

# Infosheet on DVTs (deep vein thrombosis) for taxi drivers

## Anyone can get a DVT who:

- sits for long periods
- has had a major operation
- has varicose veins
- is overweight.

## What is a DVT?

A DVT is caused by a blood clot blocking a vein. It can become dangerous if it breaks away and travels to your lungs.

Untreated or undiagnosed DVTs can be life threatening.

## What can you do to help prevent getting one?

- Take regular breaks, where you get out of your cab and walk around and do leg stretches.
- Walk around the block if your car is at the car wash.
- Drink more water throughout your shift rather than other drinks, like coffee, that may make you dehydrated.
- Eating more fresh fruit and vegetables is good for your overall health. When on the road, opt for healthy fresh foods, like lean meat and salad sandwiches over pies; an apple over a doughnut; filled rolls over hamburgers.

- Get used to wearing travel socks (compression socks) – they put gentle pressure on your legs, which helps the blood to keep flowing. They'll also help if you get swollen ankles or legs when you've been driving for long periods.
- If you have varicose veins, get them looked at by a Specialist.

## How do you know if you've got a DVT?

It's not always obvious but if you've got pain or swelling, particularly behind your knee, or if you've had a DVT before, it would be wise to get it checked by a Specialist.

**For more information on vein and artery conditions, go to our website:**

**[www.revascular.co.nz](http://www.revascular.co.nz)**

**To book an appointment call 0800 45 45 88.**