give you the details.

Thank you.

**Ms P Wooding**  
**EUBS Treasurer/Membership Secretary**  
[coppernob@freewire.co.uk](mailto:coppernob@freewire.co.uk)



## BOOK REVIEWS

### ONE FISH, TWO FISH, CRAWFISH, BLUEFISH: The Smithsonian Sustainable Seafood Cookbook

by Dr. Carole C. Baldwin, PhD  
and Julie H. Mounts

Smithsonian Institution, 2003  
Available through: WestMarine.com or BoatUS.com  
330 pages, Hardback Cover  
ISBN: 1-58834-169-0, Retail Price: \$ 35.00

Cookbook and conservation are words that rarely appear in the same sentence. But that may well change with the publication of this delicious volume that mixes gourmet recipes, scientific research, colourful illustrations, and seafood recommendations to serve up a uniquely appealing feast for the senses and the socially responsible soul.

Carole C. Baldwin is a marine biologist at the Smithsonian's Museum of Natural History, and Julie H. Mounts a research assistant there. The text that surrounds the recipes in *One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook* reflects their expertise in fish and their concern for the future of marine resources. Their focus is not on what seafood not to eat - any number of lists are available to tell consumers that - but on what seafood to eat, and how to prepare a variety of familiar and less familiar species, from salmon and tuna to eel and opah.

The premise of the book is upbeat: "We [the authors] believe the public can reap the benefits of a diet rich in seafood and at the same time support marine resource protection. . . . individuals can have a positive influence on conservation of marine resources simply by diversifying their seafood selections among well-managed stocks." Few conservation challenges are so amenable to such direct and painless action by the public, action that can really make a difference.

To provide the book's 150 seafood recipes, Baldwin and Mounts recruited contributions from 105 of the best chefs in the United States. These include such local luminaries as Roberto Donna of Galileo, Michel Richard of Citronelle, Bob Kinkad of Kinkad's, and Nora Pouillon of Restaurant Nora, as well as food celebrities such as Julia Child, Alice Waters, and Wolfgang Puck.

The book is organized into 20 chapters, each covering one or more types of shellfish or finfish. For instance, scallops and crabs merit a chapter each, while oysters, mussels, and clams are grouped in one chapter, catfish and tilapia in another. The number of recipes per chapter varies from 14 for the salmon, trout, and Arctic char group to two for herring and shad. Each chapter opens with an introduction to a species or group of species that describes their status in the wild or in aquaculture, how they are harvested to minimize ecological damage, their place in cuisine, and in a healthy diet.

The authors carefully explain the sometimes confusing rules for selecting seafood. Farmed Atlantic salmon should be avoided in favour of wild Alaskan salmon. Farmed rainbow trout and catfish are good choices, however, as are farmed mussels, which is a better choice than wild mussels. They explain that you have to be careful of misleading labelling: Line-caught may conjure up an image of a solitary fisherman with a rod and reel, but this label is also used for fish harvested by longliners, ". . . which lay thousands of baited hooks on or within miles of ocean, [and] frequently catch sea birds, sharks, and sea turtles. . .". On the other hand, diver scallops truly are handpicked by divers, while most other, non-farmed scallops are caught by dredging, which destroys marine habitats.

The recipes are clearly written, with careful instructions, planning and cooking tips, wine suggestions, and more. Suffice it to say, all sound delicious - and the ones I've tried have been. Grilled calamari with warm white-bean salad is a standout, and easy to prepare. More complicated but worth the effort is salmon (wild Alaskan salmon, that is) braised in grape juice with whipped red potatoes and horseradish, an unlikely combination of flavours that proved wonderful. Caesar salad with spicy fried oysters is a fabulous first course. But even if you never prepare a single one, you'll likely enjoy leafing through this book, because it includes much more than inspiring recipes.

In each chapter there is a sidebar called "In the Wild," offering an interesting bit of natural history on the animals. (Did you know that during warmer periods in the Pacific sardines dominate the waters, while anchovies prevail during cool periods, alternating in 25-year cycles?) A box in each chapter details scientific and common names, U.S. distribution, season, what to look and smell for when selecting, colour, taste, and texture, and cooking methods. All of this helps in selecting and preparing seafood, whether you follow the recipes or not. The back of the book includes an article on U.S. seafood conservation issues, as well as sources for seafood in the book's recipes, a culinary glossary, and references and websites for more information.

How did her scientist colleagues react to her working on a cookbook? "There were some raised eyebrows," she says. "I preferred to call it a marine conservation project in the form of a cookbook - and a very good type of communication of science."

