

Deep Vein Thrombosis (DVT) is a blood clot that occurs in the leg, thigh, pelvis, or sometimes the arm. A Pulmonary Embolism (PE) is a potentially deadly condition that happens when a DVT clot, or part of it, breaks off and travels through the bloodstream to the lungs, reducing or cutting off blood supply.

DVT risk increases when on flights over four hours, due to:

- Obesity
- Long Periods of Immobility
- Medication
- Dehydration
- Age and Family Medical History

Symptoms include:

- Pain, swelling, tenderness, redness of the skin in the leg, thigh, or pelvis
- Difficulty breathing
- Chest pain or discomfort
- Fast or irregular heartbeat
- Coughing up blood
- Low blood pressure, light-headedness, fainting

What can you do?

- Move and stretch during the flight
- Stay hydrated; avoid alcohol and caffeine
- Don't store items under the seat in front of you – use that space to stretch out
- Monitor for signs of a DVT for two weeks following a long flight
- Talk to a doctor if you've had DVTs in the past or are risk of recurrent blood clots

