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Bose a20 user manual

important than a deep understanding of the internal functioning of the software is the understanding of who the end user will be, what their level of education is, and how that end user will use the software. In most cases, end users don't need to know the finest programming points and back-end operation of the software – they just need to know how to use it to simplify their work. The user manual should be largely activity-oriented, rather than highly descriptive. Because the manual was written to help users understand how to perform specific tasks, the writer must also have an understanding of those tasks, and as a result, going through every discrete step of each feature is absolutely essential. It is not necessary for the writer to necessarily know how the program was created from the point of view of design or development, but it is essential to have a strong knowledge of the work of all its characteristics. When performing each task, take time to annotate each individual step, including clicks, drop-down menus, and other actions. While the developer shouldn't be the one who writes the manual, it will still be a valuable resource for the writer, and before starting writing, schedule a startup meeting between the writer, developer, and engineers and potential end users to help inform the writer's work from the get-go. Interviews with experts and engineers on the subject must be recorded, with transcripts made for subsequent reference. A user manual should not be too heavy for the text. Rather, incorporate the liberal use of graphics and clips on the screen. The description of an action is much clearer with text-based directions accompanied by an on-screen clip that clearly illustrates that direction. Include views both before and after, to show what the screen looks like before taking any action, and what happens after the action is taken. A simple screen capture utility like the capture tool in Microsoft Windows it works well for capturing these images. Be sure to number each image and include a caption that briefly describes it. Central immediately below the paragraph that first introduces the concept depicted in the image. Communicating clearly in a technical document requires planning and careful adherence to standards throughout the guide. Standards in both language and nomenclature help to avoid confusion. Models are available and can be a good starting point for uniformity, although these can certainly be adapted to suit any situation. Using a margin of one inch with a single column best suits the need to add graphics: A two-column setting might seem too crowded and can make image placement confusing. More than any other type of document, a software user guide is likely to go through multiple iterations before it is completed, and is likely to be reviewed by multiple stakeholders. Using the Track Changes feature in Microsoft Word is an easy way to track each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the final result. Getty Images Inhale. Exhale. Take 15 to 20 breaths per minute: more than 20,000 breaths per day. With each of them, oxygen travels through the bloodstream, feeding your body's cells. The problem is that we bombard our lungs with pollutants and irritants such as passive smoking and household cleaning products. However, the lungs are resilient, says Ravi Kalhan, MD, director of the Asthma/COPD program at Northwestern University Feinberg School of Medicine. Keep them healthy and they will protect you in old age. Read on and start breathing easily. GET FIT While exercise doesn't increase lung capacity per se, strengthen your heart muscles so your heart is better able to pump oxygenated blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pneumology at NYU Medical Center. Your lungs don't have to work that hard then. You train more efficiently and you will feel less windy. RELATED: How to become an Addict Exercise exercise can also cut belly fat, which is linked to a higher risk of asthma. We think excess fat associated with obesity increases inflammation in the body, which affects the lungs, says Neil Schachter, MD, a pneumologist at the Icahn School of Medicine on Mount Sinai in New York City. To see the results, you need consistent exercise, increasing your heart rate for 20-30 minutes most days of the week, says Jason Turowski, MD, a pneumologist at the Cleveland Clinic. If you have asthma, it may be difficult to maintain intense training, but lower activities can help reduce airway inflammation. In one study, asthmatic adults they walked 20-30 minutes three times a week at a moderate rate they reported an improvement in their symptoms. Swimming is another option, especially during the frigid winter months. The warm, humid air in an indoor pool is respectful of asthma. (But don't swim in a heavily chlorinated pool: fume irritation can counteract the benefits.) Next page: Eat smart [pagebreak]EAT SMART An anti-inflammatory diet helps decrease inflammation, which has been linked to respiratory diseases such as COPD and asthma, notes Melissa Young, MD, a integrative medicine specialist at the Cleveland Clinic. Fill these foods: Fruits and vegetables: They are full of antioxidants, which can help repair the damage caused by air pollution. It doesn't matter what kind, as long as you eat a lot of it. RELATED: 13 vegetables you just think you don't like flaxseeds: They contain high levels of omega-3 fatty acids, which are believed to be linked to a lower risk of asthma. White wine: Wine drinkers, especially those who sip white, have healthier lungs. (Researchers theorize that it is due to the high antioxidant capacity of wine.) Olive Oil: It has monounsaturated fatty acids, which can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with better lung function. A cup of joe: Caffeine has a similar effect to the drug theophylline, which opens the airways, says Dr. Turowski. Tomato sauce: Research suggests that lycopene, the antioxidant famously found in tomatoes, can protect you from exercise-induced