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Platelets are small blood cells that help your body clot and stop bleeding. Thrombocytopenia is a term used when platelet levels are low. Radiotherapy, certain chemotherapy drugs, and some cancers can damage platelets and cause thrombocytopenia. Patients who receive a combination of radiotherapy and chemotherapy increase the risk of thrombocytopenia. Platelets play an important role in blood clotting, so thrombocytopenia puts you at increased risk of bleeding. So, while you are receiving treatment, be careful to avoid any activity that may lead to bleeding. Even milder sores, such as a small incision or lump, can cause excessive bleeding when platelets are low. The number of natural platelets ranges from 150,000 to 400,000 per millimeter of blood (some institutions prefer a range higher than 450,000 per mm3). While you receive chemotherapy or radiotherapy, the number of platelets you have may decrease. Your platelet count will be checked by blood tests during the course of your treatments. Each time your platelet count decreases below 50,000 per millimeter3, it is considered as an increased risk of bleeding. If your platelet count decreases below 10,000 per millimeter3 (depending on your situation), it may require platelet transfer. Since platelets are sometimes lost as a side effect of radiotherapy and chemotherapy, there is nothing special you can do to prevent thrombocytopenia from occurring. There are a few things you can do to reduce your risk of injury when you have low platelets: it is essential to take immediate action on the first signs of low platelet counts, as it can help prevent a bleeding episode. Signs and symptoms of low platelet counts include many bruises on your skin. Small red spots on the skin called petechiae. gumble . Nose bleeding that doesn't stop. Excessive bleeding from a small incision or bleeding that doesn't stop even after applying pressure. Dark urine or blood in the urine. Blood from the rectum, blood in the stool or black stool. Menstrual bleeding, which is more abundant than normal, lasts longer than normal, or occurs between periods. Keep your mouth clean and dry. Brush your teeth gently with a soft Braistle brush. If you can't use a toothbrush, use a toothed sponge to clean your teeth and gums. Wash your mouth with baking soda solution after each meal (2 teaspoons baking soda) 8 ounces of water). dont thread . Avoid commercial mouthwashes that contain alcohol. Alcohol can dry your mouth, which can cause bleeding. Use waslin or other lip balms to keep your lips moisturize and prevent them from cracking. If your tongue or mouth feels dry, take sips of water or juice frequently. Modifying women's hygiene practices: Use sanitary towels instead of tampons during menstruation. Avoid showering the vagina. Consider these other public precautions: don't cough hard or hard. If you have a persistent cough, tell your doctor or nurse that it may recommend cough syrup. Don't blow your nose too loud. Avoid excessive effort with bowel movements. If you have constipation problems, take a stool softener or melein to make it easier. Do not use rectal thermometers, suppositories or enemas. Use an electric razor to prevent cuts. Do not undergo any dental or cleaning work before speaking to your oncologist. Do not use any medication that affects blood clots. Do not take aspirin or any product containing aspirin. Check the labels for all the medications you are taking to see if they contain salicylic acid, the chemical name of aspirin. If you are unsure about a drug or cannot know it by reading the label, consult your oncologist, nurse or pharmacist. Do not take aspirin (salicylic acid), any products containing aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs) such as motrin/adjectol (ibuprofen), alleo (naproxan), blogging (celacoxib), etc., as they can all increase the risk of bleeding. Adapt your lifestyle to minimize the risk of bleeding. Avoid intense activities and heavy lifting. Avoid sports and activities that may lead to falls and/or injuries, including but not necessarily limited to cycling, skateboarding, skateboarding and skiing. Drink 8 to 10 glasses of non-alcoholic fluid a day to keep your mouth moist, prevent constipation and keep the intestinal lining in good condition. Wear shoes or slippers to protect your feet at all times. Don't wear tights. Talk to your doctor or nurse about the safety of sexual activity associated with your low platelet count. If you have certain sexual practices that