TRAVENO
by SIGVARIS

Healthy veins while travelling

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Air travel and the risk of thrombosis

When you sit for a long time – whether in a plane, in a car or on a train – the return of blood from the leg veins is reduced. Feet and lower legs swell up and legs may become painful. Very occasionally, this can result in deep vein thrombosis with the risk of a pulmonary embolism.

Which risk group are your patients in?

A system for classifying patients into three risk groups has been developed by specialist doctors in consensus documents 3, 4 to provide guidelines for advising patients about the risk of deep vein thrombosis when travelling. Depending on the risk group, different preventative measures are suggested. In addition, patients should always be recommended to choose suitable clothing, drink sufficient liquid (at least a quarter of a litre of water every 2 hours), do exercises and avoid sleeping pills.

Various risk groups

<table>
<thead>
<tr>
<th>LOW RISK</th>
<th>MODERATE RISK</th>
<th>HIGH RISK</th>
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<tbody>
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<td>Measures:</td>
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<td>· TRAVENO travel stockings</td>
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<td>· Anticoagulation if appropriate, after assessment by the doctor</td>
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General measures: Comfortable clothing · Plenty of liquid · Exercises · No sleeping pills
Compression reduces leg edema and vein thrombosis when travelling by air

TRAVENO reduces leg edema when travelling by air

![Edema score following long-haul flight diagram](image)

The effect of TRAVENO calf stockings on the occurrence of leg edema was studied in 211 people who took a flight of 7-8 hours.

**Result:**

Passengers who did not wear the stockings exhibited significantly more pronounced leg edema than those who wore the travel stockings. This effect was even more pronounced in a group of 165 people who took a flight of 11-12 hours.

No asymptomatic vein thrombosis in the compression group

![Asymptomatic vein thrombosis following a long-haul flight chart](image)

231 air passengers over the age of 50 who took flights of more than 8 hours were studied to assess the effect of wearing compression stockings with a pressure of 20-30 mm Hg at the ankle on the occurrence of asymptomatic deep vein thrombosis.

**Result:**

12 of the 116 people who did not wear stockings developed asymptomatic vein thrombosis, verifiable by ultrasound. In the 115 people who wore compression stockings, no thrombosis could be detected.

References

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The TRAVENO travel support stocking

TRAVENO encourages blood flow in the legs by applying gentle pressure. Thanks to their innovative knitted fabric, TRAVENO stockings prevent odours and ensure optimum comfort and fresh-feeling legs while on the move.

Benefits of TRAVENO for your patients

- Intensive graduated support (15-18mmHg around the ankle region)
- Reduced swelling of the legs
- Breathable and easy to clean
- Ideal for travelling
- Medically tested

Size of shoes | Colours
---|---
1 36-37 | sand
2 38-39 | marine
3 40-41 | anthracite
4 42-43 | black
5 44-45
6 46-47

Please note

The information in this brochure represents a summary of known and proven knowledge gained from medical teaching and the latest studies on travel-related deep vein thrombosis. SIGVARIS has made every effort to ensure that the information provided in this brochure is both accurate and up to date. However, this information does not claim to be exhaustive or definitive in assessing a patient’s risk of thrombosis. The risk of thrombosis must be determined by a physician on a case-by-case basis. The details contained herein should be viewed as recommendations and not instructions. They are intended to help with the decision-making process regarding diagnosis and treatment. The decision to opt for preventive measures and treatment is the responsibility of the treating physician.

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