This is a book that will appeal to both the chef and to the person for whom reading a cookbook is like reading a good novel written by someone who, like most of us, learned to cook in their mother's kitchen. Whether you're interested in great food, fascinating fish stories, or saving the planet - or all three - *One Fish, Two Fish, Crawfish, Bluefish* should be on your bookshelf.

**Dr. Peter HJ Mueller, EJUHM Editor**

## INSTRUCTIONS TO AUTHORS

The **EJUHMM** welcomes contributions (including letters to the Editor) on all aspects of diving and of hyperbaric medicine. Manuscripts must be offered exclusively to the **EJUHMM**, unless clearly authenticated copyright exemption accompanies the manuscript. All manuscripts will be subject to peer review, with feedback to the authors. Accepted contributions will be subject to editing.

Manuscripts are accepted in English, and also in major European languages (French, Spanish, Italian and German) when accompanied by an English abstract.

### Contributions should be sent to

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The **EJUHMM** is composed on a PC using Word processing. Documents are acceptable on disc or by e-mail. Illustrations and tables should **NOT** be embedded in the Word document, only their position indicated. All tables are to be separate documents. Illustrations should be separate documents in Word or TIFF, clearly marked with the format used. References should be in the correct format, shown in the next column. Submissions must be accompanied by two printed copies of all text, tables and illustrations.

The printed copies should be double-spaced, using both upper and lower case, on one side of the paper only, on A4 paper. Headings should conform to the format in the Journal. All pages should be numbered. No part of the text should be underlined. These requirements also apply to the abstract, references, and legends to figures. Measurements are to be in SI units (mm Hg are acceptable for blood pressure measurements) and normal ranges should be included. All tables should be double spaced on separate sheets of paper. No vertical or horizontal rules are to be used.

Photographs should be glossy black-and-white and slides should be converted to photographs before being sent. Colour reproduction is not available. Legends should be less than 40 words, and indicate magnification.

Abbreviations do not mean the same to all readers. To avoid confusion they should only be used after they have appeared in brackets after the complete expression, e.g. decompression illness (DCI) can thereafter be referred to as DCI.

The preferred length for original articles is 2,500 words or less. Inclusion of more than 5 authors requires justification. Original articles should include a title page, given the title of the paper and the first names and surnames of the authors, an abstract of no more than 200 words and except in unusual situations be subdivided into Introduction, Methods, Results, Discussion and References. After the references the authors should provide their initials and surnames, their qualifications, and the positions held when doing the work being reported. One author should be identified as Correspondent for the Editor and for readers of the Journal. The full current postal address of each author, with the Telephone, facsimile numbers and e-mail address of the corresponding author, should be supplied with the contribution. No more than 40 references per major article will be accepted. Accuracy of the references is the responsibility of authors. Acknowledgments should be brief.

Abstracts are also required for all case reports and reviews. Letters to the Editor should not exceed 400 words (including references which should be limited to 5 per letter).

### References

Authors are responsible for verifying references against the original documents. References must be numbered consecutively in the order in which they first appear in the text, and identified in the text by arabic numerals in parentheses. References cited only in tables or legends should be numbered in accordance with a sequence corresponding to the first mention of the table or figure in the text. List names and initials of all authors when six or less, when seven or more, list only the first three authors and add et al.. Citations in the reference list are to be in the form used by the U. S. National Library of Medicine and *Index Medicus*:

1. Thorsen E, Risberg J, Segadal K, Hope A. Effects of venous gas microemboli on pulmonary gas transfer function. *Undersea Hyperbaric Med* 1995; 22:347-353.
2. Hempleman HV. History of decompression procedures. In: Bennett PB, Elliott EH, eds. *The physiology and medicine of diving*. London: WB Saunders, 1993:324-375.
3. Kindwall EP, Goldmann RW. *Hyperbaric medicine procedures*. Milwaukee, WI: St. Luke's Medical Center, 1970.

Manuscripts that have been accepted should be cited in the reference list as regular references, with "in press" in place of journal pages. Citations such as "unpublished observations", "personal communication", "manuscript in preparation", or "to be published" are not to appear in the reference list, although reference to such a communication, if it exists in written form, may be cited in the text in parentheses. References to government reports should not be cited unless such reports are easily available to all readers.

### Consent

The **EUBS** endorses the principles of the Declaration of Helsinki on the treatment of human subjects and approved guiding principles in the care and use of animals. Any report of experimental investigation on human subjects must contain evidence of informed consent by the subjects and of approval by the relevant institutional ethical committee.

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Issue	Deadline
Spring: March	15 February
Summer: June	15 May
Autumn: September	15 August
Winter: December	15 November

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