

# Economy Class Syndrome, how to prevent it?

The economy class syndrome or travelers' thrombosis is the onset of symptoms arising from suffering a venous thrombosis, usually in the legs. Although the syndrome can occur in trains, buses or cars, is usually more common in aircraft due to the relative decrease in barometric pressure and low humidity inside the device.

The most dangerous are those in which the thrombus goes from the legs to the heart or lungs. If small, are dissolved and the patient can overcome them without realizing it. If they are large, present with swelling and calf pain and leg is hot and blue.



The World Health Organization (WHO) launched in 2008 a major research study (WRIGHT) to establish whether there is an increased risk of venous thromboembolism (DVT) in air travel, determine the magnitude of risk and involvement of other factors and the study of preventive measures.

In phase I of the epidemiological study found that the risk of venous thromboembolism is about twice after a flight of mean duration of over 4 hours and also in other forms of travel with prolonged immobility. In the study, 3% of people who had made air travel more than four hours had blood clots in the legs. The risk increases with duration of travel and with multiple flights within a short period of time.

The risk of developing DVT when traveling is increased when other risk factors involved added. These factors include previous DVT or pulmonary embolism, history of DVT or pulmonary embolism in a close family member, use of estrogen therapy or hormone replacement therapy (HRT), recent surgery or trauma, especially the abdomen, pelvic region or legs, cancer, obesity or certain genetic disorders of blood clotting.

To prevent DVT are advised to stop every two hours for a while, if traveling by road, do leg exercises, if you go by plane, or do deep breathing, which accelerate the circulation. It is also helpful to drink water regularly and avoid sleeping during these long trips, because you can take an uncomfortable position, which helps the appearance of the syndrome. It is therefore not advisable to take sedatives or alcohol. It would be bad too tight clothing or shoes. The expert advising shoes off, if it is uncomfortable shoes.

On the possibility of taking medicine to prevent, to the population at risk, it is appropriate to use compression stockings and heparin medication before and after the trip.

Source: WHO, Medical tv