

HELEN TO THE RESCUE

Can your desk job give you DVT?

Could your 9-5 job be putting your health at risk? I'm sure you've heard of people getting deep vein thrombosis (DVT) during long flights or car drives. So, it makes sense to be curious: If you sit all day at a desk job, can you get a DVT from that?

WHAT IS A DVT?

A DVT is a blood clot that forms in your veins, usually in the legs. Symptoms include a sore, swollen, red, warm calf. A blood clot can move through your veins, but unfortunately, our veins become narrower when they reach the lungs, and that clot can get stuck there. If it does, it's known as a pulmonary embolus (PE), which can be deadly.

DVTs can be caused by anything that prevents the blood from circulating (moving) or changing the way your blood clots. Blood clots protect you from excessive bleeding after a cut or injury when working correctly. But, sometimes, your blood clots when it's not supposed to, which can seriously threaten you.

YOUR VEIN HEALTH

Sit Properly

Don't work in bed or on your couch; these postures can lead to unnecessary pressure on your veins! Your chair has a back for a reason; to give you proper support. Sitting up straight with your back against the chair back allows your chair to take on some of your body weight, which means there's less pressure on your feet. And, with less strain on your feet, your blood flows freely, and you experience fewer vein health complications! Your feet should be flat on the floor. Leaving your feet dangling is a significant roadblock for your circulation, and it puts excessive pressure on your thighs and interferes with your lower body blood flow.

Stay Hydrated

Dehydration makes your blood stickier than usual, putting you at greater risk of developing a clot.

Take Moving Breaks

Sitting or standing all day is a bad idea; avoid the pitfalls of sedentary living. Set reminders to get up and walk around every 30 minutes to get your blood pumping.

Compression garments such as socks or support stockings are designed to steadily squeeze your legs to increase circulation and help prevent swelling. This

continuous slight pressure on the legs allows blood to flow more efficiently to other body areas from the heart. Pressure from the stockings tightens the veins in the legs and helps prevent blood from pooling.



Keep your blood clean, your body lean, and your mind sharp.

Yours in Fitness,

Helen Pufahl MS,
NASM-CPT
Owner of Unique Health & Fitness
75 New Street,
Huntington Village

Helen's love of fitness began at an early age.

She practiced dance and

gymnastics as well as track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.



EXERCISE YOUR RIGHT TO MOVE IT *and* LOSE IT!

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75 New Street, Huntington Village
631-673-5600 | www.uniquehealthandfit.com