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Kyocera cadence user manual verizon

Getty Images The baby's back! Sir Mix-A-Lot may have trapped these lyrics more than 20 years ago, but our fascination with bums still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned tush, behinds have replaced breasts as the Body It part of a decade. But there's no reason to worry if you think you're not up to par: Whether your pain-in-the-butt concerns focus on health issues (sciaticans, anyone?) or more cosmetic problems (hello, cellulite!), we have them covered. What it is pain (often found in the lower back or hip) that travels along the sciatic nerve that runs from the lower back down through each of the legs. Most of the time, sciatica is due to a herniated disc that bulges and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the bandlike piriformis muscle (it extends from the sacrum to the top of the femur) squeezes the sciatic nerve. You will most likely experience the first symptoms between the ages of 30 and 50. Years of sitting can increase the risk of sciatica, says Wellington Hsu, M.D., a professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Sciatica can sometimes occur during pregnancy when your expanding uterus can push against the nerve. What it's like, like anything from dull pain to shooting or burning a knife like an electric shock pain. Rx Primary Care Physician or orthopedic specialist should be able to diagnose sciatica through a physical exam. Usually the condition improves with over-the-counter or prescription anti-inflammatories or muscle relaxants, stretching exercises or physical therapy. Cortisone injection may work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem 2: Sakroiliac joint pain What is the pain around the sakroiliac joint, located in the lower back where your spine and pelvic bones meet. While it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for childbirth, ligaments stretch and tug at the joint, causing pain), many women experience it because of muscle tightness or weakness. Don't ignore pain: It could mean that cartilage between the bone is worn down, which can lead to arthritis. What is it felt like pain in the lower back and hip (often on one side), which worsens with bending or activity; tends to get more serious after you sit for a long time and feel better when you lie down. Rx It can be diagnosed by your primary care physician or orthopedic specialist with a physical exam and X-ray. Treatment is usually conservative: anti-inflammatory and, if necessary, injection of cortisone directly into the joint to relieve pain. The best prevention is a strong core that helps to ward off pressure from the joint by strengthening the surrounding muscles. Talk to your doc about (e.g. boards and and raises) do on your own. What's that hole?! If you notice blood in the skin or toilet paper, or itching and swelling around your edu, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have external hemorrhoids (under the skin around your yr) by examining the area; hemorrhoids inside the rectum can also usually be diagnosed by manual testing, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out something scarier, such as colon cancer. Treatment is usually over-the-counter products with witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm sitting bath. Also key: Slowly take your fiber intake to 25 to 30 grams a day, and drink plenty of water. If that doesn't work, Dr Naymagon adds that your doc can perform an in-office procedure known as rubber band ligation, where he places a band around hemorrhoids to cut off his circulation (band, a 'roid, fall off within a week). What it is is an injury to one of your hamstring muscles that is running down the back of your thighs from your pelvis. While this can happen to anyone who is active, you're more prone than you are older because your muscles tighten as you age, says Jordan Metz, M.D., a sports medicine doctor at the Hospital for Special Surgery in New York City. What it feels like sharp pain in the back of the butt or leg during activity (when a real strain occurs), as well as then, along with swelling and bruising. Rx The first step is RICE: rest, ice (use a cold pack of 20 minutes at a time, several times a day), compression with a bandage around the thigh and height. If you've been hobbling for more than a few days, see your primary care doc or sports medicine specialist. You can have an X-ray or AN MRI to see if it's full tear or tension, and can get crutches or a prescription for physical therapy. Get stronger, healthier, happierSign up to get our top tips, workouts, recipes and more. Kyocera is one of those phone manufacturers that has never been known as a manufacturer of high-end devices, but rather a combination of spec phones for carriers and an interesting range of robust or specialized devices for some people. Along with Sprint and many prepaid carriers, Verizon is building a relationship with Kyocera for various low-end devices to help anchor its product line. Although its Elite name may think it should be a little higher-end, Kyocera Hydro Elite is another low-end device that can be sold quickly and cheaply to just consumers, and will likely be put up for sale for \$0.99 when the holidays come around. For now Hydro Elite is anchoring the lower end of verizon's lineup, and also happens to be one of its few waterproof options. Read along after the break to see the virtues of Kyocera Hydro Elite at Verizon. Due to the brand and \$49.99 on-contract You can of course set the bar a little lower for what you can expect from Hydro Elite. And in the end, you'd be partly right about that. While the device design won't wow anyone or win any design award, it has its own piece of personality and does everything according to the book. What we mean by that is the Hydro Elite just has all the parts that you expect from a modern phone, with a few extra frills. This is a regular black rectangular phone with a power button at the top and volume buttons on the sides, a couple of cameras, a USB port on the side and a textured back plate. Just having a 4.3-inch screen isn't very big, and it will probably be a refreshingly nice size for some first-time smart phone