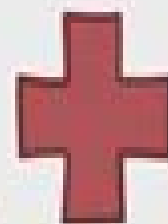


MEDICAL EMERGENCIES



* are LIFE THREATENING CONDITIONS that you NEED to RECOGNIZE, CALL NURSE for ASSISTANCE, & PROVIDE PROPER CARE & FIRST AID ACCORDING to FACILITY POLICY

HEART ATTACK



STROKE

- LYING DOWN, WARM, & CALM
- MONITOR VITAL SIGNS

BLOOD SUGAR TOO HIGH or LOW

- LIE DOWN & CHECK GLUCOSE LEVEL



SEIZURES

- PROTECT FROM INJURY



THOSE ABOUT to FAINT



BLEEDING

- APPLY PRESSURE to WOUND & PULSE POINTS as NEEDED

SHOCK

- KEEP LYING DOWN, WARM & CALM
- ELEVATE LEGS
- KEEP AIRWAYS OPEN

Emergencies In Medical Practice

Scott C. Dulebohn



Emergencies In Medical Practice:

Recognizing the way ways to acquire this books **Emergencies In Medical Practice** is additionally useful. You have remained in right site to start getting this info. get the Emergencies In Medical Practice join that we give here and check out the link.

You could buy lead Emergencies In Medical Practice or acquire it as soon as feasible. You could quickly download this Emergencies In Medical Practice after getting deal. So, when you require the ebook swiftly, you can straight acquire it. Its fittingly very simple and consequently fats, isnt it? You have to favor to in this aerate

<http://industrialmatting.com/data/uploaded-files/index.jsp/flight%20of%20the%20innocents.pdf>

Table of Contents Emergencies In Medical Practice

1. Understanding the eBook Emergencies In Medical Practice
 - The Rise of Digital Reading Emergencies In Medical Practice
 - Advantages of eBooks Over Traditional Books
2. Identifying Emergencies In Medical Practice
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Emergencies In Medical Practice
 - User-Friendly Interface
4. Exploring eBook Recommendations from Emergencies In Medical Practice
 - Personalized Recommendations
 - Emergencies In Medical Practice User Reviews and Ratings
 - Emergencies In Medical Practice and Bestseller Lists
5. Accessing Emergencies In Medical Practice Free and Paid eBooks

- Emergencies In Medical Practice Public Domain eBooks
- Emergencies In Medical Practice eBook Subscription Services
- Emergencies In Medical Practice Budget-Friendly Options
- 6. Navigating Emergencies In Medical Practice eBook Formats
 - ePub, PDF, MOBI, and More
 - Emergencies In Medical Practice Compatibility with Devices
 - Emergencies In Medical Practice Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emergencies In Medical Practice
 - Highlighting and Note-Taking Emergencies In Medical Practice
 - Interactive Elements Emergencies In Medical Practice
- 8. Staying Engaged with Emergencies In Medical Practice
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emergencies In Medical Practice
- 9. Balancing eBooks and Physical Books Emergencies In Medical Practice
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emergencies In Medical Practice
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Emergencies In Medical Practice
 - Setting Reading Goals Emergencies In Medical Practice
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Emergencies In Medical Practice
 - Fact-Checking eBook Content of Emergencies In Medical Practice
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Emergencies In Medical Practice Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Emergencies In Medical Practice PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and

empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Emergencies In Medical Practice PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Emergencies In Medical Practice free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Emergencies In Medical Practice Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Emergencies In Medical Practice is one of the best book in our library for free trial. We provide copy of Emergencies In Medical Practice in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Emergencies In Medical Practice. Where to download Emergencies In Medical Practice online for free? Are you looking for Emergencies In Medical Practice PDF? This is definitely going to save you time and cash in something you should think about.

