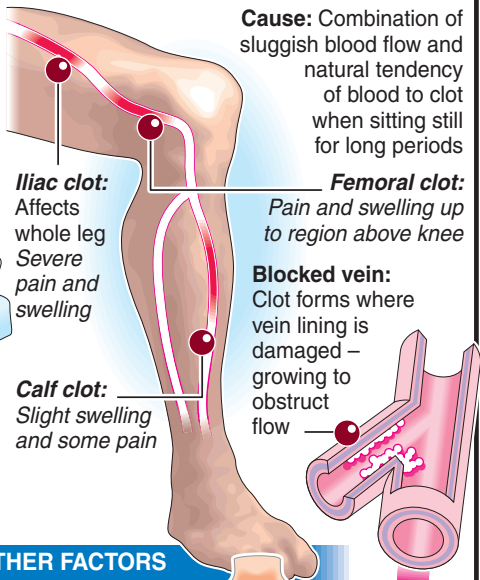
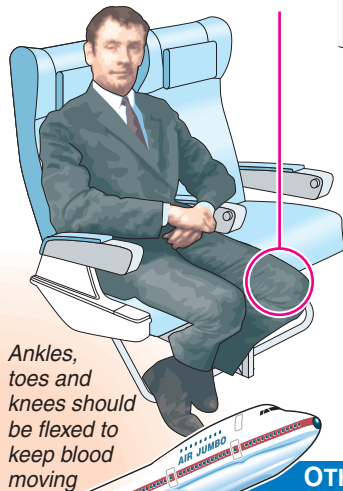


Long-haul flights triples risk of DVT

Dutch researchers have revealed that taking long-haul flights nearly triples the risk of developing deep vein thrombosis. On average an air passenger who takes a flight lasting longer than four hours has a one in 4,656 chance of developing a blood clot while sitting in a cramped airline seat

Deep vein thrombosis:

Formation of blood clot within deep-lying veins, usually in legs



OTHER FACTORS

Low cabin pressure and dehydration can increase danger of DVT

Dehydration

Worsened by alcoholic drinks and dry cabin air

Cabin pressure

Oxygen level of blood lowered by reduced lung capacity

