

**Mayo Clinic Medical Edge**

***DVT and Air Travel***

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	GETTING STUCK WITH THE WINDOW SEAT ON A PACKED PLANE CAN BE INCONVENIENT. NOBODY LIKES TO MAKE OTHER PASSENGERS KEEP GETTING UP, BUT...
<b>Jan Stepanek, M.D.</b> <b>Track 1 (8:15)</b>	"IMMOBILITY CARRIES THE RISK OF BLOOD CLOTS BECAUSE OUR BODY IS DESIGNED TO MOVE BLOOD FROM THE LOWER EXTREMITIES BY VIRTUE OF CONTRACTION OF THE MUSCLES. IF YOU'RE SITTING IN A CRAMPED SPACE, YOUR NORMAL CONTRACTION OF THE MUSCLES

	DOESN'T TYPICALLY HAPPEN.”
	TO HELP AVOID CLOTS IN THE LEGS – ALSO KNOWN AS DEEP VEIN THROMBOSIS OR D-V-T – MAYO CLINIC DR. JAN STEPANEK RECOMMENDS GETTING UP AND WALKING THE AISLE EVERY HOUR OR SO. DON'T CROSS YOUR LEGS FOR PROLONGED PERIODS AND...
<b>Dr. Stepanek Track 1 (8:45)</b>	“TRY TO FLEX YOUR FEET. BASICALLY, MOVE YOUR TOES BACKWARD AND DOWNWARD ON OCCASION TO ACTIVATE THOSE MUSCLES.”
	OF COURSE, THE LONGER YOU ARE IMMOBILE AND SEATED IN A PLANE, CAR OR ELSEWHERE, THE HIGHER YOUR RISK.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
