

DUTCH THROMBOSE FOUNDATION WANT ATTENTION FOR DANGER OF LONG-TERM SITES IN THE AIRPLANE (translated)

Seated on the plane for more than four hours increases the risk of thrombosis. Airlines should therefore actively pay attention to the dangers, according to the Thrombosis Foundation. Our organization is launching a petition to encourage airlines to pay high attention on it.

Anyone who has been sitting still in an airplane for more than four hours is at an increased risk of a thrombosis leg or pulmonary embolism, the foundation says. Little legroom or not with the feet near the ground can cause blood vessels to pinch in the leg. Combined with drinking too little water and the lower air pressure on board, that risk increases. Even more danger threatens people who belong to a risk group, for example due to an older age, pregnancy, obesity, pill use, a recent operation or previous experience with thrombosis. The Thrombosis Foundation indicates that the risk is not only valid during or shortly after the trip, but is still current even eight weeks later.

Of the people who make a flight longer than four hours, about 1 in 4,500 get thrombosis, according to data from the foundation. "If you realize that in May alone there were more than 7,500 intercontinental flights to and from Schiphol, with a total of more than 1,650,000 passengers on board, the number of people who experience a thrombosis as a result is significant.

Although thrombosis cannot always be prevented, there are ways to reduce the chance of it. That is why the foundation emphasizes information about the risks, and what travelers can do about it themselves. "Wear simple exercises, plenty of clothes and drink enough water. " Nevertheless, that information in aviation is virtually not forthcoming. With the petition, the Thrombosis Foundation calls on airlines to take their responsibility and actively inform passengers, both when booking and during the flight.

+++++

Translated from [www://luchtvaartnieuws.nl](http://www.luchtvaartnieuws.nl)

+++++

The numbers mentioned based on a medical scientific abstract covering more than 8.000 people, publication shows that for this month of may, only among passengers flying more than four hours in and out of Schipol Amsterdam airport should count for 366 Thrombose cases within the eight weeks following their flight. LSEAT offering a 40° inclination and legs motion is a protection for those Economy passengers.

Full medical research publication is joined.

LSEAT offering more free leg motion and better leg blood circulation is definitely a positive contributor to reduce drastically passenger Thrombose risk.