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Strengthened, healthier, HappiSign to get our best tips, workouts, recipes and more. Often filled with jargon, acronyms, and directions that require Ph.D. To understand, software user manuals are sometimes written from the perspective of a developer rather than a user. As a result, the guide may make assumptions about the reader's skill level, which are often incorrect. The first step in writing a good user guide is to get the actual writing process as far away from the engineers as possible. The software developer knows more than anyone what makes the software work, but that doesn't mean the developer should write the guide. On the contrary, it's a definite disadvantage. More important than a deep understanding of the internal work of the software is an understanding of who the end user will be, what his educational level is, and how that end user will be using the software. In most cases, end users don't need to know the finer points of programming and the back jobs of the software - they just need to know how to use it to make their job easier. The user guide should be mostly mission-oriented, rather than largely descriptive. Because the guide was written to help users understand how to perform specific tasks, the writer should also understand these tasks and, as a result, going through each discreet phase of each feature is absolutely essential. There is no need for the writer to necessarily know how the program was created from a design or development perspective, but it is essential to have a strong knowledge of all its features. When you do any task, it will take time to write each step, including clicks, drop-down menus, and other actions. Although the developer should not be the one to write the guide, it will still be a valuable resource for the writer, and before writing begins, plan an opening meeting between the writer, developer, and engineers, and potential end users to help message the writer's work from the beginning. Interviews with experts and engineers on the subject must be recorded, with transcripts made for later reference. A user guide should not be too heavy on text. Instead, combine liberal use of graphics and screen minutes. A much clearer description of action with text-based directions accompanied by a video clearly illustrating this direction. Include both before and after views to show what the screen looks like before taking any action and what happens after the action is taken. A simple screen capture tool such as the Snipping Tool included with Microsoft Windows works well to capture these images. Be sure to number each picture and include a caption that briefly describes it. Center it immediately below a paragraph that first displays the concept described in the image. Clear communication in a technical document requires And strict adherence to standards throughout the guide. Standards in both presentation, language, and terminology help prevent confusion. Available templates can be a good starting point for uniformity, although these can certainly be tailored to suit any situation. Using one-inch margin with one column is best suited to insert graphics; Setting up two columns can seem too dense, and it can make the location of images confusing. More than any other type of document, a software user guide may undergo multiple iterations before it is completed, and may be reviewed by multiple stakeholders. Using the Track Changes feature in Microsoft Word is an easy way to track each person's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process and makes sure that all stakeholders are satisfied with the end result. Unless you can think of a smart way to store them, user guides are kind of a hassle to keep around. When you find yourself in need of one, however, key guides allows you to find and download them for free in PDF format. You can search almost any manual online, but since many products come with ... Read more For the face of it, most of us throw these things away unless we're totally clueless about a particular product. With key guides, there is no need to worry that their collection of guides is extensive. You can search by type or brand, and they have almost everything covered. There are manuals for cameras, camtops, smartphones, mp3 players, tablets, e-book readers, smartwatches, activity trackers, and video game consoles. You can even find instruction manuals for software. You can start by finding the guides you need at the link below. Key Guides - Free Search and Download | Key guides to Getty Images The baby is back! Sir Mix-a-Lot may have singped those lyrics more than 20 years ago, but our fascination with bums still remains. In fact, from Iggy Azalea's seductive buttocks to Sofia Vergara's ridiculously muscular buttocks, the buttocks replaced breasts as part of the it body of the decade. But there's no reason to worry if you think that yours isn't up to par: if your pain concerns focus on health issues (sciatica, anyone?) or more cosmetic problems (hello, cellulite!), we have them covered. What is pain (often located in the lower back or thigh) that travels along your hip nerve, which runs from your lower back down through all your legs. Most of the time, sciatica is due to a disc feather, which protrudes outwards and crams the nerve. But sometimes it's caused by pyrformis syndrome, which is when muscle piriformis bandlike (it extends from your bone to the top of your femur) squeezes the hip nerve. You'll probably experience the first