

DRAKONTOS

José Enrique Campillo Álvarez

El mono estresado



Todo lo que usted necesita saber sobre el estrés,
su prevención y su tratamiento, como nunca
se lo habían contado



CRÍTICA

El Mono Estresado Drakontos

Carlos Prieto Minguela



El Mono Estresado Drakontos:

El mono estresado José Enrique Campillo Álvarez, 2014-01-14 Tras su extraordinario *El mono obeso* 2004 en el que se ocupaba de uno de los grandes problemas de las sociedades desarrolladas las llamadas enfermedades de la opulencia como el colesterol la diabetes o la obesidad el doctor Jos Enrique Campillo lvarez ha escrito un nuevo libro no menos importante y necesario *El mono estresado* manteniendo o incluso mejorando el lenguaje imaginativo y accesible que tanto le distingue El estr s el tema central de su nueva obra es en efecto otro de los grandes males de nuestro tiempo Sabemos o al menos as lo creemos reconocerlo y no ignoramos muchas de sus causas pero qu conocemos de los procesos biol gicos asociados a l Ense arnos qu es el estr s o mejor los diferentes tipos de estr s por ejemplo homeost tico aleost tico o pantost tico los mecanismos de respuesta que genera en el cuerpo y c mo stos se transmiten constituye uno de los objetivos de *El mono estresado* nicamente si tenemos una idea precisa de lo que es realmente el estr s seremos capaces de prevenirlo y tratar con eficacia sus consecuencias negativas Ayud ndose de la medicina darwiniana un novedoso enfoque m dico que estudia las enfermedades desde el punto de vista de la evoluci n biol gica particularmente apropiado para comprender c mo un mecanismo natural la respuesta del organismo ante una situaci n de emergencia como es el estr s puede producirnos una enfermedad el doctor Campillo se ocupa de un sinf n de cuestiones ante las que ning n lector puede permanecer ajeno cuestiones del tipo de c mo podemos prevenir o atenuar los efectos del estr s qu pasa en nuestro cuerpo cuando tomamos por ejemplo una cena muy salada el exceso de sal y la hipertensi n o c mo se desencadena una diabetes y qu hacer para prevenir su desarrollo Y por supuesto no olvida tratar algunas de las estrategias como la alimentaci n o la medicaci n para combatir esta gran plaga de nuestro tiempo que es el estr s

El mono Wow Carlos Prieto Minguela, 2019 *Stanley hace el mono* Andrew Griffin, 2001

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features sizes 4 ½ 16 enhanced internal flow low hoop stresses on coupling thanks to tighter thread tolerances 20 bevel for
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the floating collar and shoes are available in different api certificated thread connections including short round thread stc long round thread ltc and buttress thread btc connection strength and tightness are two main coupling technical indicators

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api buttress btc connections are available in pipe sizes 4 1 2 through 20 figure 1 2 btc connections larger than 13 3 8 od can be subject to cross threading extreme care in the field can ensure the proper make up of the larger sizes the shear resistant large thread cross section and easy running characteristics of btc make it

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dec 1 2017 this specification covers dimensions tolerances and marking requirements for api threads and the gauges that control the acceptance criteria for the threads thread element gauges instruments and requirements for the inspection of threads for line pipe round thread casing round thread tubing and buttress casing connections are included

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btc 215 90 263 52 15 82 8 5 8 stc 244 48 196 85 16 23 8 5 8 ltc 244 48 254 00 21 67 8 5 8 btc 244 48 269 88 20 86 9 5 8 stc 269 88 196 85 18 03 9 5 8 ltc 269 88 266 70 25 45 9 5 8 btc 269 88 269 88 23 16 10 3 4 stc 298 45 203 20 20 78 10 3 4 btc 298 45 269 88 25 74 11 3 4 stc 323 85 203 20 22 64 11 3 4

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the btc thread has higher joint and bending strengths than ltc or stc as a result this thread is often used in deeper wells where higher hook loads are experienced thread compound must also be used to obtain a seal with btc btc is also run in horizontal wells where doglegs can cause high bending loads on larger casings

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1 to avoid cross threading stab pipe in a smooth controlled fashion ensuring the pipe is vertical when doing so continue to support and stabilise the pipe throughout the stabbing and make up operation 2 upon commencement of initial rotation use low rpm 5 rpm or below in order to ensure the pipe has not cross threaded during stabbing 3

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btc has a square thread with a flat root and crest a runout design and five buttress threads per inch each thread type is suited for a specific well condition stc is a good choice for shorter length casing applications that do not involve high axial loads or bending

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the two steps are identified as 1 the 75 percent shoulder width method 2 the mismatched outside diameter method the two methods are fully described in annex i 6 2 3 other considerations table 3 table a 3 have bevel diameters that cover a range from a suggested minimum od to a maximum od the tables also contain a reference id

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api compatibility the connection s buttress thread profile makes it fully compatible with standard api buttress connections by being api compatible in both pin and box operators can use standard api accessories and draw on a wide range of threading and repair shops providing flexibility and efficiency

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casing pipe dimensions and weight chart for api round thread and buttress thread lables outside diameter nominal linear mass t c wall thickness inside diameter drift diameter calculated mass c plain end mass gain or loss due to end finishing lb round thread buttress thread 1 2 00 d in lb ft t in d in in lb ft short long rc scc

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inspection inspection criteria for all api connections is as outlined in api rp 5a5 ensure the complete thread area has no tears gouges or raised metal black crested threads within the complete thread area must not exceed 25 of the circumference of two 2 threads complete thread length is indicated in api rp 5b1

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btc buttress threading this thread is designed to improve axial tensile or axial compressive load capacity and to provide leakage resistance ltc stc and btc are the same in appearance how to distinguish them that depends the outside diameter and application what s the use of ltc stc and btc

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api couplings and threads must comply with c 32 and c 33 or e 32 and e 33 below are two common api coupling dimensions btc for casing and eue for tubing api buttress casing couplings dimensions btc casing coupling api external upset tubing coupling dimensions eue tubing coupling other requirements in api 5ct standard 1 appearance quality

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