

# Travel in comfort & in good health

If you are a frequent flyer, you've probably heard about DVT, short for Deep Vein Thrombosis. DTV is a blood clot in the "deep" larger veins, usually occurring in the legs. If the blood clot dislodges from the vein wall and moves through the venous system, it could eventually block a vein in the heart, brain or lungs. This could pose a danger to your health. Help reduce your risk of DVT by following a few simple precautions - one of which is to wear compression garments.

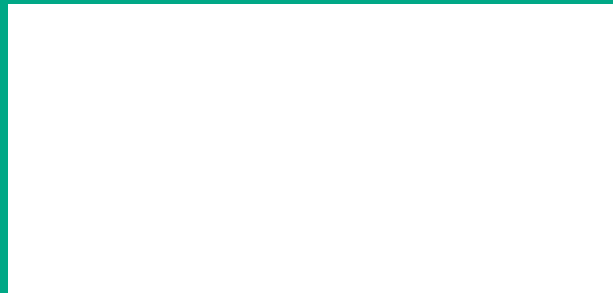
Juzo compression stockings and socks provide external support to the vein walls,

which creates good blood flow and helps minimize and control leg and ankle swelling.

In addition to the many health benefits, our exclusive FiberSoft™ technology adds softness and comfort, making your legs feel energized and protected.



## Freedom in Motion.



For more information on Juzo compression garments or to find a Juzo retailer near you, visit:

Juzo USA  
juzousa.com  
1-888-255-1300

Juzo Canada Ltd.  
juzo.ca  
1-888-255-1300



## Fly Often?

Compression Therapy helps minimize and control swelling in legs and ankles.





## Avoid DVT

### Even When You're Grounded

Flyers aren't the only ones at risk. If you sit or stand for long periods of time, you are less likely to engage your leg muscles. Lack of activity slows blood circulation, which could lead to the formation of blood clots.

Other risk factors include:

- Diagnosed vein disease
- Blood clotting disorders
- Recent surgery
- High cholesterol
- High blood pressure
- Smoking
- Excess weight

## Keep Your Legs Active And Well

*In addition to wearing compression stockings or socks, here are several other ways you can avoid DVT and other venous disorders.*

### DO:

- Point and flex your foot 10-12 times, repeating often
- Swim, walk or ride a bike
- Maintain a healthy weight
- Wear comfortable clothing and shoes

### DON'T:

- Cross your legs while sitting (puts extra pressure on veins around the knee)
- Sit or stand for long period of time (causes your veins to work harder)
- Smoke or consume excessive amounts of sodium and alcohol restricts blood flow)
- Wear tight-fitting clothes or high-heeled shoes (contributes to poor circulation)

### Watch for warning signs

If you notice one or more of the following symptoms, it's highly recommended that you consult a vascular specialist.

- Intense pain or cramping in the calves
- Tenderness in the leg
- Swelling
- Warmth
- Changes in skin color