



February 10<sup>th</sup>, 2013

## Travelling to Somewhere Warm? 3 Tips to Consider

Are travel plans to somewhere warm and sunny in your future? Before you go, here are three valuable tips to consider.

### 1. Stretch Regularly on the Plane to

For flights over six hours, the development of a blood clot, or thrombosis, poses important health risks. Thrombosis plays a role in heart attacks and strokes which may result in long-term complications.

What increases your risk? Several factors affect your risk including:

- Dehydration
- Postoperative immobilisation
- Inherited thrombophilia
- Advanced age
- Obesity
- Cancer
- Prior VTE
- Varicose veins
- Oral contraceptives

On the flight, sit on the aisle to improve your ability to move around, do calf stretches, walk frequently and consider wearing compression stockings.

### 2. Heat Stroke

Being concerned about heat-stroke seems incongruent in the winter, but travels to hot climates, especially when you are not acclimatized, can result in just that. The signs include dizziness/fainting, nausea/vomiting, headache, rapid pulse & respirations and extreme thirst. To help prevent heat-illness, seek shade, drink plenty of cool water, wear lightweight, breathable clothing and a wide-brimmed hat.

### 3. Sun Exposure

Some misconceptions seem to exist about vitamin D and sunshine. Many believe it is preferable – or, even, necessary – to expose oneself to UV radiation to allow their bodies to manufacture vitamin D.

The truth is, the risks of sun exposure (sunburn, skin cancer) outweigh any benefits to it. Vitamin D is available, safely, in supplements and many foods, so slop on the sunscreen and do yourself a bigger favour.

Sunburns are a signal that injury has occurred. While sunburn is caused by UVB rays, it's the accompanying UVA rays that can lead to cancer development, so use a broad spectrum sunscreen –

liberally!

There is a dizzying myriad of sunscreens on the market. I always believe prevention is better than the cure. Our pharmacists can help you choose the sun protection product that is best for you. Ask us first.

Have a great trip and remember these three tips – you'll be glad you did.