

# There's no harm in a cheap seat

## Guidelines burst blood-clot myth

NEW suggestions from a medical specialist say flying economy class does not increase your chances of dangerous blood clots.

Travellers' blood clots have been nicknamed "economy-class syndrome" but new advice suggests this is a misnomer.

The real risk lies in not getting up and moving during long flights - whether flying economy or first-class.

Sitting by the window also plays a role, because it makes people less likely to leave their seats, the guidelines say.

Still, even on flights lasting at least four hours, the risk for most people is extremely low, said Dr Gordon Guyatt, chairman of an American College of Chest Physicians' committee, which wrote the new guidelines.

The group, based in Illinois, represents more than 18,000 physicians whose specialties include lung disease and critical care. The guidelines were released online yesterday in the group's journal, 'Chest'.

The results are based on a review of recent research on deep vein thrombosis, blood clots that form in leg veins.

Flights lasting at least eight hours are riskiest, the guidelines say.

Muscles in the legs help push blood in the legs and feet back to the heart. Sitting still for extended periods puts pressure on leg veins and blood "tends to sit there", which can increase chance for clots to form, said Guyatt, a researcher at McMaster University in Ontario.

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