

HEALTH ALERT!

DVT: What You Should Know

(NAPSA)—No matter where you like to vacation or what activities you enjoy, the fact remains you have to get there and back. For many, this could mean long hours in a cramped plane, car or train. With this comes the risk of blood clots.

DVT, or deep vein thrombosis, is a blood clot that can develop when sitting for an extended period of time. The condition is serious, potentially fatal and very difficult to diagnose by external examination. Symptoms, if they occur, might include muscle tension in the lower leg, a dull ache or sudden painful tear, or a cramp in the calf with swelling and elevated body temperature. "Research shows that even those in better than average health are at risk," said Paul Amatangelo, compression hosiery specialist, AmesWalker.com.

DVT can strike any long-distance traveler regardless of physical condition, age or gender.



To help decrease your risk, Paul suggests wearing high-quality Microfiber Firm Support Travel Socks. Graduated compression legwear, like these travel socks, applies decreasing pressure from the ankle to the knee, forcing blood to the leg's deep veins, reducing pooling of blood and maintaining proper flow rate of blood to the heart and lungs.

For many long-distance travelers, compression legwear can be a healthy step in the right direction. For more information, visit www.AmesWalker.com.