worry you, talk to your health care providers. You may be told that you should not have sex, as vaginal or penetration (including toys/products) or oral sex may present a risk of bleeding. If sexual intercourse is allowed by your healthcare provider, use a water-based lubricant and avoid severe drift during intercourse. If you have taken special precautions to reduce the likelihood of injury and bleeding, bleeding may occur. If bleeding occurs, apply tight pressure to the area for 5 minutes. If the bleeding does not stop after 5 minutes, continue to apply pressure until it has completely stopped. If you have nasal bleeding, apply pressure with your fingers under the bridge of your nose to stop the bleeding. When should I call my care team? If you have one or more of the following problems, contact your doctor: bleeding that doesn't stop for 10 to 15 minutes after applying pressure. There is blood in the urine or the urine appears dark. Blood comes out of his stool, there is blood in his stool, or the stool is black. Changes in vision. Headaches that don't go away, blurred vision or changes in your level of consciousness, such as decreased attention span, excessive sleep, confusion and/or difficulty waking up. If you have serious injuries or accidentally start bleeding, immediately go to the nearest hospital emergency room. Be sure to tell your provider that you are being treated for cancer and that your platelet count may be low. If your platelet count is lower enough to make your care team concerned about a significant risk of bleeding, they may order platelet transfers. This blood transfusion is often performed in an outpatient treatment center. Unless there are other problems, patients are rarely admitted to hospital only for platelet transfer. If necessary, your care team may decide to delay treatments until your platelet count has returned to normal levels. Mental calculation involves performing mathematical calculations using only the brain, without the help of other tools such as calculators or even pencils and paper or fingers easily counted. Mental calculation can also be considered to use the brain and body. Some calculators can perform very complex mathematical operations (such as 4-digit or higher digit number products) using mental calculation. However, the best mathematicians often don't match calculyst's best accounts. Likewise big calculators are not the best memory because mental calculation techniques and memory empowerment vary. World heroes and those listed in the Guinness Book of records of both specialties (calculation and memory) are often always different. The act of mental calculation helps the student to put different strategies in the game. It's the most everyday mathematical activity Used in the classroom. Among its advantages are the development of numerical sense and

intellectual skills such as attention and concentration, as well as taste for mathematics. To teach you, it is better to learn the rules of nemotechnicity. Here are some ways of teaching mental calculation although each should do it with your numbers. It can also be done in other ways, such as this example – square 8×2 minus 100 minus 500 ÷ 6 to cubes of sums and subtractors if there is no distance, which if there is no partial sum greater than 9, the sums can be made directly. It also goes for subtractors. Otherwise, you need to know how to model existing numbers, sometimes converting a sum of two numbers into a simpler sum of more additions, and something like subtract. Calcules such as Alberto Couto and Jorge Arturo Mandoza Heuertas suggest that they always make sums from left to right, even if there are distances. Examples: Calculate 456 +155:456+155 x 461+150 x 511+100 x 611 (traditional method, add from right to left a) 455 +5+151 x 460 +40+111 x 500+111 x 611 (bringing the first addition to the top two dozen, to the top hundred... To finish making a simpler sum the first equivalent) 456 + 155 x 556 + 55 x 606 + 5 x 611 (add from left to right) calculate 876 - 98: 876 - 9 8 x 868 - 90 x 778 (traditional method, right to left) 876 - 98 x 876 - (100 - 2) - 876 - 100 + 2 x 776 + 2 2778 (using subtract proximity (98) to one that facilitates subtract (100)) 876 - 98 x 786 - 8 x 778 (subtracted from left to right) calculated 634 -25 6:634 - 256 x 434 - 56 x 384 - 6 x 378 (left to right) Duplication and mediation Main Article: Multiplying in 2 is the same as adding the same number to the starting number. Duplication and mediation are the fundamental pillars of Egyptian mathematics. Example: Multiply 173 × 16: This can be done with sequential reproductions: 173 × 16 x 346 × 8 x 692 × 4 x 1384 × 2 x 2768. Multiplication and mediation serve, in general, to calculate the product of each number by power product 2 and 5. Multiplying in 5 is the same as calculating half the starting number of multiplication in 10, which is sometimes easier to find an example: multiplying 376 × to 125 as 125 by 53 x 103/23, you can find the solution by adding three corresponding zeros and dividing the result three times in 2. 