Find Emergencies In Medical Practice :

flight of the innocents

fluid & electrolyte regulation in spacef

florence nightingale 1820 1910

flooding and environmental challenges for venice and its lagoon

fleury playbook

flower fairies friends secret world

flow of religious instruction

florida criminal law and motor vehicle handbook 2003 edition

floods famines and emperors el nino and the fate of civilizations

flight to anywhere

flowers in art

floyd farland citizen of the future

florida nelles guide

~~flowers of dinh ba forest~~

flemish school old paris night its spells

Emergencies In Medical Practice :

traumatic dental injuries a manual 3rd edition oasis dental - Jan 28 2022

web jun 12 2023 the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma

traumatic dental injuries a manual google books - Mar 10 2023

web the ultimate guide to dental trauma the manual preserves its uniquely usable and reader friendly format demonstrating step by step treatment protocols for commonly occurring

traumatic dental injuries a manual 3rd edition pdf download free - Jun 01 2022

web may 31 2022 the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma

traumatic dental injuries a manual by jens o andreasen - Aug 03 2022

web christmas delivery the third edition of traumatic dental injuries a manual builds on the widespread success of the

previous two editions the ultimate guide to dental trauma the manual preserves its uniquely usable and reader friendly format demonstrating step by step treatment protocols for commonly occurring traumatic injuries

[traumatic dental injuries a manual deepdyve](#) - Sep 23 2021

web aug 1 1999 the outcome of traumatic dental injury is primarily related to the initial extent of traumatic impact subsequent treatment and finally the post injury follow up in

pdf traumatic dental injuries by jens o andreasen perlego - Oct 25 2021

web traumatic dental injuries a manual the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the

guidelines for the management of traumatic dental injuries 3 - Dec 27 2021

web traumatic injuries to the primary dentition present special problems and the management is often different as compared with the permanent dentition the international association

traumatic dental injuries a manual 3rd edition wiley - Aug 15 2023

web apr 25 2011 traumatic dental injuries a manual the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma the manual preserves its uniquely usable *traumatic dental injuries a manual 2nd edition* - Dec 07 2022

web feb 14 2004 the first edition was a clear well structured guide to the treatment of dental injuries the clinical procedures were illustrated with excellent illustrations that not only

wiley traumatic dental injuries a manual 3rd edition 978 1 405 - Oct 05 2022

web the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma the manual preserves

traumatic dental injuries a manual - May 12 2023

web the third edition of traumatic dental injuries a manual includes several new aspects of dental traumatology and an updating of existing material the new sections that have

[traumatic dental injuries a manual wiley online library](#) - Mar 30 2022

web feb 11 2010 click on the article title to read more

international association of dental traumatology - Nov 06 2022

web may 27 2020 1 introduction injuries to children are a major threat to their health and they are generally a neglected public health problem 1 for children aged 0 6 years

[pdf guidelines for the management of traumatic dental](#) - Jul 02 2022

web oct 1 2016 andersson l traumatic dental injuries a manual 3rd edn few studies have investigated how patients feel

about traumatic injuries to teeth dentists may

traumatic dental injuries a manual request pdf - Apr 11 2023

web jan 1 2011 this literature review will focus on the oral and dental aspects of child abuse that could be overlooked as dental traumatic injury keywords traumatic dental

traumatic dental injuries a manual 3rd edition kindle edition - Feb 26 2022

web oct 7 2011 traumatic dental injuries a manual the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two

traumatic dental injuries a manual amazon com au - Apr 30 2022

web the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma the manual preserves its uniquely usable and reader friendly format demonstrating step by step treatment protocols for commonly occurring traumatic injuries several new sections have been

traumatic dental injuries a manual 3rd edition wiley - Feb 09 2023

web the third edition of traumatic dental injuries a manual a unique feature of the new edition is the accompanying dvd which presents computer animations of all trauma

traumatic dental injuries a manual by jens o andreasen - Nov 25 2021

web may 14 2020 the ultimate guide to dental trauma the manual preserves its uniquely usable and reader friendly format demonstrating step by step treatment protocols for

tds traumatic dental injuries a manual - Sep 04 2022

web the third edition of traumatic dental injuries a manual builds on the widespread success of the previous two editions the ultimate guide to dental trauma the manual preserves

traumatic dental injuries a manual amazon com - Jan 08 2023

web apr 25 2011 traumatic dental injuries a manual the third edition of traumatic dental injuries a manual builds on the widespread success of the previous

