



## HYPERBARIC MEDICAL CENTER

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Wed., 4th of March, 2009

Dear Karim,

answering your question regarding the recommendations of the Hyperbaric Medical Center with regards to alcohol consumption before, inbetween and after diving:

The H.M.C. has a very clear stand point based on international research performed on the subject, DAN's standpoint, our own experience in accident analysis, our statistical data (which were published and discussed in the European Underwater and Baromedical Society's-EUBS- conference in 2007) and the research project we carried out in Sharm el-Sheikh among dive professionals. This stand point is clearly opposing the consumption of alcoholic beverages before, in-between or directly after the dives. We also strongly advise that divers should not consume alcoholic beverages the night before, to avoid the strong diuretic effect the following day.

Technical divers should refrain from alcohol consumption at least 72 hours before attempting mixed gas diving.

We strongly recommend that dive boats should not offer and encourage the consumption of alcoholic beverages.

Thank you for your inquiry,

respectfully,  
  
Dr. Adel Taher,  
Consultant, Diving- & Hyperbaric Medicine,  
Director, Hyperbaric Medical Center,  
Director, DAN-Egypt,  
UN-Consultant, Diving Medicine



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