

# STAY HEALTHY!

## KEEPING HEALTHY WHILE FLYING

It's holiday season and many of us fly off to enjoy some deserved time away from the office. But as any health professional will tell you, that time spent in the sky is a real challenge for the human body.



Flying at cruising altitude makes us feel as though we're up in the mountains 2450 meters high

### BREATHING

The pressure in the cabin is low and there's less oxygen available. Another factor that may disturb breathing is the air's diminished humidity that dries our mucous. This puts an added load on the system, which is trying to get the required amount of oxygen into the bloodstream.

#### To improve your breathing

- Use oil based nasal drops or spray with aqueous saline
- Take long, easy, deep breaths

### HYGIENE

The airplane cabin is a closed off, crowded space. That's why it's really easy to catch respiratory or gastrointestinal tract infections while in the air.

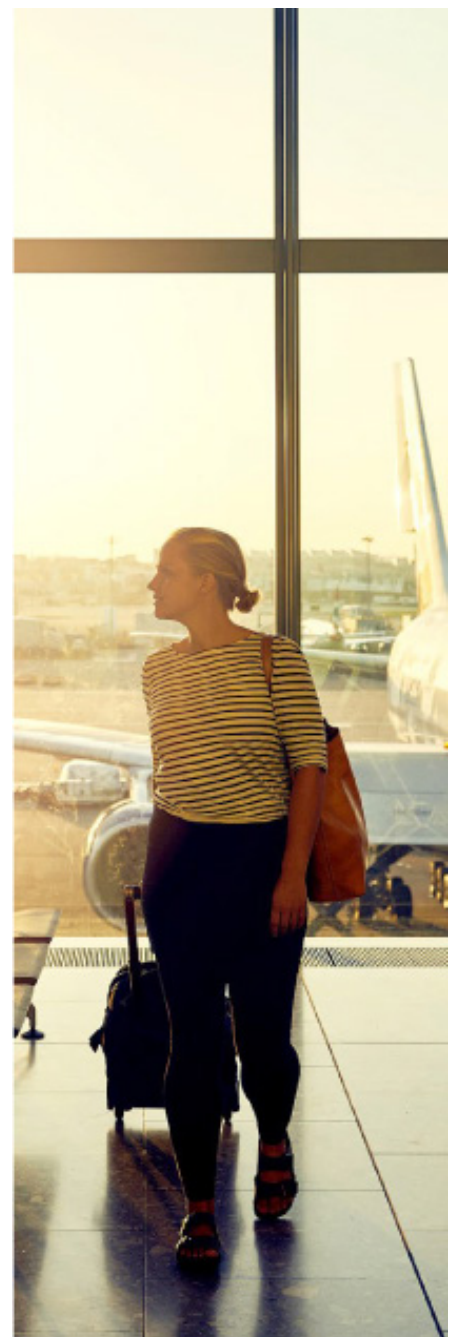
#### Simple hygiene rules will help

- Wash your hands with soap every so often
- Use antibacterial gels and napkins
- Don't share cups and cutlery with your neighbor

### HEALTHY LEGS

Sitting in an uncomfortable airplane seat with cramped leg room leads to long periods of immobility and induces blood retention in the lower parts of the body.

Dehydration and low cabin pressure cause clotting. All of this increases the risk of deep vein thrombosis also known as economy-class syndrome.



### Take care of your legs



**Make sure your legs are moving to improve blood flow**

Stand up and do a calf raise 20 times on each leg. Lift each leg while bent at the knee, twist and tap your feet while sitting in your seat

### Use flight socks



**Make sure your legs are moving to improve blood flow**

Compression hosiery is especially important for those who fly more than 4 hours at a time or have vein or cardio-vascular diseases

### Hydrate your skin and eyes



**For those of you who fly often or far away, keep up your well-being by keeping skin and eyes hydrated.**

Take care of your face

- Spray some thermal water directly onto your face from time to time
- Wipe the skin with water enriched with essential oils of geranium, rose, bergamot, sweet orange or lavender

Essential oils help to reinforce hydration, soothe the skin and improve your mood. Prepare 100 ml bottle of water with 10 drops of essential oils in advance.

### Don't forget about the eyes

- Use special moisturizing eye drops
- During a long flight, replace contact lenses with glasses

### Healthy food choices at altitude

All this sitting causes the metabolic rate and digestion to slow. To avoid unpleasantness in your stomach area, try to follow the below recommendations:

- Cut down food portions before and during the flight
- Choose water without gas or tea instead of sugar sweetened drinks and juices. Try to drink a cup of water every hour
- Avoid alcohol abuse to stay hydrated
- Ask the air carrier to order special meals beforehand
- Chew gum or use mouthwash after every meal to protect teeth and freshen up your breath



**Special meals can be ordered taking into consideration age, medical conditions and religious beliefs**

## Enjoy your holiday and Stay Healthy!

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