traumatic dental injuries a manual google books - Jun 13 2023

web apr 25 2011 traumatic dental injuries a manual the third edition of traumatic dental injuries a manual builds on the widespread success of the previous

pdf traumatic dental injuries a manual semantic scholar - Jul 14 2023

web apr 17 2000 corpus id 196337953 traumatic dental injuries a manual j andreasen published 17 april 2000 medicine tldr examination and diagnosis of pulpal healing

technology in action mylab it with pearson etext access code - Oct 09 2023

web may 25 2021 technology in action mylab it with pearson etext access code 17th edition by alan evans author kendall martin author mary poatsy author 1 rating see all formats and editions kindle 89 99 read with our free app printed access code

chapter 10 solutions technology in action complete 16e chegg - Feb 18 2022

web communication networking solutions manuals technology in action complete 16e mylab it 2019 w pearson etext 16th edition chapter 10 we have solutions for your book this problem has been solved problem 1epmc chapter ch10 problem 1epmc step by step solution step 1 of 5

technology in action 10th edition access code - Jul 26 2022

web 10th edition all access pack version aug 23 2023 mylab finance with pearson etext access card for foundations of finance dec 03 2021 note before purchasing check with your instructor to ensure you select the correct isbn several versions of the mylab tm and mastering tm platforms exist for each title and registrations are not

technology in action complete google books - May 04 2023

web jan 11 2013 the tenth edition of technology in action is an extensive revision that brings the content fully in line with 21st century technology and students the content has been updated and

technology in action 17th edition pearson - Jul 06 2023

web computer science computing concepts technology in action 17th edition best value etextbook from 10 99 mo print 74 99 mylab from 109 99 pearson subscription technology in action isbn 13 9780136971252 most affordable 10 99 mo buy now access details instant access once purchased

chapter 10 solutions myitlab with pearson etext access card - Dec 31 2022

web access myitlab with pearson etext access card for go with technology in action complete 10th edition chapter 10 solutions now our solutions are written by chegg experts so you can be assured of the highest quality

technology in action mylab it with pearson etext access code - Apr 03 2023

web jun 15 2018 technology in action mylab it with pearson etext access code 15th edition by alan evans author kendall martin author mary anne poatsy author 16 ratings see all formats and editions printed access code 45 99 133 32 1 used from 45 99 4 new from 115 47 isbn 10

technology in action complete 10th edition textbook solutions - Nov 29 2022

web homework help app access technology in action complete 10th edition solutions now our solutions are written by chegg experts so you can be assured of the highest quality

technology in action access code i 16th edition - May 24 2022

web technology in action access code i 16th edition evans publisher pearson isbn 9780135490198 view more textbook

editions solutions for technology in action access code i view samples chapter

technology in action complete 10th edition amazon com - Jun 05 2023

web jan 13 2013 the tenth edition of technology in action is an extensive revision that brings the content fully in line with 21st century technology and students the content has been updated and revised the structure has been finely tuned part breaks added at logical stopping points in each chapter

technology in action pearson - Sep 08 2023

web jun 28 2021 24 month access mylab it with pearson etext for go 2021 technology in action seventeenth edition isbn 13 9780137679997 published 2022 129 99 mylab via instant access mylab it with pearson etext for skills 2019 technology in action seventeenth edition isbn 13 9780136929925 published 2021 173 32

technology in action 10th edition access code - Mar 02 2023

web technology in action 10th edition access code is available in our book collection an online access to it is set as public so you can download it instantly our book servers saves in multiple countries allowing you to get the most less latency time to download any of our books like this one

technology in action pearson - Feb 01 2023

web jul 7 2023 24 month access mylab it nextgen with pearson etext for exploring 2021 with technology in action isbn 13 9780138097301 published 2023 129 99 109 99 buy access opens in a new tab

myitlab with pearson etext access code for technology in action - Aug 07 2023

web may 13 2013 myitlab with pearson etext access code for technology in action office 2010 pearson education 9780133461022 amazon com books books

