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RAMBLINGS AND RECOMMENDS

## Here's to Your Health!

*"When I was young I found out that the big toe always ends up making a hole in a sock. So I stopped wearing socks."*

- Albert Einstein



While I'd like you to believe I regularly emulate genius, truth is I actually credit my own barefoot tendencies to the girls on *Sex in the City*. I rarely watched the show but its cultural influence nonetheless prompted my divorce from pantyhose long ago. So when a doctor recommended support stockings to inhibit flight-induced swelling (known in my circle as "kankles") I was aghast. When he suggested my husband also don the preventative compression hosiery I was amused. When he explained that there's a lot more to this condition than meets the eye I became convinced. Deep vein thrombosis is serious stuff. Last year more than 2,000 Americans died from travel-related DVT strokes. It's an equal opportunity disease, affecting males and females of all ages and abilities.

We live in challenging times. Many circumstances are beyond our control—especially when we travel. But we can all take charge of our health. So in addition to drinking plenty of water, avoiding alcohol and caffeine and getting up and moving as much as possible during a flight, wear therapeutic socks.

Your doctor can offer insight into what's best for you and may even write a prescription. However, there are plenty of "over-the-counter" varieties to choose from. Aetrex weaves copper into the soles of their compression product to "eliminate 99.9% of bacteria, fungi and odor in the sock,"

according to their label. Injinji's patented toesocks offer a travel series designed to prevent swelling and enhance circulation. In support of the "metal makes you smell better" theory, they use silver fibers to keep feet sweet. Ames Walker Support Hosiery offers a wealth of choices and does much to explain DVT at [www.economyclasssyndrome.net](http://www.economyclasssyndrome.net). This very comprehensive website deals with everything from how veins work to the malady's warning signs. It also includes simple exercises to perform in flight.

I just wished the website explained how to put the things on. I understand that the goal is to put the squeeze on lethargic blood flow. The socks have to be snug to do the job. But my first attempt at wriggling into the equivalent of sausage casings worked up a sweat. After several frustrating tries, I coated my legs and feet with talc and sprinkled an ample amount of powder into the sock. It was still a wrestling match. Eventually, I won. They felt good. I looked good. No kankles! Best of all, I knew I was doing what I could to take care of myself. It doesn't take an Einstein to figure out that those benefits make these socks worth the effort. (Just allow a little extra time to get dressed.)

Happy Skies!

Colleen Birch Maile  
Editor-in-chief