

Helium

By George Irvine

What is key with helium and why in real life it does shorten deco is that

- 1) you do not get the damage with helium that you get with nitrogen,
- 2) it is far easier to breathe and causes you to develop less CO₂,
- 3) it is truly inert unlike nitrogen,
- 4) it lowers the narcotic effect and makes you more alert,
- 5) it does not precipitate the immune reaction that high partial pressures of nitrogen do and forms smaller bubbles,
- 6) it comes out of tissues more easily.