



Digital Edition:
Check out
the interactive
May issue

OC METRO

20 YEARS Business. People. Life.

[Feedback](#) [Advertise](#) [Archives](#) [Top Stories](#) [OC METRO MINUTE](#) [Videos](#) [Nominate](#) [Events](#) [E-Newsletter](#) [twitter](#) [facebook](#)

[Search](#)

Resources: [Business Resources](#) [Education](#) [Events/Catering](#) [Dining](#) [Health](#) [Nonprofits](#) [Women](#) [Neighborhoods](#) [Commercial Property](#)

OC METRO MINUTE
Top Stories
Movers & Shakers
The Blogs
Business Network
CEO Centerfold
OC Financial Reports

**Sign Up for the
OCMETRO.COM
e-newsletter**

Business. People. Life.
Connected.

THE VILLAGE OF
WOODBURY EAST

new neighborhoods
from the low \$300,000s
register now!

OC METRO CALENDAR

May 2010						
Su	Mo	Tu	We	Th	Fr	Sa
			28	29		
	17	18			21	
	24	25		27	28	29

[Add an event](#)

Health

Planes, trains & automobiles

Traveler's warning: Deep vein thrombosis.

BY KATHRYN ATKINS

Published: June 21, 2007

As vacation season mixes with normal business travel, we need to be aware of a quiet health threat. It is "quiet" because about 50% of the people that have it don't even feel it.

What is it, and who is at risk?

If your vacation or work plans include a long (over four-hour) airplane, bus, car or train trip, you could be at risk for deep vein thrombosis, also known as DVT. Complications from it can be fatal.

Contributing factors include being more than 60 years old, overweight, pregnant, on hormone replacement or on birth control pills. If you smoke, have varicose veins, recently had surgery, have cancer, have recently given birth, or have a relative that has clotting disorders, the odds increase.

Drilling down the syndrome

DVT is a form of thrombophlebitis. "Thrombo" means "clot" and "phlebitis" is the inflammation of a vein. This is what occurs when a blood clot causes inflammation in one or more of your veins. The Mayo Clinic reports that a superficial thrombosis, near the surface of the skin, is usually visible and more painful; serious complications from it are rare. DVT is more dangerous because it cannot be seen and is sometimes not felt. The clot can travel (a dislodged clot is called an embolism) from the leg to the lung, causing a pulmonary embolism. This can result in death if it blocks the pulmonary artery (that which takes blood from the heart to the lungs). With certain heart defects, a traveling clot can cause a heart attack or stroke.

Statistics

- The American Heart Association estimates that one out of every 1,000 Americans develops DVT each year.
- The FDA reports that some 600,000 people in the U.S. have a pulmonary embolism each year and more than 10% die from it.
- Pulmonary embolism occurs equally in men and women.
- The risk of pulmonary embolism doubles for each decade of age after 60.

Symptoms of DVT

The National Heart Lung and Blood Institute says DVT symptoms can include swelling in the leg, localized pain or tenderness, warmth, and/or red or discolored skin. People who feel nothing at onset may realize they have a problem after they've arrived at their destination, sometimes weeks later.

Signs of a pulmonary embolism may include chest pain when breathing deeply or shortness of breath.

How do you get DVT?

You're on a long trip, sandwiched on public transportation and hesitant to climb over your seatmate. Or you may be on a road trip and don't want to lose time. Either way, you haven't moved for hours.

[Print This Article](#)

[Email This Article](#)

[ShareThis](#)



As an adult, your risk for DVT is heightened by immobility. A recent victim was 39-year-old NBC reporter David Bloom who died after spending hours confined in a military vehicle while covering the Iraq War. Cause of death: pulmonary embolism.

Travel fear?

Dr. Stanley Mohler, a professor emeritus of aerospace medicine, says, "People should not be afraid to travel." Also, children are rarely at risk because they are more active in their seats than adults.

Being aware of DVT and knowing how to reduce your risk while traveling is your best defense. Many airlines are now providing information about this condition in their on-board magazines and on their websites. OCM

Kathryn Atkins is a Los Alamitos-based writer.

Copyright 2010 Churm Media (949) 757-1404. All Rights Reserved.

ADVERTISING: [Advertise](#) | [Press Releases](#) | [Sponsorships & Partners](#)

BRANDS: [OC Menus](#) | [OC Family](#) | [Inland Empire Family](#) | [Southland Golf](#) | [Churm Media](#) | [Ripe Orange](#)

CONTACT & SERVICES: [Contact Us](#) | [Feedback](#) | [Subscribe](#) | [Where to Find OC METRO magazine](#) | [Custom Media](#) | [Privacy Policy](#) | [Terms of Use](#)