

The mobile that helps you stay DVT free

We're all aware of the risks of DVT (deep vein thrombosis) – or economy class syndrome – and some of the precautions we can take to minimise those risks. But now, there's an essential travel accessory we just shouldn't do without if we want to avoid DVT.

The Circulation Booster Mobile (CB Mobile) is a revolutionary device proven to increase blood flow by up to 145% in a healthy person, significantly reducing the risk of DVT. So, for anyone who has to spend hours cooped up in a plane, car or coach, this 'health pod' could be a real life-saver.

No bigger than a mobile phone, the CB Mobile can help prevent the formation of blood clots, the cause of DVT which, in many cases, can lead to the potentially fatal pulmonary embolism.

Designed to focus on the most vulnerable area of the body – the legs – the CB Mobile sends gentle electric impulses through the skin via conducting fibre socks. Nerve endings in the feet are stimulated by these pulses, which causes the muscles in the calf to contract, resulting in a pumping action that forces the blood in the deep veins of the calf towards the heart.

It is estimated that 8,000–9,000 British airline travellers develop DVT each year, with the condition claiming the lives of 500–1,000 passengers¹. Much has been reported about the condition affecting airline travellers, but the truth is that people are at risk if they are immobile for long periods at a time.

The CB Mobile is one of the newest products from Surrey-based company, High Tech Health, and is proving to be a hugely popular product. By improving the body's circulation, the CB Mobile helps to reduce swelling in the legs and ankles, eases aches and pains in the lower limbs and reduces the risk of DVT. Medically proven and safe to use anywhere, this handheld 'health pod' is a simple addition to any traveller's checklist.

For more information about DVT (travel-related deep vein thrombosis) visit www.NaTHNaC.org

For more information about CB Mobile visit www.cbmobile.co.uk

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Further information

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About High Tech Health

At High Tech Health, our philosophy is simple - Find and create the latest technology health and medical devices and combine this with great support and quality to ensure that all who experience High Tech Health are completely satisfied.

We created High Tech Health in 1999 to provide devices that perform, provide results and are backed by clinical evidence. Over this time, we have worked closely with the community to listen to what is important to them and their health and how we can best meet their expectations.

High Tech Health is the exclusive distributor of a range of innovative health and medical devices in countries including United Kingdom, Belgium, Australia, New Zealand and Japan. High Tech Health's continued success and expansion is testament to its commitment to forging successful relationships.

About poor circulation and DVT (Deep Vein Thrombosis)

What is it?

Your heart is not capable of pumping blood all the way around your body; it relies on your calf muscles to pump the blood back from your lower limbs. With age or reduced mobility your ability to get the blood back to your heart lessens.

Who gets it?

40% of people of both genders over the age of 45 years have circulation disorders. However, it is more likely to occur in people who are bed rested for any period, especially those who are subjected to knee and hip or cancer surgery.

Adults, regardless of age, who undertake extensive travel (4 hours) by air, land or sea are also at risk of developing poor circulation.

What are the risks?

Poor circulation results in blood pooling in your lower limbs; causing pain, aching and swelling. More serious complications include pulmonary embolism – more commonly known as blood clots.

From NaTHNaC (National Travel Health Network and Centre):

Deep vein thrombosis (DVT) is a term used to describe the formation of a clot, or thrombus, in one of the deep veins, usually in the lower leg. DVT can occur as a result of periods of immobility, for example following surgery, but can occur spontaneously in otherwise healthy persons.

DVT has been known to occur following long haul air travel and was dubbed 'economy class syndrome'; however this term is misleading as DVT has also been reported following car and train journeys. The preferred term is now travel related DVT or travellers' thrombosis. However, the evidence for an association between long haul travel and DVT remains under study.

Risk for Travellers

The risk of DVT related to long periods of immobility has been known for many years. However, it is not known if air travel *per se* is a risk.

A recent history of travel was found in 24% (39/160) of patients who presented with venous thrombosis. (1) Of the 39 persons, 9 had undertaken air travel, 2 had travelled by train and 28 by car. A further study concluded that the risk of DVT was increased during the two weeks following a long haul flight.(2) Other studies have found that the risk increases with the length of journey,(3,4) and when other risk factors are present.(5,6) Long-haul flights that typically last for 8 to 10 hours are considered highest risk.

References

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