asthma. Next page: Clear the Air [pagebreak]CLEAR THE AIR Air pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease study. Because? Tiny particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to run away from LosA for Idaho, but there are precautions everyone should take. Check the forecast: You can find the Air Quality Index (AQI) at [airnow.gov](#). On days when AQI in your area is high (over 150 if you don't have lung problems, over 100 if you have a respiratory problem), consider doing your workout indoors. If you're exercising outdoors, avoid routes near traffic. RELATED: Burn calories This summer Don't inactivity your car: release as much pollution as a moving vehicle and you're in the middle of the fog. Turn off the ignition if you are waiting more than 10 seconds and heat the engine by driving. (Your car and its engine heat up faster when you drive.) Take a pit stop P.M.: As you fill the tank, gas emissions evaporate and form ozone, a component of smog. Hit the pump after dark to prevent the sun from turning those gases into pollutants. Next page: Re-inhabit your home [pagebreak]REHAB YOUR HOME Air pollution in your home could be worse than what's rotting outdoors. Here's how to clear the air, stat. Go electric: domestic heating and the AC system should ideally work with electricity, not oil, since the latter releases more particulate matter. most homes built after 2000 do so, but if you live in an older house that uses oil, consider installing a home air filtration system for a few thousand dollars. RELATED: 9 Ways to Detoxify Your Home Take the Test: Every Two Years, Your Home Should Be Tested for Radon, an odorless natural gas that sits in one in 15 homes in the and it's the second leading cause of lung cancer. You can hire a certified company to do so or purchase a \$15 to \$25 test kit at a hardware store or through [sosradon.org/test-kits](#). If radon concentrations exceed 4 picocuries per liter of air (pCi/L), you will need to install a radon reduction system (up to \$1,500). Keep moisture low: too humid an environment is a breeding ground for mold, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25 and 40% in winter. You can measure humidity with a hygrometer (\$20 to \$40 in a hardware store). If the air is too dry, use a humidifier. It's too wet, try a dehumidifier. RELATED: Your 12 worst allergic errors trade in your fireplace: particulate matter in wood smoke can damage your heart and lungs. Switch to an EPA-certified cleaner gas or combustion wood stove or put an electronic fireplace or gas insert (\$1,000 to \$3,000) for less emissions. To learn more, go [epa.gov/burnwise](#). Next page: Stay safe from third-hand smoke [pagebreak]STAY SAFE FROM THIRD-HAND SMOKE You know you don't smoke and keep away from second-hand smoke. But there is something called third-hand smoke: residual tobacco fumes that adhere to walls and furniture and then out of gas slowly in the indoor environment. This stuff isn't just smelly: it reacts with internal pollutants, such as ozone and nitrous acid, creating compounds that freeze on cell DNA and cause potentially carcinogenic damage, according to research presented at the 2014 American Chemical Society meeting. While the risk is higher for infants and young children (as they crawl around the house, they can mix and inhale these compounds), practically anyone is susceptible. RELATED: 30-day countdown to quitting smoking When traveling, insisting on smoke-free hotel rooms and avoiding homes of smoking friends (even if they don't light up in front of you, their furniture can stink). If you inherit a smoker's house, remove the affected items such as sofas and carpets, repaint and bring a professional to thoroughly clean the air ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but lately you're constantly out of breath. What does it give? It's not uncommon for a 40-year-old woman to suddenly complain of asthmatic symptoms, says Dr. Addrizzo-Harris. A typical trigger: be exposed to an allergen that you haven't faced in years, such as feather litter or mold. I can't tell you how many times I've seen a patient report symptoms since 2000 when she moves into a new home, says Dr. Turowski. Usually a moldy basement is the culprit. Page A woman's problem? [page break] A WOMAN'S PROBLEM? How the three P's of femininity can mess with your breath. You are about to have your period: up to 40% of women with asthma report that their symptoms worsen immediately before their period. During this time this estrogen levels decrease, and we think these fluctuations somehow activate an inflammatory response in a woman's airways, says Dr. Kalhan. As a result, you are more likely to cough, feel short of breath and wheezing. Talk to your doctor about the increase in asthma medication these days; research also suggests that taking birth control pills (to ward off hormonal increases and dips) can help. You're pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone makes you breathe more often, which may make you feel short of breath when you really aren't. (The hormone expands lung capacity, allowing the blood to carry large amounts of oxygen to the baby.) This sensation disappears, then resurfaces around the third trimester, when the uterus begins to press on the diaphragm, making it more difficult for the lungs to fully expand. But soon there is relief: during the last month of pregnancy, your baby will descend into the pelvis, taking pressure off the lungs. RELATED: 10 Tips to Get Pregnant You're Going Through Perimenopause: As you approach menopause, estrogen levels ride a real roller coaster, and those dramatic peaks and falls can trigger inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as prone to severe asthma as men of similar age. If you notice that your wheezing is getting worse, talk to your gyno about going on the pill or using hormone therapy to help you facilitate during the transition. The good news is that once the ovaies have closed the store, asthma should improve. Improve.

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