

The Health Risks of Deep Vein Thrombosis and Travel

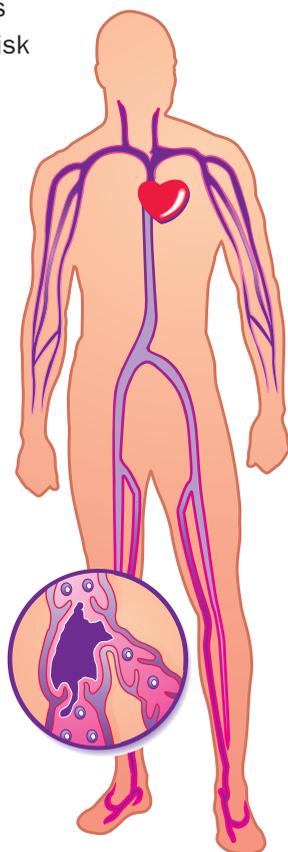
As family and business travel increases each year, Americans can expect to hear and see more news about “economy class syndrome.” This term is used to describe the leg health symptoms experienced by plane, train, bus and automobile passengers on long trips and is associated with the serious leg health condition called deep vein thrombosis (DVT).

While there is a heightened concern about this condition among travelers, many people are not aware that there are easy, effective and economical solutions that can reduce the symptoms of “economy class syndrome” and reduce the risk of DVT.

Economy Class Syndrome

During periods of extended inactivity in cramped conditions, such as a long plane flight or even a long car ride, normal blood circulation can be restricted, which can cause leg fatigue and discomfort and may contribute to the serious problem of DVT. Activity of the calf muscles is needed to contract veins and

When blood cannot flow back to the heart, a clot to form in the deep veins.



propel blood from the legs back to the heart. Without this activity, blood can pool in the veins of the leg and form a deep vein thrombosis – a blood clot in a deep vein.

The problem may not be evident until a traveler arrives and begins normal activity. That’s when the clot can dislodge and migrate to the lungs where it can cause a pulmonary embolism, a dangerous and often deadly condition.

Deep vein thrombosis can strike men and women who are in otherwise good health with little warning. However, obesity, pregnancy, chronic heart disease, use of hormone medications, varicose veins and recent trauma or surgery may increase a person’s risk of DVT.

The Simple Solution: mediven Compression Socks & Stockings

To prevent swelling, aching and fatigued legs and to lower the risk of DVT, physicians strongly recommend mediven by medi, the only clinically-proven graduated compression stocking.

mediven compression socks & stockings provide the necessary graduated compression to maintain good circulation – even under less-than-ideal travel conditions. Made from cool, comfortable materials, woven using the most current manufacturing techniques, mediven will improve the way you feel during and after your next trip.

medi. I feel better.

Prevention Tips

The key to preventing deep vein thrombosis is knowing the risks and taking steps to minimize the danger. Here are a few important practices you can follow to help prevent a potentially dangerous blood clot and increase your comfort.

Bend Your Feet While Seated

Increase blood flow through your legs by bending your feet up and down when you’re seated, or by getting up and moving around every hour or so.

Avoid Dehydration

Drink plenty of water and avoid excessive amounts of alcohol during airline flights.

Avoid Crossing Your Legs

Keep your legs uncrossed while you sit. This allows blood to flow to and from your legs.

Wear Graduated Compression

Wear graduated compression stockings when you travel. Medical grade compression stockings can help prevent veins from stretching when your legs are bent for long periods of time. medi offers medically proven socks & stockings that have been shown to be effective in reducing the number of vein clots in airline passengers.

By following these simple guidelines, you’ll not only minimize the risks of a debilitating condition while traveling, you’ll be much more comfortable too!





Get Serious About Leg Health

I feel better.

Leg health problems, including vein dysfunction, affect approximately 80 million Americans. Venous disease, as it is most accurately called, is often treated as an unfortunate by-product of growing old. The truth is venous disease is a very serious problem made worse by today's lifestyles. Our goal is to shed light on this important topic.

In recent years, the everyday experience of traveling long distances for work or pleasure and its effect on leg health has become the focus of concern for many people. Despite speedier methods of transportation, cramped seating and long periods of inactivity have begun to take their toll on the leg health of many of us. Fortunately, taking a few simple precautions can help minimize your risk.

As an informed traveler, you can use this information to make any upcoming trips safer and more comfortable.



About medi

medi has been a leader in the phlebology, lymphology, prosthetic, and orthopedic products industry throughout its 80-year history. Dedicated to superior product development, conscientious quality control and total customer satisfaction, medi has forged an unmatched reputation for innovative products, uncompromising quality and dedicated customer support.

Contact your local leg health specialist for more information:



For additional information on other medi products or leg health issues, or to subscribe to our FREE Leg Health Newsletter go to www.mediusa.com.



Straight Talk
Travel & Your Leg Health

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