
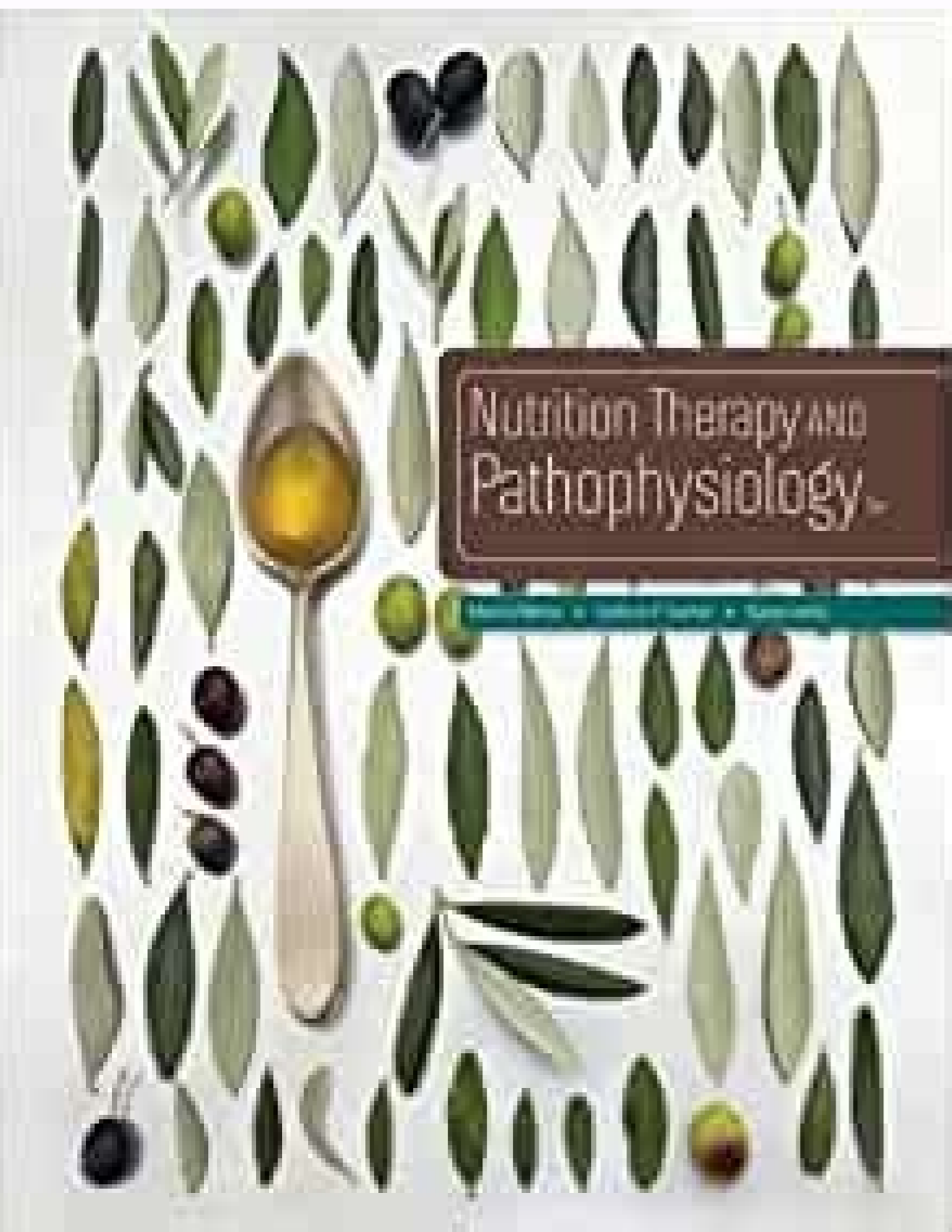
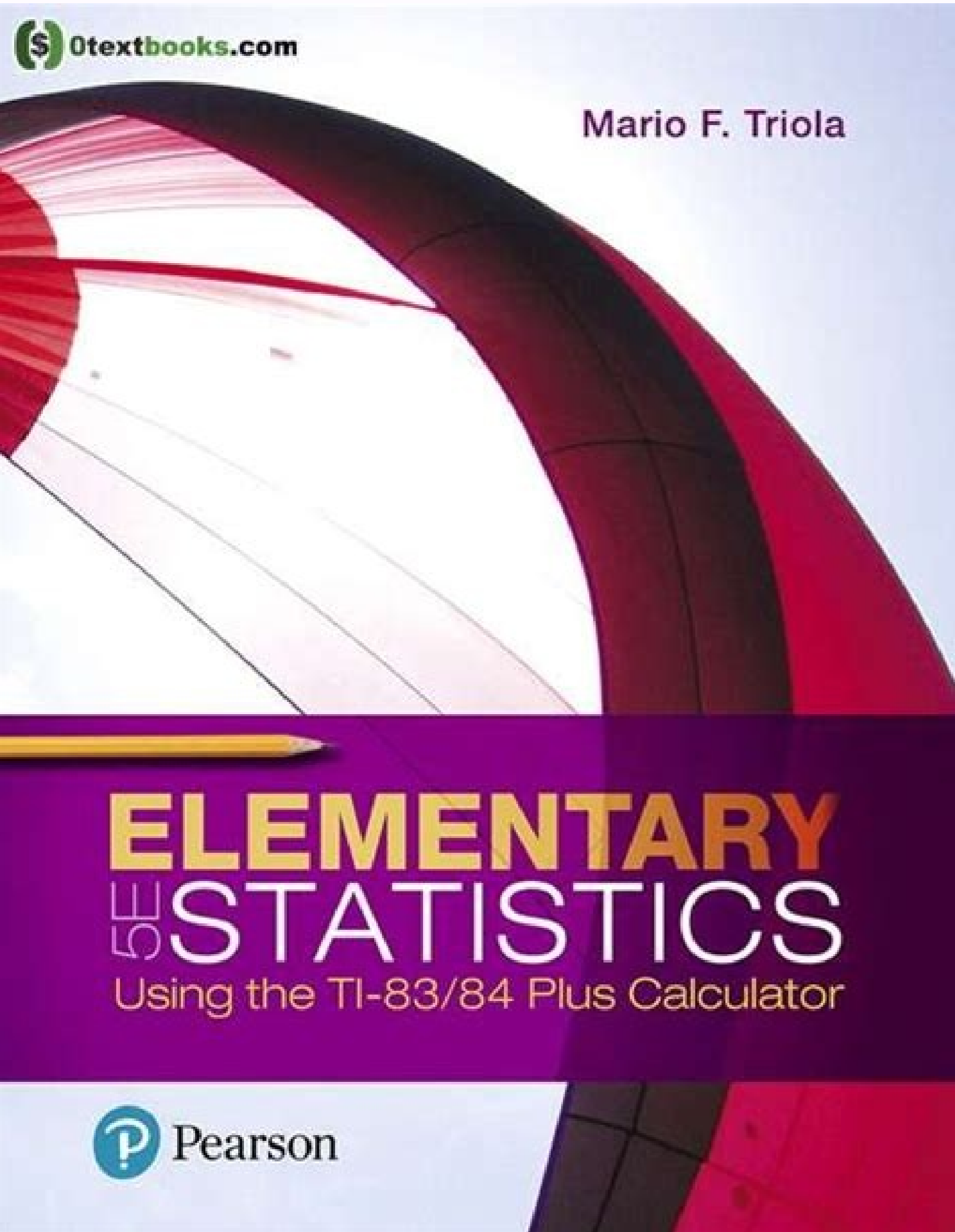


