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## Dr. Robert Merchant Creates Awareness of Deep Vein Thrombosis When Traveling

MARGARITA



Sitting during long journeys (wired.com)

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Most likely everyone will travel at least once this summer. No matter what mode of transportation, sitting motionless for long periods may put some travelers at an increased risk for deep vein thrombosis (DVT), a blood clot in a vein deep within the muscles, usually in the calf or thigh. But people can reduce their risk of getting DVT, by taking some simple precautions on long trips.

Dr. Robert Merchant's mission is to educate others about vascular disease and how to prevent it and has provided a few preventative measures to keep in mind before your next summer trip.

### Move your legs (simplest and most effective)

- Don't sit with your legs bent for hours on end.
- Stretching and moving around stops blood stagnating in the deep veins of the calf.
- Go for a walk up and down the aisle of the aircraft or train.

### Don't get dehydrated

- Drink plenty of fluid - water is ideal.
- Avoid excessive alcohol, which tends to cause dehydration.

### Wear compression stockings

- Graduated compression stockings reduce the risk of DVT. They also help to prevent the ankle swelling which many people experience on long journeys.
- Below Knee stockings are the most comfortable kind, and are just as effective as full length.
- Medical graduated compression stockings are supplied in three classes of tightness and are prescribed by a doctor if there is a medical need. They are widely available in chemist shops and travel sections of supermarkets, as well as airports.

### Aspirin/Prescribed Medication

- Taking an aspirin tablet a few hours before a long journey may provide a small amount of extra protection against DVT.
- Special anticoagulant drugs may be advisable for a few people who have medical conditions with a particularly high risk for DVT. This kind of treatment will always be on the explicit advice of a doctor.



Dr. Robert Merchant

### About Dr. Robert Merchant:

Dr. Merchant has spent the past 10 years developing a vein practice at the RENO VEIN CLINIC in Reno, Nevada where he launched a comprehensive treatment program called PROREJUVENATION® which is a unique program that emphasizes several key elements in the overall management of venous and vascular skin disorders: accurate diagnosis utilizing modern techniques and providing safe treatments with excellent outcomes. He is recognized by physicians worldwide as a leader in the development of the FDA-approved Radio

Frequency Closure procedure as a treatment for varicose veins. This procedure is incorporated in the Reno Vein Clinic's Prorejuvenation® treatment program along with services including Ambulatory Phlebectomy, Sclerotherapy and Laser Therapy.

FOR MORE INFORMATION ON DR. ROBERT MERCHANT

Tags: anticoagulant, Deep Vein Thrombosis, Dr. Robert Merchant, DVT, medical graduated compression stockings, PROREJUVENATION, RENO VEIN CLINIC, traveling

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