

Go Further with Healthy Legs

Traveling can cause swollen, achy and tired legs, and increase your risk of developing a Deep Vein Thrombosis (DVT). Find out how compression can help you arrive in comfort and style.



Find out how you can help your legs!

How Travel Affects Your Legs

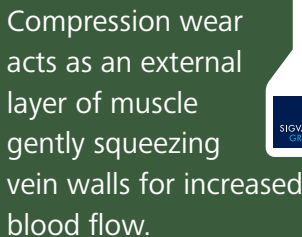
If you frequently travel for work or pleasure, you know it can be hard on your body. Sitting in a car, train or plane for long periods of time can slow down blood flow. Legs are a very important part of the circulatory system. Your calf muscles contract to push deoxygenated blood back to your heart. Long periods of inactivity can lead to:

- Swelling in ankles and legs
- Your legs feeling tired, achy and heavy
- Developing varicose and spider veins

Another side effect of long-term inactivity is the heightened risk of developing a Deep Vein Thrombosis (DVT). A DVT is a blood clot that usually forms in your leg or calf which blocks the flow of blood. Symptoms of a DVT include leg pain and tenderness with swelling and redness in the affected leg, but sometimes a DVT shows no signs at all. If left untreated, a blood clot can break loose and travel to your lungs. This instance is known as a Pulmonary Embolism (PE) and can be deadly.

Graduated Compression Can Work for You

Graduated compression is greatest at the ankle and gradually decreases up your leg to improve blood flow. Wearing graduated compression while traveling will aid in alleviating swelling and discomfort and will also prevent DVTs from forming.¹



Compression wear acts as an external layer of muscle gently squeezing vein walls for increased blood flow.

Arrive with Healthy Legs

Minimize your risks, energize your legs and reduce swelling while wearing stylish socks and hosiery that fit your travel needs.



- **Keep your feet moving!** Foot exercises help pump blood back up to the heart
- **Avoid long periods of inactivity**—get up and move around as often as possible
- **Drink plenty of fluids**
- **Talk with your doctor** about wearing graduated compression socks or hosiery



Q:

Now that you know the risks you face while traveling, take our short self-assessment to see if compression garments can help you reach your next destination with healthier legs.

- Have you noticed any changes to your legs?
- Do you take hormone supplements, like birth control or HRT?
- Do you frequently travel over long distances?
- Do you have DVT risk factors like clotting disorders?
- Have you had a prior DVT?
- Are you pregnant?

If you answered yes to any of these questions, ask your doctor if compression wear is right for you!

Wondering what to ask your doctor?

Start out with these three easy questions:

1. I've noticed my legs are starting to swell after I've been in the car. What does this mean?
2. After I fly, my legs swell. What can I do?
3. After I travel, my legs swell. What can I do?



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