one. Between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, M.D., professor of orthopaedic surgery at Northwestern University Feinberg School of Medicine. There's also a genetic component. Sciatica can sometimes occur during pregnancy, when your expanding uterus can push against the nerve. How it feels like anything, from dull pain to gunfire or a burning knife like pain to electric shock. Rx Primary care physician or orthopaedic specialist should be able to diagnose sciatica through physical examination. Usually the condition improves with over-the-counter or prescription anti-inflammatories or muscle relaxants, stretching exercises or physiotherapy. Cortisone injection may work for short-term relief. If your pain lasts more than six weeks, you may need an MRI to pinpoint the cause. Problem #2: Skrviliac joint pain What is pain around the Scroiliak joint, located in your lower back where your spine and pelvic bone meet. While it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for childbirth, stretch and pull ligaments on the joint, causing pain), many women experience it because of muscle pressure or weakness. Don't ignore the pain: it could be that the cartilage between the bones wears off, which can lead to arthritis. What it feels like is pain in the lower back and thigh (often on one side) that worsens with bending or activity; It tends to be more severe after you sit for long periods and feel better when you lie down. This Rx can be diagnosed by your primary care physician or orthopedic specialist with a physical examination and X-ray. Treatment is generally conservative: over-the-counter anti-inflammatory, if necessary, injecting cortisone straight into the joints to relieve pain. The best prevention is a strong core, which helps to take the pressure off the joint by strengthening the surrounding muscles. Talk to your doctor about moves (such as hard and hip raises) to make your own. What's a hole? If you notice blood inside your poop or on the toilet paper, or itching and swelling around your anus, you may have hemorrhoids. The most common risk factor, says Steven Nymgor, M.D., gastroenterologist at Mount Sinai Hospital: Constipation. Your MD can tell if you have external hemorrhoids (under the skin around your anus) by examining the area; Hemorrhoids inside your rectum can also be typically diagnosed by manual examination, but if there is bleeding, you may need a flexible colonoscopy or sigmoidoscopy to rule out anything scarier, like colorectal cancer. Treatment is usually over-the-counter products with witch hazel or hydrocortison to relieve bloating and/or itching, as well as soaking in a hot seabed. Also key: Slow down your fiber intake to 25-30 grams a day, and drink plenty of water. If that doesn't work, Dr. Niemagor adds, your doctor can An office procedure known as rubber band bondage, in which she places a leash around the hemorrhoids to cut her bloodstream (the band, and the 'roid, fall within a week). What's an injury to one of your hamstring muscles, which falls down the back of your hips from your garden. While this can happen to anyone who is active, you are more susceptible as you get older because muscles tighten as you get older, says Jordan Metzl, M.D., a sports medicine physician at the Special Surgery Hospital in New York City. What it feels like is sharp pain in the back of your butt or leg during an activity (when the actual tension occurs) as well as afterwards, along with swelling and bruising. Rx Your first step is rice: rest, ice (use cold packs 20 minutes at a time, several times a day), compressing with a bandage around your hip and height. If you've been swaying for more than a few days, see your primary care physician or sports medicine specialist. You can do an X-ray or MRI to see if it's a full tear or stress, and it may get crutches or a prescription for physiotherapy. Don't forget: there are two parts to your package. You've been making great efforts to protect one (your penis), but sometimes neglect the other (the nuts). If you want to ensure healthy sperm and a vibrant sex life, start showing your testicles some TLC. stat. Keep them coola laptop on your lap and raises your egg temperature, which may impair sperm quality, fertility research and sterilization found. Set devices on a table, says MH urology consultant Larry Lipshultz, M.D. HIT SLEEP SACKLess means more stress hormones, which can sap sperm production, says Tobias Kohler, M.D., M.P.H., F.A.C.S., professor of urology at Southern Illinois University. Eye their size older men with testicular volume of 20 milliliters or more risk heart problems, the Journal of Sexual Medicine research reports. The authors say damage to the blood vessels could increase the size of the testicles. Get a safe vasectomy won't cause Ed, a new study in the Journal of Sexual Medicine found. All this unless you have sex in 72 hours. The possible pain or bleeding can leave you limping. Transfer your phone to numerical studies that have linked cellular exposure to reduced sperm count and quality. So leave your phone in your back pocket in front, says Dr. Lipsch. Killing SPIDERSDilated veins in your testicles, which resemble spider veins, may cause infertility and testicular contraction, says Der Kohler. Make an appointment with a urologist. This content is created and maintained by a third party and imported to this page to help users provide their e-mail addresses. You may be able to find more information about this content and similar content piano.io piano.io

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