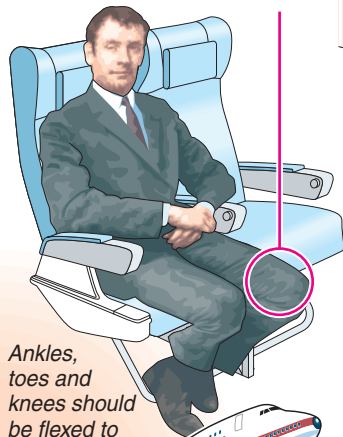


Long-haul flights triples risk of DVT

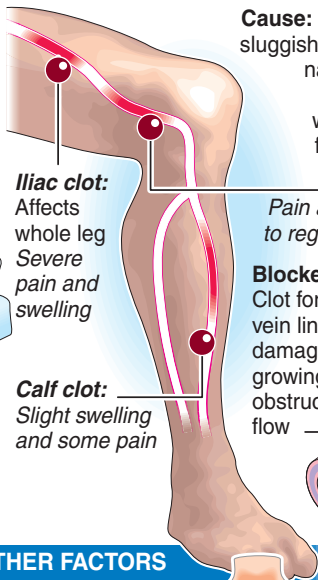
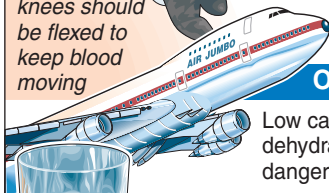
Dutch researchers have revealed that taking long-haul flights nearly triples the risk of developing deep vein thrombosis. On average an air passenger who takes a flight lasting longer than four hours has a one in 4,656 chance of developing a blood clot while sitting in a cramped airline seat

Deep vein thrombosis:

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



Ankles, toes and knees should be flexed to keep blood moving



Iliac clot:

Affects whole leg
Severe pain and swelling

Calf clot:

Slight swelling and some pain

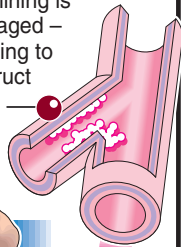
Cause: Combination of sluggish blood flow and natural tendency of blood to clot when sitting still for long periods

Femoral clot:

Pain and swelling up to region above knee

Blocked vein:

Clot forms where vein lining is damaged – growing to obstruct flow



OTHER FACTORS

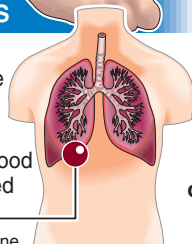
Low cabin pressure and dehydration can increase danger of DVT

Dehydration

Worsened by alcoholic drinks and dry cabin air

Cabin pressure

Oxygen level of blood lowered by reduced lung capacity



Piece of clot may detach and cause fatal obstruction in lungs