376 × 125 x 376000/8 x 188000/4 x 94000/2 x 47000. 324 x 125 x 324000/8 x 162000/4 x 81000/2 x 40500. Knowing some powers 2 and 5 is useful for performing these operations with ease. You can also use this method to multiply in other numbers that (Few) Power 2 or 5, such as 12 (8+4), 130 (125+5), 18 (16+2), etc. EXAMPLE ANALYSIS AND CALCULATION OF THE LOWEST X VALUE, CIFRA NUMERICAL STOP 7×3 EEA MULTIPLO OF 3 MULTIPLICATIONS IN NUMBERS CLOSE TO 10 POWERS MULTIPLIED BY 9, 11, 99, 101...., That is, with a power of 10 minus 1 (or more 1), can be done mentally with a little practice by adding (or subtracting) 10n times the initial number plus (or subtracting) of the initial number. However, it's easy to confuse when adding or subtracting when mixing, for example, units with dozens of people. Example: multiply 28 × 99 28 × 99 at 28 × (100 - 1) x 2800 x 28 in 2772 other examples: multiply 37 × 121 121 square 11, so what is asked is the same multiplied 37 x 11 and the result is returned by 11:37 × 121 x 37 ×(10 + 1) × ×11' (370 + 37) × 11 x 407 × 11 x 4477 In addition to multiplying in 11 it is easy: the digits are separated and then the unit digits are always written and then groups of two The digits are added in row by placing the result or the last digit of the sum carrying distance 1 if the sum is greater than 10, and ultimately the most significant digit is placed, as follows: multiply: 12345 × 11 : 1 , 5+4-9, 4+3-7, 3+2-5,2+1-3, and finally 1; Locations are now in reverse order : 135795 8946 × 11 : 1o unid 6, 6+4-10 (0 and 1 carry), 4+9+1 (haul)-14 (4 and 1 carry), 9+8+1 (haul)-18 (8 and 1 carry), and finally 8+1(haul)-9; Now put in reverse order: 98406 similarly, this can multiply power 2, or 5, plus 1. For example, 26, 17, 124 and 63 apply. Multiply in the first 37, just remember the following: 37 × 3 x 111 37 × 27 s (37 × 3) × 9 x 999 x 1000 - 1 method is this: the other factor is divided over 3. You have to quote and remember the rest. If the rest is 1, the final result should be added 37; Example: On 37 × 94, you take 94 : 3 x 31, rest 1. We have 111 products × 31. Quotes from the previous step are divided into 9. This ratio multiplies at 999 (x1000 -1) and the rest at 111. In the example above, 31:9 x 3, rest 4. Currently we have a total of two products: 999 × 3 (or 2997, or, if you prefer, 3000 - 3) and 111 × 4 x 444. Like the rest of the first quote we made was 1, the result should be added 37. adds. 3000 - 3 + 444 + 37 x 3000 + 444 + 37 - 3 (it is often easier to organize conditions this way, leaving the number that is subtracted at the end) - 3444 + 34 x 3478. One species is to take the first step with a surplus rather than a default split quote. That is, one is added to the quotation and the rest is subtracted from 3. So, instead of the number of form 3 × Q+R (where R x 1 or 2) we have one of form 3 × (Q+1) + R' (where R's -2 or -1. And the end result will be subtracted from 74 or 37 (because the new rest is negative division). More examples: 37 × 54 x 111 × 18 x 999 × 2 x 2000 - 2 x 1998 37 × 79 (usual method) - 111 × 26 + 37 x 999 × 2 + 111 × 8 + 37 x 2000 - 2 + 888 + 37 x 2925 - 2 x 2923 37 × 79 (species) - 111 x 27 - 7499 × 3 - 74 x 3000 - 3 - 74 x 3000 - 77 x 2923 As you can see, in this case the species is easier, although it doesn't always have to be. Generally speaking, if operating one or two less than a few of the 27 (remember that 37 × 27Q x 999Q), it's easier to go that few out of 27. If one of the product factors is not 37 but multiplier, multiplication can be corrected by making one of the 37 factors. Take, for example, the following square: 74 × 74 x 37 × 2 × 74 x 37 × 148 x 111 × 49 + 37 x 999 × 5 + 111 × 4 + 37 x 5000 - 5 + 444 + 37 x 544 + 32 x 5476 111 × 111 x 37 × 3 × 111 x 37 × 333 x 999 × 12 + 333 x 12000 - 12 + 333 x 12321 (in this case, as we had now 333, the method was simpler) 148 × 148 x 37 × 4 × 148 x 37 × 592 x 111 × 198 - 74 (in this case the species is re-used because 594 multi of 27) 999 × 22 - 74 x 22000 - 22 - 74 x 21904 