

## Health Information

Travel related deep vein thrombosis is a clotting of the blood in any of the deep veins - usually in the calf.

There is a potential of certain people in the higher risk groups to develop problems if they are immobile for extended periods of time.

Whilst the problem is often associated with air travel, the risk is also reported amongst those travelling by car, train or coach. Evidence suggests that the following factors may increase the risk of travel related DVT:-

- immobility for extended periods of time
- an existing history of DVT
- malignancy
- age
- recent surgery
- existing clotting abnormality
- chronic illness
- varicose veins
- history of cardiac problems
- dehydration
- pregnancy or two months post partum



### Exercise

We strongly advise that all customers take advantage of any breaks to get off the coach and walk around.

Any form of simple exercise will make your journey more comfortable. You can exercise whilst seated.... taking care not to inconvenience other passengers:-

- bend and straighten your leg, feet and toes every half hour or so
- press the balls of your feet down hard against the floor
- perform regular upper body movements and breathing exercises
- avoid sitting with your legs crossed for more than a few minutes
- do not wear anything that impedes circulation (such as a knee brace)
- avoid becoming dehydrated by drinking sufficient quantities of water

Remember, regular exercise, especially on longer journeys, is good for your health.

**Note:** This information is provided as guidance only, to complement and not to replace the relationship that exists with your GP or travel health professional. Please discuss your travel health requirements with your regular GP or practice nurse.

