



RISK OF BLOOD CLOTS DEPENDS ON LENGTH OF TRAVEL

Not Mode

More than **300 MILLION PEOPLE**
TRAVEL ON LONG-DISTANCE
FLIGHTS EACH YEAR

placing them at risk for developing blood clots.

BLOOD CLOTS, ALSO KNOWN AS DEEP VEIN
THROMBOSIS (DVT), is a real and dangerous risk for travelers trapped
in an airplane with limited space to move. **However, the risk for blood clots
shouldn't just be limited to air travel.**

DVT can happen when
someone is traveling

MORE THAN 4 HOURS IN AN:



PLANE



CAR



TRAIN



BUS

Passport to Safety

SIMPLE STEPS TO HELP A PERSON
REDUCE THEIR RISK WHILE TRAVELING:

KNOW THE RIGHT MOVES

Keep the legs moving. Make an effort to stand up and walk
around. Consider setting an alarm to alert you to do it every 30 minutes.

CONSIDER COMPRESSION

Wearing compression socks can play a big role in keeping the blood
flowing throughout the legs and will cut down on swelling that many
travelers experience.



CONSUME WATER

Say no to coffee and alcohol, which can play a big role in dehydration. Instead,
choose to drink plenty of water throughout your travel.



HIT THE BRAKES

Those who are traveling long-distance in a car should make regular stops to
get out and stretch their legs.



BE WATCHFUL

Avoid taking sleeping pills that will allow you to sleep for hours at a time.
Long naps may make long travel go faster, but it cuts down on the time your
body is up and moving.



For more information on blood clots, visit www.premierphysiciannet.com/familyhealth

SOURCE: Sandeep Gupta, MD, FACC, Middletown Cardiology Associates;
Centers for Disease Control and Prevention (CDC); National Blood Clot Alliance (NBCA)