

High Risk Groups (Travel, Obesity, Sitting/Standing Occupation)

A TRAVELER NOT WEARING GRADUATED COMPRESSION STOCKINGS IS 12.5 TIMES MORE LIKELY TO DEVELOP DVT¹

Blood clots can sometimes form in the legs during travel because of **immobility** for long periods of time, often sitting in cramped spaces with little leg room.

Wearing gradient **compression stockings** appeared to be effective in **reducing the risk** of deep vein thrombosis.

12.5x
More Likely

Aside from wearing compression stockings, here are some additional tips for any extended travel:

- Drink plenty of non-alcoholic fluids, especially water
- Perform ankle movements regularly by flexing, tensing and rotating them
- Stretch and exercise legs at least once every hour
- Elevate legs when possible
- Avoid high-heeled footwear and restrictive clothing



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OBESE PATIENTS HAVE A SIGNIFICANTLY HIGHER FREQUENCY OF PULMONARY EMBOLISM AS THE IMMEDIATE CAUSE OF DEATH COMPARED TO NON-OBESE PATIENTS.²

Overweight might be a cause of **disease progression**. In addition, overweight patients were more likely to have **skin changes and ulceration** than patients with a lower body mass index (25 kg/m²).³ In obese patients, compression therapy also plays a particular role with respect to the venous and lymphatic drainage disorders.

When prescribing compression to obese patients, here are some considerations to keep in mind:⁴

- High degree of stiffness of the compression garment
- Optimal fit, if necessary, a multi-part garment
- Need for donning aids

A STUDY CONDUCTED ON 294 NURSES SHOWED THAT 50.4% HAD CHRONIC VENOUS DISEASE RELATED TO THEIR OCCUPATION³

Calf-length **compression stockings** with a pressure range between **11 and 21 mmHg** are able to reduce or totally prevent evening edema and may therefore be recommended for people with a profession connected with **long periods of sitting or standing.**⁴

You may want to consider these high risk occupations:

- Teachers
- Medical/Nurses
- Factory Workers
- Retail Sales
- Hairdressers
- Office Workers
- Food Service
- Flight Crew
- Drivers



2. MacReady, N. Pulmonary Embolism a Common Cause of Death in the Obese: Presented at ASCP

3. Danielsson G. and al., The Influence of Obesity on Chronic Venous Disease. Vascular and Endovascular Surgery. 36(4): 271-276. July 2002.

4. REICH-SCHUPKE, S. Compression therapy in obese patients. Phlebologie -Stuttgart-.44 (2). 71-76. 2015