

DVT and Travelling



Is it time to relax and enjoy your holidays? **DVT** (deep vein thrombosis) is often associated with lengthy travel so here is some information about DVT and how to prevent it.

DVT is best described as blood clots in the deep veins of the leg formed when blood is not free flowing. This can happen when a person is immobile for long periods of time; for example on a long flight. DVT results in a swollen, painful leg. Even worse is the serious and at times lethal complication of pulmonary embolism; the clot dislodges from the leg and obstructs blood vessels to the heart or lungs.

Below are a few tips to **reduce your risk of DVT** when travelling:

- **Keep mobile.** Walk around the cabin at regular intervals during your flight.
- **Drink plenty of water** during your flight. Maintain fluid levels to enhance circulation.
- Whilst seated, **exercise your leg muscles** by flexing & rotating your feet (as shown on the plane video).
- **Avoid excess caffeine and alcohol** as they can make you dehydrated.
- Wearing elasticised support stockings may be useful for some people.
- If you suspect you have a DVT, contact a doctor.

Chilblains

Winter is here - the season for warm socks &, for many people, chilblains.

Chilblains are usually an abnormal circulation reaction to cold. The most common cause is re-warming cold feet too quickly, causing rapid dilation of minor blood vessels. Chilblains usually appear on feet and hands as itchy, burning patches of discoloured skin and subside in two or three weeks. Sometimes a more severe reaction breaks the skin and may form an ulcer. Chilblains can occur at any age.



Prevention of chilblains:

- **Avoid sudden temperature changes** eg. Use warm (not hot) water; don't 'toast' feet in front of a heater or water bottle, warm them gradually.
- **Exercise regularly** to prevent cold feet and as the first method of warming cold feet.
- **Wear warm socks** in bed or warm hosiery & shoes around the house.
- **Avoid smoking** as this restricts circulation to the feet.
- If you have a chilblain, apply a recommended cream (see podiatrist, GP or chemist).
- For broken chilblains, apply a dressing over the area & visit your Podiatrist or GP as soon as possible.

Greenhill Podiatry



Greenhill Podiatry Centre helps to keep your feet fit! We provide podiatry services of the highest quality to maximise your foot health in a friendly and efficient clinic. Put simply, we look after all of your foot problems.

Podiatrists at Greenhill Podiatry are trained in the diagnosis and treatment of foot pain and problems. They are registered with the South Australian Podiatry Board, accredited with the Australian Podiatry Association and are involved in ongoing professional development.

Greenhill Podiatry staff help to manage:

- Foot pain
- Heel pain or 'flat' feet
- Sports Injuries
- Feet with diabetes or arthritis
- Skin problems (eg corns, hard skin on your feet, warts)
- Nail problems (eg. ingrowing or thickened toenails)
- Children's feet
- 'Soft' or 'rigid' orthoses
- Footwear advice.



Special Offer

10% off

**Humphrey Law Socks
in June 2007**

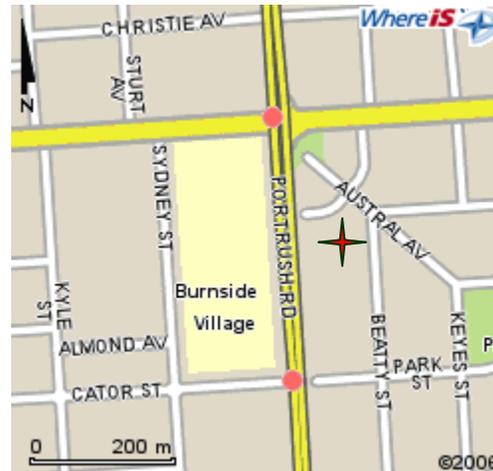
At Greenhill Podiatry

On presentation of this
voucher.

You use your feet more than you'd think. The average person walks 6 or 7 kms a day. **Humphrey Law Health Socks** are more comfortable because they are shaped to your foot; there is no tight elastic top to restrict your circulation. For winter they're made from fine Australian 19 micron Merino wool, which is warmer and healthier. They are recommended by Diabetes Australia and are now available for men and women at

**Greenhill Podiatry
Centre.**

Greenhill Podiatry



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To receive future newsletters via the internet please email us.

Opening Hours:

Mon – Fri: 8.30am – 5 pm

Thurs: 8.30 am – 7 pm

For urgent, after hours podiatry problems please phone 0438 591 753.

Podiatrists:

Kate McManus B App Sc (Pod),
Accredit. Pod

Anne White B Pod, Accredit.
Pod.

Keeping Your Feet Fit



Are your feet killing you?

More than 60% of people have experienced foot pain in their lifetime, two thirds of those within the last 12 months. Yet only a fraction of those people, two out of five, sought professional treatment for their pain.* Expert staff at **Greenhill Podiatry** are available to assess and treat all of your foot problems. Contact us today on ph 8379 1456.

* Foot pain facts from Newspoll study commissioned by Australasian Podiatry Council May 2002.

See inside for information regarding:

- DVT and travelling
- Winter feet & chilblains
- Humphrey Law Socks
SPECIAL OFFER