

Community Health Update

Sponsored by

The Vein Institute of New Jersey

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Spring or Summer Travel Plans? - Help Prevent DVT

DVT is a serious condition where blood clots develop in the deep veins of the legs. It should be distinguished from blood clots in superficial varicose veins in the legs, called superficial phlebitis, which is much less serious.

One in every hundred people who develop DVT will die from complications of DVT. The cause of death is usually a blood clot, traveling from the legs to the lungs. This is called pulmonary embolus or PE.

Who is most at risk?

People on flights lasting more than 5 hours. People with heart or circulatory conditions. Pregnant women. Women taking HRT or anything containing Oestrogen compounds. Anyone with a family history of DVT. Individuals with recent surgery, (especially of the hips or knees).

Avoiding DVT - Diet, Exercise, Compression

Alcohol, caffeine, and eating foods rich in saturated fat can increase the risk of DVT. Drinking plenty of fluids to prevent dehydration is key. Dehydration causes blood vessels to narrow and blood to thicken, increasing the risk of a new clot. Eating water rich food, such as fruit decrease the risk of DVT for travelers.

Traveling by Air?

Pressure changes when flying increases the movement of fluid in the blood into the surrounding tissue and activates the clotting mechanism.

We suggest sitting in an aisle seat, and encourage movement during your journey. Movements of the lower extremities that stretch the calves is strongly recommended (5-10 minutes, at least once every hour).

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Wearing, compression hosiery, "properly fitted" may also reduce risk.

In summary, enjoy travel, and take some basic precaution to avoid DVT.

THE VEIN INSTITUTE OF NEW JERSEY

For more than 12 years, The Vein Institute of New Jersey, has been the leader in the treatment of venous and arterial disease. We maintain a fully accredited Vascular Lab (ICAVL) performing comprehensive testing for vascular disease with noninvasive testing modalities. We are proud of the continued commitment to the highest standard of patient care, while maintaining the latest technologies in the healthcare industry.

For more information, please call 973-539-6900!

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