methods work when one of the multiplication factors has in turn a multiple which is a concatenation of nines. So it's about finding a few. Another notable example is number 142857. Not only is the product of this number 7 equal to 999999, but the multiplication table is very simple, because in the field of 142857142857... Only six consecutive digits from a given position: 142857 × 1 x 142857 142857 × 2 x 285714 142857 × 1 3 x 1 428571 142857 × 4 x 571428 142857 × 5 x 714285 14285 7 × 6 x 857142 Let's try to calculate squares of this six-digit number (!): 142857 × 142857 (142857 × 7) × (142857: 14285 7:7) 999999 × 20408 + 142857 (like the rest 142857 : 7 gives 1, the multiplication result should be added 142857. This is what was done in multiplication at 37) (1,000,000 - 1) × 20,408 + 128,857 at 20.. 20.408,000,000 - 20,408 + 142857 - 20,408,000,000 + 122.4 4 9 x 20,408,122,449 striking and calculating squares to The term significant equality can be applied to mental calculation: (a + b)2 x a2 + 2ab + b2 (a - b)2 - a2 - 2ab + b2 (a + b) (a - b) - a2 - b2 calculation of the square of any number of any two figures The first two identities can be applied to the calculation of perfect squares. Ssa we want to calculate 522. 52 x 50 + 2, so we apply the corresponding identity to squares of total, where s 50 and b x 2. (50 +2)2 x 502 + 2 x 2 × 50 + 22 x 2500 + 200 + 4 x 2704 More examples: 2 172' (10+7)2'102+ 2 × 7 × 10 + 72' 100 + 140 + 49' 289 (70 +6)2 x 702 + 2 × 6 × 70 + 62 x 4900 + 840 + 36 x 5776 952 2 x 902 + 2 × 5 × 90 + 52 x 8100 + 900 + 25 x 9025 With this method it is also easy to calculate squares of a number with number numbers numbers numbers numbers numbers simple and decimal numbers, you just need to remember where each shape occupies : 2.42 s (2 +0.4)2 x 0.12 × 142 x 0.01 × (202 + 2 × 2 2 x 2 0+42) s 0.01 × (400 + 160 + 16) s 0.01 × 576 x 5.76 Algorithm to square a double-digit number with 4 starts Can be: (4*10+u)-2-2-(15+u) and (10-u)-2 examples: 47-2-(7+15) and (7-10)-10 2-22 and 09-2209, because 47x2 x 40x40 + 40x7x2 + 7x7 x 1600 + 560 + 49 x 2209. Idem algorithm, for which it starts with 5.- (5*10+u)-2 (25+u) and you-2; example: 53-2o (25+3) and 3-2x2809 idem algorithm, for those starting with 9.- (9*10+u)-2o (80+2u)y(10-u)-2; example: 96-2-(80+2*6)y(10-6)-2-92y16-9216 idem algorithm, for three-digit ones starting with 10.- (10*10+u)-2- (100+2u) and you-2; example 108-2o (100+2*8)y8-2-116y64-11664 Some calculists know by heart the multiplication tables from 1 to 100, so they can easily use this method to find the square of a number of four or more figures. This is achieved only after much training, but largely simplified calculation as you can see: 57822 s (5700 + 82)2 x 57002 + 2 × 82 × 5700 + 822 x 822 x 57 00 32.490.000 + 934.800 + 6,724 x 33,431.524 Product doubles from a number that is known square number that its square is generally known will be one finished in 0. For example, when calculating the x 62 to 60, because both are in the same distance (2 units) from 60. Here you can use the third identity, which is the sum product with the difference, where s 60 and b s 2. (60 + 2) (60 - 2) - 602 - 22 x 3600 - 4 x 3596 More examples: 77 × 83' (80 - 3) (8 + 3) ? 6400-9' 6391 95 × 105' (100 - 5) (100 - 5) (100 - 100 - 5) 5) (100 0 + 5) s 10000-25 x 9 975 128 × 152 s (140 - 12) (14 0 + 12) s 19600-144 x 19456 square of a number finished in 5 square calculations of a number leading to 5 can be simplified using a third identity. Here will be a starting number (e.g., 65), and b x 5: (a +5) (a - 5) - a2 - 25 Therefore, you have to: (a +5) (a - 5) + 25 s a2 if a . 65 , the result is as follows: 652 x 70 × 60 + 25 x 4200 + 25 x 4225. More examples: 35 × 35 x 40 × 30 + 25 x 1225 105 × 105 x 110 × 100 + 25 x 11025 255 × 255 x 260 ×50 + 25 x 65025 in recent case, calculated for 260 × 250 you can choose to formulate it this way: 260 × 250 s (250 + 10) × 250 x 250 2+2500, and we now know how to easily calculate 2502, so, there will be 62500 + 2500 + 25 x 65025. Cubes and higher powers calculate higher cubes and powers using striking parity gradually more difficult, and often easier Fourth power of a number like its square square: 954 x (952)2 x 90252 (9000 + 25)2 x 90002 + 2 × 25 × 9000 + 252 x 81,000.00 + 450,00 000 + 625 x 81,450.625 (it makes it much easier to calculate the fact that the second digit is 9025 zero) logarithm calculation (based on 10) for approximate common logarithm or based on 10 with one or two significant digits, it is necessary to have some logarithm