buyers who don't want to jump from the phone feature up to the giant screen. And that's really the case for most of what Hydro Elite has to offer – it's not meant to surprise anyone, it's meant to be a springboard device that's cheap on-contract. Two of the most interesting features of Hydro Elite are the ones you don't see, but a big difference in how you use the device. The first is complete waterproofing, which Kyocera claims will keep the Hydro Elite (the name makes sense now, right?) safe up to 3 feet of water for 30 minutes. Of course, it's a disclaimer that you shouldn't actually try to get your phone wet, but our review unit took a dunk in the public fountain for a few minutes and wasn't any worse when we pulled it out and dried it. The nice part about waterproofing is that it doesn't require flaps or doors on any of the ports - you just have to have a sealed battery door, and that's it. The second invisible but important feature is the bone-keeping speaker, which is used for calls. It's exactly the same technology we used at Kyocera Torque, called the Smart Sonic Receiver, which actually causes small vibrations in your eardrum that are picking up your body like sounds. The effect is terrifying simply because it sounds different than a regular speaker – if you haven't noticed that there is no speaker grille above the screen, you don't have to think about what technology is at play here. Not only does it give one less water access point on your phone, but it also has a bonus that gives you very clear sound quality no matter how noisy your environment is. In fact, we wish more phone manufacturers used this technology. As for the feeling while the device is in your hand and you are using it, the Hydro Elite is actually quite nice. It's not particularly curvy or slender (at just over 10mm thick), but it doesn't have to be when it's so small. People with hands of any size will have no problem using Hydro Elite in one hand, handling the entire screen and using each function without moving. A hard plastic texturized back will be a hit-or-miss depending on how you like that sort of thing, but it certainly does its job by adding a lot of grip to your phone. Although, how the device feels in the hand, important, probably more importantly, what the screen looks like when you hold it. In the case of the Hydro Elite you will have a screen with the quality of mounting its price tag - usable but hardly top-of-the-line. The 4.3-inch screen measuring 720x1280 provides plenty of pixel density, but the colors just don't quite pop the way you want it to. When you view the screen off the axis, things don't hold tight and the image quickly is secured. Again, for first-time smart phone buyers this screen is much more than you'll expect, and that's certainly good enough for that price. To get behind the screen and interact with the software, you'll find build android 4.1 Jelly Bean on-board along with Kyocera's improvements to the interface and Verizon's suing in the app drawer – none of which can be uninstalled or even disabled. Software customizations are relatively unpensive, simple and slightly friendlier than stock androids - perfect for the target audience of this phone - but can feel a little tacked-on at times. System icons for clock, camera, file manager and settings just don't really fit into the otherwise Stock build Android, and we really think that if Kyocera would've just let things go the way they come from Google Hydro Elite software it would feel a little more cohesive. Software performance really leaves a lot to be desired, and is something Kyocera would've spent more time on. Simple moves like swiping through the launcher and app drawers have a noticeable stutter, which is worrying ness ingesting that there is more than enough hardware under the hood to make things go smoother. The general use of the app seems perfectly fine, but once you step into even a slightly intense stuttering game set back in again. It really feels like a hit-or-miss affair when using Hydro Elite – you didn't know when you'd get acceptable performance and when you'd let it down. Specifications: 4.3-inch 720x1280 Display Dual-core 1.5GHz (MSM8960) processor 1.5GB ram 16GB storage, Expandable SDcard 2100mAh removable battery 8MP rear / 1.3MP front camera Bluetooth 4.0, NFC, Wifi a / b / g / n MHL and DLNA support With a basic set of specifications inside and only 4.3-inch display, Hydro Elite sip on its 2100mAh battery. With our usual use especially staying on Wifi and keeping up with social media and messaging, the battery easily lasted all day. The Hydro Elite has an 8MP rear-facing camera that is also capable of recording 1080p video. The camera interface is pretty basic, and has a simple set of controls to switch between camera modes and tweak simple settings such as contrast, exposure and different scene modes. The quality of the camera is a bit of a mixed bag, but Hydro Elite is able to take some decent shots assuming you have a good eye and keep the camera locked in HDR mode. You won't be able to take sharp close up macro shots or expect lots of detail in dark scenes, but the 8MP camera offers a lot of quality this level of the phone. After spending some time with Kyocera Hydro Elite, we came away with such a lacklustre feeling about the device. Now it's not exactly surprising to us - the phone never had to blow anyone away in the first place. But even for what the device is, it comes up short in terms of being able to offer a solid user experience for everyone but the most basic user out there. There are some great features like complete waterproofing and bone-keeping speaker on-board, but the software simply leaves bad taste in your mouth (for lack of better phrases) and the hardware is uninspiring. While Verizon needs devices like this to fill its smartphone ranks for all price points, there are still better choices for Big Red for about the same price on-contract. In a world where you can buy Droid DNA for the same \$49.99, Galaxy S3 for \$99.99, or even a brand new Droid Mini for \$99.99, it's hard to see how hydro elite could be an overall better choice than these other landline phones on the carrier. Carrier.

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