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**Open**



IV THERAPY		THINK OF IT AS...
<b>HYPERTONIC</b>		
30% NaCl	Used when the levels of sodium are high & for metabolic alkalosis	More concentrated increased osmolal
0.9% NaCl	Commonly used as maintenance fluid	H2O moves from cell to the ECF
0.45% NaCl	Patients fluids for burns, bleeding, dehydration	"CELL SHRINKS"
<b>ISOTONIC</b>		
0.9% saline (NS)	Single for sodium or chloride replacement	Same osmolality as body fluids
0.9% saline (D5)	Replaces fluids for burns, bleeding, dehydration	Increased in ECF volume
0.45% saline (D5)	Replaces deficits of total body water	"CELL STAYS THE SAME"
<b>HYPOTONIC</b>		
Never give to cells with an intact cell membrane		
0.45% NaCl	Replaces sodium, chloride, water	More diluted & decreased osmolal
0.33% Dextrose	Replaces metabolic degradation	H2O moves into the cells
0.22% NaCl	Never give to cells w/ intact membrane	"CELL SWELL"

**FITNESS**

**THINK IT WON'T HAPPEN TO YOU?** As many as 3.3 million Canadians (about 10 percent of the population) will experience some form of urinary incontinence (UI). Women who give birth vaginally are at greater risk of short-term leakage, and about one-quarter of female athletes have experienced incontinence while participating in sport (with high-impact exercises like jumping and running provoking the most leakage). Muscles weaken, stretch and can be damaged over time due to a variety of factors: age, multiple vaginal deliveries, excess weight, menopause and exercising too soon after birth. (Montpetit-Huyth says women should wait a minimum of three months after birth before restarting high-impact exercises.)

