

Airline Flights - How Can Vacationers And Business Travelers Avoid In-Flight Medical Problems?

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The following paragraph lists a number of common in-flight medical symptoms.

{bot_wrgoogle}Typical in-flight symptoms you may experience are ear-popping, nasal congestion, dehydration, headache, constipation or diarrhea, loss of appetite (may be caused by the in-flight food), light-headedness, problems with coordination, inability to concentrate, confusion, irritability, anxiety, sweating, fatigue, swollen lower legs and feet, and motion sickness. Some of these symptoms can also be associated with jet lag. In addition, jet lag can affect your sense of orientation in terms of time and place. Your sense of well-being can also be disrupted.

Some medical symptoms can be reduced or eliminated by doing a few simple things.

By drinking plenty of water, juice, or soda, every half hour or so, it can help to prevent dehydration and dryness in the throat, nose and eyes. Alcohol and caffeine should be avoided or consumed in moderation as they can cause dehydration as well as disrupt sleep patterns. Chewing gum can help prevent your ears getting plugged. Using an inflatable neck pillow can prevent getting a stiff and sore neck. Eye shades can make it easier to sleep on a long flight and ear plugs can reduce the constant cabin noise. Ask a flight attendant for a blanket to help keep you warm when you fly. It's also a good idea to turn off the overhead air nozzle above your seat as the cool air blowing down on you could be a bit chilly.

Most people's bodies tend to swell when they fly. Wearing loose clothing helps to relieve this swelling. It will also add to your in flight comfort. If you can, avoid salty foods. Excess salt in you body contributes to water retention which can also cause your body to swell when you fly.

Jet lag can also be a major problem when you fly. You may be able to lessen the effect of jet lag by adjusting your sleeping and eating pattern a few days before your flight to better reflect the time zone when you will arrive at your destination. This will take some discipline but it is well worth trying, as it can make a difference.

There are some other things that you can do to reduce the effects of jet lag. Try and catch a flight that arrives at you holiday destination in the daylight hours. Immediately fit into this new time zone and avoid going to bed. If you are feeling tired and wish to take a short snooze, then do it in a well lit place. In the evening, sleep in a darkened room. The darkness will prepare your brain for sleep. Try to avoid watching television or using a computer as their screens are bright and can easily over-stimulate your brain. It is not a good idea to consume alcohol or any drinks that contain caffeine such as soda and coffee until your symptoms of jet lag wear off, as alcohol and caffeine can disrupt your sleep.

Most travelers don't know that they only experience the symptoms of jet lag until they leave the plane. That's the time when their biological clocks start making internal adjustments inside their bodies to more closely coincide with the local time at their destination. If travelers cross one, or even two time zones, they can usually adjust quit quickly. However, if they are in poor health or not feeling well before they fly jet lag can compound the problem.

If you usually experience jet lag when you fly, you may want to consider taking a melatonin tablet or capsule in the early evening (your time) to help you adjust to the time zone at your destination. You may still have to take a dose of

melatonin for the next three or four evenings in a row before you go to bed in this new location to help you readjust your biological clock. If you have never taken melatonin before, you should ask your doctor or local pharmacist for more information in regards to the suggested dosage.

What is deep vein thrombosis, or DVT?

DVT is caused by a blood clot that forms in the lower leg. If this clot breaks off, it can travel to the lungs which can then be fatal. The usual symptoms of deep vein thrombosis can be pain, redness, and swelling in the leg. This is a real, life threatening, medical emergency. Deep vein thrombosis has always been a major health risk for travelers when they fly. Recent research shows that airline passengers are at three times the risk of getting this serious life threatening condition than the general population.

Here are some things you can do to reduce this deadly condition. You should avoid crossing your legs as this cuts off the circulation in them and raises the risk. To increase circulation, wear loose fitting clothing, avoid tight fitting socks or stockings, change your sitting position frequently, move your legs occasionally when sitting, get up and walk back and forth down the aisle. Try and sit in an aisle seat so you can get up and walk around without disturbing your fellow passengers. This will help with the circulation in your legs and reduce the chance that you will develop deep-vein thrombosis.

Dorothy Yamich has a passion for travel. She has lived and traveled extensively throughout Europe as well as traveled in North America, Central America, and the Caribbean. She is a travel consultant and specializes in luxury cruises as well as vacation packages. To quickly find and book cheap airfares, at the best price possible, every time you feel like traveling, visit [Travel Tips Guide](#), for more information.