



Distributed by:

 **logical**distribution

Ph: 03 9729 9066 [info@logicaldistribution.com.au](mailto:info@logicaldistribution.com.au)



## DEEP VEIN THROMBOSIS

This term describes a condition in which blood clots form in the deep veins of the legs. These blood clots can result in a wide variety of health problems. Some people may never know they have a clot while others may develop swollen, painful legs, varicose veins, or leg ulcers. In some cases a portion of the clot may dislodge and be carried in the blood to the heart and lungs causing shortness of breath, chest pain and even sudden death.

There is evidence that prolonged immobility is a key factor in development of these clots. They can occur during all forms of long distance travel e.g. long journeys by car, train or bus but medical research has revealed that up to 10% of passengers on long haul airline flights will have developed a DVT by their journey's end.

There are some people who are more susceptible to DVT development but combining the prolonged immobility of international air travel with the unique environment of the aircraft cabin may increase susceptibility in even normally healthy people.

**It is very important that the correct size of JetSox is worn to provide the correct pressure and to ensure their effectiveness.**

**Using a measuring tape, measure around both legs just above the ankle bone on the inside of your leg and refer that measurement to the information below to find your correct size eg, Small, Medium, Large or Extra-large. If one leg is larger than the other use the largest size and if the measurement is on the border between two sizes then choose the larger size JetSox.**

### **Small JetSox**

Measurement **19cm - 21.4cm**

### **Medium JetSox**

Measurement **21.5cm - 24cm**

### **Large JetSox**

Measurement **24.1 cm - 26.5cm**

### **Extra Large JetSox**

Measurement **26.6cm - 32cm**

***To be fully effective JetSox need to be worn for the whole duration of your flight.***



There are also some passengers who should discuss the use of compression socks with their medical practitioner before purchase. These include people who suffer from:

- Severe arterial or venous disease of their lower legs
- Nerve damage of the lower leg or foot e.g. complicated diabetes
- Open ulcers/wounds of the lower leg
- Passengers suffering from severe swelling of their legs due to any cause

THERE ARE NO 100% GUARANTEED WAYS to PROTECT AGAINST DVT FORMATION but your chances of developing one CAN BE REDUCED by:

- Regular leg and foot exercises
- Move around the cabin whenever it is safe to do so
- Avoid crossing your legs while seated
- Maintain adequate non alcoholic fluid intake
- Wearing of graduated compression socks such as JetSox

4/21 Power Road, Bayswater Vic 3153 - PO Box 1044, Bayswater Vic 3153

Ph: 03 9729 9066 Fax: 03 9779 5248 ABN: 93268095155

Website: [www.globaltravelproducts.com.au](http://www.globaltravelproducts.com.au)