**2 BRIDGE** Lie on your back and place a small ball between bent knees. Inhale and, as you exhale, slowly lift your glutes off the floor and pick up that jelly bean (as explained in move 1). Keep your heels under your knees and give the ball a slight squeeze, targeting your hip adductor muscles, as you come up. Hold this position for two to three seconds. Inhale and place your hips back on the ground, relaxing your pelvic floor. Repeat eight to 10 times.

**5 SQUAT** Stand with your shoulders raised and a neutral spine. Breathe in and sit back into a squat until your quads are parallel to the floor, keeping your back flat and feet parallel. Exhale, squeezing your pelvic floor (pick up that jelly bean) as you return to standing. Repeat eight to 10 times.

**3 CLAMSHELL** Lie on your side with a neutral spine and your head resting on your lower arm. Keep your legs bent and place your heels together. Breathe in and, as you exhale, squeeze your pelvic floor (pick up your jelly bean) and open your top leg upward, keeping your heels together. Hold this position for two to three seconds. Inhale and return to resting position. Repeat eight to 10 times.

**6 LUNGE** With one leg straight in front and the other bent behind, breathe in and dip into a lunge position, until both legs are at 90-degree angles. As you exhale, squeeze your pelvic floor (pick up your jelly bean) and push back to the starting position, keeping your back heel off the floor. Hold two- to eight-pound weights in both hands for a more advanced lunge. Repeat eight to 10 times.

**4 HOVER** With your knees just a little wider than hip-width apart and your toes touching, sit back on your heels. Breathe in and, as you exhale, squeeze your pelvic floor (pick up your jelly bean) and lift (upward and slightly forward) into a kneeling position. Inhale and sit back in slow, controlled movements. Repeat eight to 10 times.

**WHAT ELSE YOU CAN DO:**

- **SEE A PHYSIOTHERAPIST.** If you're experiencing UI issues, see your doctor to rule out other factors, then make an appointment with a pelvic-floor physiotherapist.
- **TRY "PILATES."** Developed by Dr. Bruce Crawford, a urogynecologist from Nevada, this variation on Pilates incorporates a series of pelvic-floor exercises into your workout.

2. DORIS WILSON/ISTOCK/GETTY IMAGES; 3. ANDREW HARRIS/ISTOCK/GETTY IMAGES; 4. MONTPETIT-HUYTH; 5. ANDREW HARRIS/ISTOCK/GETTY IMAGES; 6. MONTPETIT-HUYTH

**HOW OFTEN SHOULD YOU DO THESE WORKOUTS?** Like every other muscle in your body, if you don't use it, you lose it, says Montpetit-Huyth. For prevention and maintenance, perform these moves three to four days per week. Regular strengthening in combination with seeing a pelvic-floor physiotherapist can improve, if not cure, urinary incontinence.

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**Table 6. Summary of Current Evidence-Based Data on Use of Glucocorticoids in Central Nervous System Bacterial Infection**

Pathogen	Host		
	Infant	Child	Adult
<i>Haemophilus influenzae</i>	Conclusive data for reduction in hearing loss Supportive data for reduction in neurologic morbidity	Conclusive data for reduction in hearing loss Supportive data for reduction in neurologic morbidity	No data available
<i>Streptococcus pneumoniae</i>	Supportive data for reduction in hearing loss, neurologic morbidity	Supportive data for reduction in morbidity, hearing loss, neurologic morbidity	Supportive data for reduction in morbidity, hearing loss, neurologic morbidity
<i>Neisseria meningitidis</i>	Suggestive data for reduction in neurologic morbidity	Suggestive data for reduction in neurologic morbidity	No data available
<i>Mycobacterium tuberculosis</i>	No data available	Supportive data for reduction in mortality, neurologic morbidity (moderate or severe infection)	Supportive data for reduction in mortality, neurologic morbidity (moderate or severe infection)

\* Supportive data consists of at least 2 controlled trials; suggestive data, at least 1 trial.

