



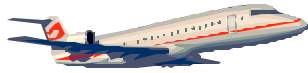
Diabetes Newsletter

Control your
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PIKE COUNTY HEALTH DEPARTMENT

AUGUST, 2007

DEEP VEIN THROMBOSIS (DVT) & SUMMER TRAVEL



If you've ever flown for hours with your legs jammed against the seat in front of you, you already know such trips are not food for your mental health. It turns out they can harm your physical health as well. When you sit in one position for a long time, blood clots can form deep inside your legs. Doctors call this problem deep vein thrombosis (DVT). It's also called "economy class syndrome" because it occasionally affects people flying long distances in cramped airplanes.

DVT is not limited to fliers. It can affect people traveling by car, train, or bus, as well as people confined to bed after surgery or during illness. Some people are at higher risk for DVT, including those over 60 years old, smokers, overweight people, and women who are pregnant or have had a baby.



DVT sometimes makes a leg swell up, turn red, feel warm, or hurt, but often has no symptoms. It can, however, be life threatening if the clot breaks free and travels into the lungs, blocking

blood flow and causing what is known as a "pulmonary embolism". Pulmonary embolism can cause chest pain, shortness of breath, and coughing up blood. Call an ambulance if you have such symptoms.

To avoid DVT when traveling:

- Walk around at the airport while waiting for your flight.
- Wear compression stockings when you travel. You can find them at medical supply stores and on the Internet.
- Don't wear clothes that are tight around the thighs or torso.
- Avoid socks with tight elastic bands.
- Don't sit with your legs crossed for long stretches.
- Walk around the plane or train if possible.
- While sitting, do exercises to boost blood flow. For example, curl your toes; alternate pressing your toes down and lifting your heels up; and lift your legs from the floor and rotate your ankles.
- Drink plenty of fluids - but avoid alcohol and caffeine. Dehydration makes DVT more likely.
- When traveling by car, stop every couple of hours to walk around.



Summertime Fruit Medley



2 large ripe peaches, peeled and sliced
2 large ripe nectarines, sliced
1 large ripe mango, peeled and cut into 1 inch chunks
1 cup blueberries
2 cups orange juice
1/4 cup amaretto or 1/2 tsp almond extract
2 tablespoons sugar or 3 packets of sugar substitute
Fresh mint for garnish (optional)

Combine peaches, nectarines, mango and blueberries in large bowl.

Whisk orange juice, amaretto and sugar in small bowl until sugar is dissolved. Pour over fruit mixture; toss to coat.

Marinate 1 hour at room temperature, stirring occasionally.

Garnish with fresh mint, if desired.

Marinate Time: 1 hour

Yield: 8 cups

Serving Size: 1 cup

Exchanges: 2 fruit

Cal: 112 Carb: 24 g Protein: 1 g Fat: <1 g Sat fat: <1 g Chol: 0 mg Sod: 8 mg Fiber: 2 g

**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363
Upcoming Diabetes Events:**

For more information call:
Pike County Health Department 285-4407

Diabetes Support Group Meeting
September 13th - 4:00 pm
at Pike County Health Department

Look for your next newsletter
in November.