

• Economy Class Syndrome Brochure

Preventing Economy Class Syndrome

○ What is Economy Class Syndrome?

If you sit in a narrow car seat for a long time without eating or drinking enough, and do not move your legs, your blood circulation will be poor and your blood will be more likely to clot. As a result, blood clots (thrombi) may flow through your blood vessels and get stuck in your lungs, which may lead to pulmonary embolism.

○ Things to keep in mind for prevention

For prevention, please do the followings;

- ① Occasionally perform light exercises and stretches.
- ② Drink water frequently
- ③ Limited alcohol consumption and if possible, quit smoking.
- ④ Wear loose clothing and do not wear a tight belt.
- ⑤ Raise and lower your heels and gently massage your calves.
- ⑥ Raise your legs when you sleep etc.

○ Preventive foot exercises