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12. Appendices. Neoplastic disease. Pharmacology. 1. Index. Diseases of the kidney system. Metabolic stress and the critically ill. Diseases of the cardiovascular system. Diseases of the upper gastrointestinal tract. More than 15 million users have used our library platform in the last year to enhance their learning experience and results. 14. Nutritional genomics. 25. 21. 20. Part 2: The Nutritional Assistance Process. The process of nutritional assistance. Support for enteral and parenteral nutrition. ISBN-13: 9 780 357 041 710 Publisher: Cengage Learning Publication Date: 28.01.2019 Edition Description: New Edition Pages: 1008 Product Size: 8.60 (W) x 11.00 (h) x 1.60 (D) Table of ContentsPart 1: The Role of Nutritional Therapy in Health Care. Cellular and physiological response to the wound; the role of the immune system. 4. 10. With any time, anywhere, access and built-in tools like highlighters, flashcards and study groups, it's easy to see why so many students are going digital with shelves. 17. Fluid and electrolytic balance. Acid-base balance. 6. Diseases and disorders of energy imbalance. 22. 7. Diseases and disorders of the neurological system. 3. Diseases of the respiratory system. Diseases of the lower gastrointestinal tract. 18. 5. 15. 8. 8. Message dialog Show Message Message 9 780 357 041 710 10 001 [{"catentry id": "1 424 054", "Attributes": { }, "ItemImage": "/wcsstore/cengagestorefrontassetstore/images/noimagefrontassetstore/images/noimageicon.jpg", "ItemImage467": "/wcsstore/cengagestorefrontassetstore/images/noimageicon.jpg", "ItemThumbnailImage": "/wcsstore/cengagestorefrontassetstore/images/noimageassetstore/images/noimageicon.jpg "}, {"catentry id": "1 478 590", "Attributes": { }, "ItemImage": "/wcsstore/cengagestorefrontassetstore/images/noimageicon.jpg", "ItemImage467": "/wcsstore/cengagestorefrontassetstore/images/noimageassetstore/images/noimageassetstore/images/noimageicon.jpg", "ItemThumbnailImage": "/wcsstore/cengagestorefrontassetstore/images/noimagecon.jpg"}, {"catentry id": "1 478 588", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg", "ItemImage467": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg", "ItemThumbnailImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 587", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 592", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 589", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 591", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 591", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"}, {"catentry id": "1 478 591", "Attributes": { }, "ItemImage": "/wcsstore/CengageStoreFrontAssetStore/images/NoImageIcon.jpg"} ] 19. Metabolic disorders. Nutritional intervention and nutritional monitoring and evaluation. Detailed illustrations improve understanding of disease progression, surgical procedures and treatment protocols, while interviews with the doctor provide real information on how to work with patients. Part 4: Nutritional therapy. VitalSource is the leading provider of online textbooks and teaching materials. The 23rd. 2. The 4th Edition includes extensive coverage of nutrition Pediatric and Geriatrica Geriatrica. saerchnP. saerchnP enirocx dNA .reddablbaG .revil. eht fo sesaesID .ssecorp erac noitirtun eht fo noitacllpa tseb eht sezisahpme taht ntemtaert dna ygoloisypohptap esaesid fo egarevoc evinsnehrpmoc sedivorp .noitide ht4 .YGOLOISYHPOHTAP DNA YPAREHT NOITIRTUN .secitcarp desab-ecnevde dna hraeser tsetal eht gnitcelfer setailiffa sti ro .metsyS lateleksolucsuM eht fo sesaesID .metsyS enirocndE eht fo sesaesID .metsyS eraC htlaeh eht ni naititeiD eht fo elor .ssecorpP eraC noitirtuN eht fo noitadnuoF :nemsessaA noitirtuN .ssecorpP eraC noitirtuN eht fo noitaenmucoD .metsyS lacigolotameH eht fo sesaesID .11 .31 .smetsys nagro ot sillec morTAAlevel yreve ta sessecorp esaesid gniylrednu ot semoctuo detcepxe dna secitcarp ypareht noitirtun stennoc ylraelc tl .61 .cni .moc.nozama .4102-6991 A©A .ygoloisypohptaP ot noitcudortnl :3 traP .9 .yrassolG .stneduts rof redaer koobtxeTe 1# sAAAdrow ehT .42 .erom dna ssecorp erac noitirtun eht fo pets noitaulave dna gnirtinom eht .snoitnevretini noitirtun .tnemsessa noitirtunlam .noitirtun fo elor eht dna ntemtaert lacidem

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