

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.



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

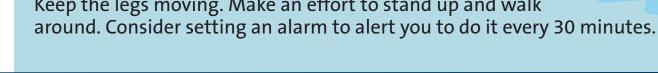
Passport to Safety

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

KNOW THE RIGHT MOVES

CONSIDER COMPRESSION

Keep the legs moving. Make an effort to stand up and walk



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)

