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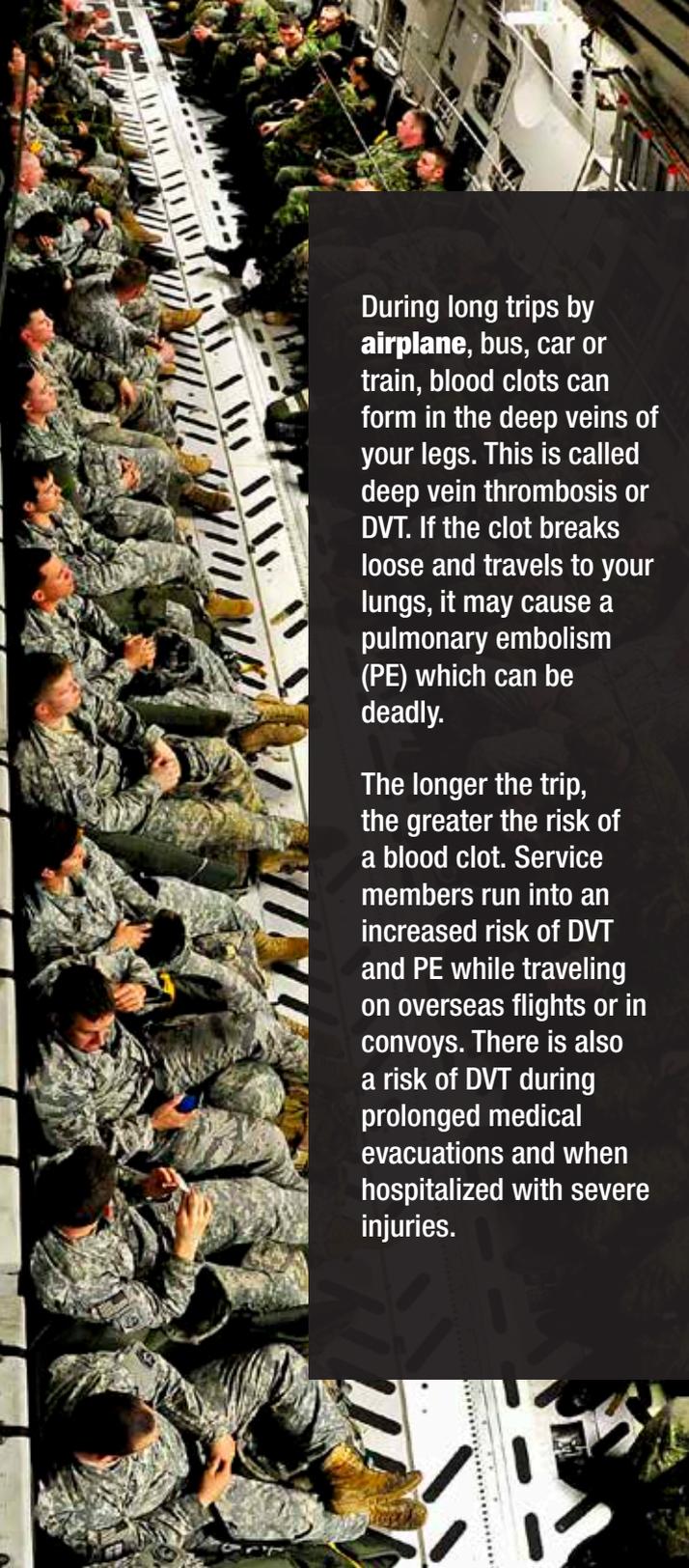
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Know the
risks and
symptoms
of blood
clots and
how to
prevent
them

Blood Clots

Reducing Your Risk





During long trips by **airplane**, bus, car or train, blood clots can form in the deep veins of your legs. This is called deep vein thrombosis or DVT. If the clot breaks loose and travels to your lungs, it may cause a pulmonary embolism (PE) which can be deadly.

The longer the trip, the greater the risk of a blood clot. Service members run into an increased risk of DVT and PE while traveling on overseas flights or in convoys. There is also a risk of DVT during prolonged medical evacuations and when hospitalized with severe injuries.

Your risk of developing a blood clot is increased by:

- ▶ A personal or family history of blood clots
- ▶ Recent surgery or trauma
- ▶ Active cancer
- ▶ Pregnancy
- ▶ Use of estrogen, birth control pills, patch, or ring
- ▶ 65 years or older
- ▶ Limited mobility
- ▶ Obesity

Contact your health care provider for further advice if you have one of these issues.

Prevent Blood Clots

- ▶ Wear loose clothing
- ▶ Move your legs and feet.
- ▶ Get out of your seat and walk every hour
- ▶ Avoid crossing your legs and bending your knees

Try these in-seat exercises. Do them every 10 minutes and repeat 10 times:

- ▶ Lift your toes
- ▶ Lift your heels
- ▶ Make toe circles
- ▶ Slide your feet forward and back

WATCH FOR THESE SYMPTOMS during your trip and for a few days afterward.

Blood clots in the legs:

- ▶ Swelling or soreness
- ▶ Redness or discoloration
- ▶ Increased warmth of the skin

Blood clots in the lungs:

- ▶ Chest pain especially with deep breaths
- ▶ Shortness of breath
- ▶ Fast heartbeat
- ▶ Fainting
- ▶ Coughing especially with blood

If you have any symptoms of blood clots in your legs or lungs, notify the flight staff or a health care provider as soon as possible. Do not wait!