copy techn in action chapter 10 flashcards quizlet - Jun 24 2022

web a collection of technologies that allow the creation of web applications that can update information on a page iwthout requiring the user to refresh or leave the page algorithm a set of specific sequential steps that describe exactly what the computer program must do to complete the required work architercture neutral

technology in action chapter 10 flashcards quizlet - Aug 27 2022

web a process used to develop information systems it consists of the following six steps problem and opportunity identification analysis design development testing and installation and maintenance and evaluation test condition a check to see whether the loop in an algorithm is completed testing plan

mylab it with pearson etext for technology in action complete - Oct 29 2022

web sep 18 2020 mylab 109 99 12 month access 109 99 buy access 14 day temporary access available isbn 13 9780135435243 mylab it with pearson etext for technology in action complete published 2019 need help get in touch

technology in action seventeenth edition amazon com - Sep 27 2022

web jul 11 2022 amazon com go 2021 technology in action seventeenth edition mylab it with pearson etext access code 9780137680306 gaskin shelley graviett nancy geoghan debra vargas alicia books books new used rental textbooks select delivery location

technology in action - Mar 22 2022

web 10 select a4 c9 create a stacked bar chart add estimated 10 year job growth as the chart title position the chart so the top left corner is in cell h1 and lower left corner is in cell s20 11 save and submit for grading solve this with excel mylab it grader

technology in action 10th edition access code - Apr 22 2022

web access card package package consists of 0133827356 9780133827354 technology in action introductory 0133880435 9780133880434 myitlab with pearson etext access card technology in action myitlab is not a self paced technology and should only be purchased when required by an instructor

picos de europa asturias ce qu il faut savoir pour votre - Jan 30 2023

web recommandé circuits en 4x4 à partir de 430 00 par adulte prix variable en fonction de la taille du groupe excursion privée d une journée en 4x4 de bilbao aux picos de europa bons repas

top 20 randonnées et balades dans picos de europa komoot - Oct 27 2022

web vous cherchez une randonnée dans picos de europa découvrez notre sélection d itinéraires autour de ce magnifique parc naturel de la montaña de riaño et découvrez les 20 plus belles balades dans picos de europa choisissez celui que vous préférez et

parc national des pics d europe spain info - Sep 06 2023

web parc national des pics d europe accueil nature les montagnes et les forêts de l ours brun partagé entre les provinces des asturies de cantabrie et de león le parc national des pics d europe est le parfait exemple de l écosystème atlantique

parc national des picos de europa turismo asturias - Apr 01 2023

web parc national des picos de europa amieva cangas de onís onís cabrales peñamellera alta et peñamellera baja l est des asturies extension 646 km 2 altitude maximale 2 648 m à torrecerredo massif central les sommets les plus élevés de la cordillère cantabrique se trouvent dans cet endroit où l histoire légendaire des asturies a pris forme

les 10 meilleurs sentiers des picos de europa - Aug 05 2023

web feb 24 2022 3 sentier vers le picu urriellu ou naranjo de bulnes picu urriellu ou naranjo de bulnes asturies photo de heliodoro64 hzm au cœur des picos de europa se trouve le picu urriellu 2 519 m aussi connu sous le nom de naranjo de bulnes le sentier qui monte au nord de ce pic commence au col de pandébano et va jusqu au refuge de

pics d europa site officiel de tourisme junta de castilla y león - Jun 03 2023

web pics d europa le parc national des picos de europa est l un des principaux trésors naturels espagnols se classant quelque part entre trois communautés autonomes castilla y león asturias et cantabria

picos de europa espagne un parc national aux belles randonnées - Nov 27 2022

web jan 10 2019 dans les confins de la péninsule ibérique là où l espagne établit sa barrière naturelle avec la france vous trouverez l un des plus importants parcs d europe le parc national des picos de europa composé d une immense étendue de verdure et d une chaîne de montagnes il se subdivise en trois grands massifs avec des lacs glaciaires

parque regional de picos de europa les meilleures randonnées alltrails - Aug 25 2022

