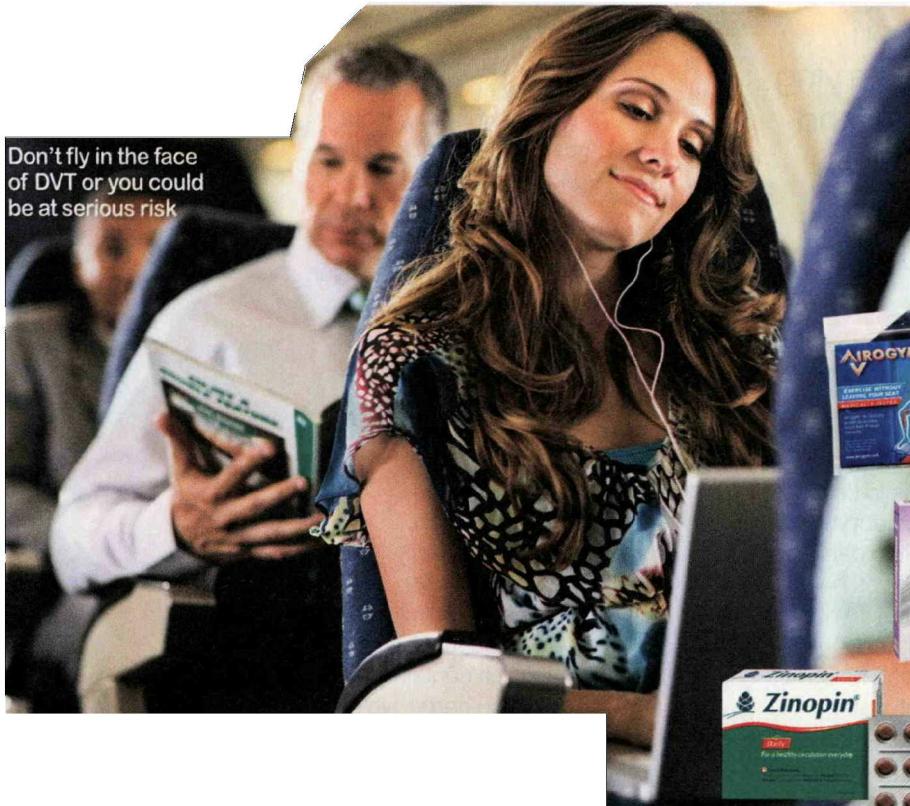


Check-up

Your round-up of the latest health news and medical advice

Don't fly in the face of DVT or you could be at serious risk



3 of the best DVT busters

It's not just associated with long-haul flights – in fact, the risk of DVT rises any time you sit on a plane for more than four hours. Here are three ways to reduce it...

1 Airogym, £14.49 wwwairogym.com

Walking up and down the aisle is best, but if you're stuck in the window seat, pop this inflatable cushion under the seat in front and push against it with your feet.

2 Activa Healthcare Patterned Compression Socks, £12.25.

Prettier than flesh-coloured, these boost circulation and stop feet swelling. At pharmacies or www.daylong.co.uk

3 Zinopin, £15.

Taking aspirin to fight DVT isn't recommended now (as the risk of side effects outweighs the benefits) – this supplement does the same thing more safely. At pharmacies.