properties and maintain some logarithms To know. In particular, it is necessary to know the following: log(ab) s log(a) + log(b) log(a: b) - log(a) - log(b) log(0) if there is log(1) s 0 log(2) s 0.33 log(3) s 0.48 log(7) s 0.85 log(10) s 1 If > b, log(a) > log (b). In mathematical language, it is said that logarithm function is increasing. Based on this information, you can calculate the logarithm of each number from 1 to 9: log(1) - 0 log(2) - 0.30 log(3) - 0.48 log(4) - log (2 × 2) log(2) + log(2) - 0.60 log(5) - log(10: 2) - log(10) - log(2) - 0.0 70 log (6) - log(2 × 3) - log(2) + log(3) - 0.78 log(7) - 0.85 log(8) - log(2 × × <8> 2 × 2) - log(2) + log(2) + log(2) - 0.90 log(9) - log(3 × 3) - log(3) + log(3) s 0.96 (in fact, it is closer to 0.95) log(10) s 1 first step in almost near the common logarithm of a number is to express that number in scientific notation. For example, the number 45 in scientific numbering is 4.5 per × 101. In general, we will have a shape number × 10b, in which a number is between 1 and 10. The second step is to use what is called linear interpolation to estimate the logarithmic we want to calculate from two pre-known cases. In example 45 (x4.5 × to 10), it is assumed that log(4) x 0.60 and log(5) x 0.70, and as 4.70 5 is halfway between 4 and 5, log (4.5) will be almost halfway between logging in (4) and logging in (5), so it will be approximately 0.65. In fact, the correct result is always slightly higher than expected, in fact, log(4.5) s 0.6532125... The third and final step, once log(a), is to add b to obtain the desired logarithm. In this case, as log(4.5) x 0.65, simply add 1 to get the login(45) x 1.65. Actual login value (45) s 1.6532125... The same process can be used to calculate the logarithm of a number between 0 and 1. For example, 0.045 is expressed in scientific reference science as 4.5 × 10-2. You have to be careful with this view that is negative. This resulted in a log (0.045) s 0.65 - 2 x - 1.35 leads. Another method is to calculate the number logarithm from a numerical factorization that their logarithm is known. In the example above, 45 x 9 × 5, so log(45) s log(9) + log(5) s 0.96 + 0.70 x 1.66. There are several ways to check if the result is true: a large order: yes, after multiplying two numbers less than 100, The result is more than 10,000, surely there is some problem. In a two-factor multiplication, it must be confirmed that the result has an equal number of digits, or a larger unit (as the case may be) than the sum of the operating figures. Most errors are in large order due to the bad position of one of the numbers when adding minor products. For example, multiply 65 × 205 instead of 65 × 25 or vice versa. Number of units: Includes confirmation that the last digit of the result is correct seeing the last digit of each number with which it is part. For example, 73 × 64 should finish at 2, from 3 × 4 x 12. This verification allows you to know a figure with certainty. Test Nine: This check is based on the sum of digits for each factor and the result will last as long as only one number. For example, if 73 in 64 x 4662, we can check if it is true by adding the digits of each number: 7 + 3 x 10, 1+0 s 1 6 +4 s 10, 1 +0 s 1 4 +6 +6 +2 x 18, 1 +8 x 9 However, 1 ×1 is not equal to 9, so the result is not true. The multiplication should be revised or done again. (The correct result is 4672) this method is good for detecting distance errors. Conclusion In general, mental calculation of number modeling is the easiest way to perform prescribed operations. It is useful for developing more agility in mental calculation: know some small numbers powers such as 2, 3 and 5. In many cases, if you play with agents, a product can be wrote in a more convenient way. For example, 65 × 27 is easier to calculate whether the product is perceived by 27 as consecutive products by 3. Know some squares and know how to use significant parity and multiplied distributed property to simplify the calculation. For example, 13 × 18 is the same as 13 × (17 + 1) s 13 × 17 + 13. Through significant parity, 13 × 17 in 225 - 4 in 221, so the end result is 234. Related Topics Abco Account (Mathematics) Shastry Wick Human Math Calculator Trachtenberg Method Mnemotechnic External Link Page in JavaScript to practice mental calculation tricks to mentally calculate new math: Another way to view math (English) the usual mental calculation with data time control: Q620584 Multimedia: Mental Calculator obtained from

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