web le parc régional des picos de europa ou également connu sous le nom de parc régional des montagnes de riaño et mampodre est situé au nord ouest de la province de león s'étendant à travers les municipalités de puebla de lillo reyerboñar crémenes prioro boca de huérgano riaño posada de valdeón oseja de sajambre burón acebedo et

picos de europa randonnée espagne altituderando - Apr 20 2022

web mar 10 2023 randonnée espagne topo pico de los cabrones 2558m moyen non renseigné 3 jours et plus les pics d europe ou los picos de europa massif le plus élevé de la cordillère cantabrique torre cerredo 2648m sont situés entre les provinces des asturies león et la cantabrie à une trentaine de kilomètres de la mer auteur maud

attractions dans picos de europa komoot - Jun 22 2022

web découvrez les 20 joyaux cachés à visiter et planifiez votre prochaine aventure dès maintenant dans picos de europa 1 kilómetro 6 de la ruta del cares 2 comienzo de la ruta del cares 3 mirador de el cable 4 mirador de entrelagos

picos de europa national park spain info - Dec 29 2022

web the mountains and forests of the brown bear spread across the provinces of asturias cantabria and león the picos de europa national park is a perfect example of an atlantic ecosystem packed with oak and beech groves the park takes its name from the impressive rock formations here

picos de europa wikipedia - Feb 28 2023

web the picos de europa peaks of europe also the picos are a mountain range extending for about 20 km 12 mi forming part of the cantabrian mountains in northern spain the range is situated in the autonomous communities of asturias cantabria and castile and león the highest peak is torre de cerredo at an elevation of 2650 m 8 690 ft

tour des picos de europa cordillère cantabrique espagne - Sep 25 2022

web situé dans le nord de l espagne les picos de europa est un imposant massif de la cordillère cantabrique le sentier el anillo de picos de europa effectue le tour de ses trois sous massifs occidental ou cornión central ou urrieles et oriental ou Ándara en gagnant un refuge chaque soir

les plus beaux villages des pics d europe asturies com - Mar 20 2022

web may 26 2023 que voir dans les picos de europa les villes les plus charmantes du parc naturel quelques unes des routes et des montagnes les plus spectaculaires d se trouvent ici

que faire à parc national des picos de europa manawa - Jul 24 2022

web the picos de europa national park is a spanish national park of 67 455 hectares located in the cantabrian mountain range in the provinces of asturias leon and cantabria depicting the ecosystems linked to the atlantic forest and includes the largest limestone formation in atlantic europe

sentiers de randonnée pics d europe asturies com - May 02 2023

web sentiers de randonnée picos de europa les meilleurs itinéraires à travers les picos de europa excursions itinéraires et ascensions en montagne dans le parc national des picos de europa aussi des entreprises touristiques actives dans la région qui peuvent vous accompagner

parc national des pics d europe wikipedia - Jul 04 2023

web création urriellu le parc a été créé le 22 juillet 1918 1 À cette époque seul le massif occidental de l actuel parc a fait l objet d une déclaration sous le nom de parc national de la montaña de covadonga d une superficie de 16 925 ha le parc tel qu il se présente actuellement date du 30 mai 1995 le 9 juillet 2003 l unesco a approuvé la demande

5 jours de road trip dans le nord de l espagne picos de europa - Feb 16 2022

web partez à l assaut d une chaîne montagneuse aux panoramas à couper le souffle et à la richesse naturelle incomparable ce road trip de 5 jours en van ou camping car dans les picos de europa vous permettra de parcourir cette région en respectant son écosystème fragile et en vous imprégnant de sa culture authentique

pics d europe wikipedia - Oct 07 2023

web les pics d europe en espagnol picos de europa souvent appelés los picos massif le plus élevé de la cordillère cantabrique sont situés entre les provinces des asturies león et la cantabrie à une trentaine de kilomètres de la

visiter les pics d europe que voir et que faire dans les picos de europa - May 22 2022

web page web officielle du parc national des pics d europe top 10 des lieux à visiter et des choses à faire dans le parc national des pics d europe ou picos de europa en espagnol un veritable coin de paradis entre león les asturies et la cantabrie