

## Acknowledgement

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## References

- <sup>1</sup> Cesarone et al. The LONFLIT4-Concorde-Sigvaris Traveno Stockings in Long Flights (EcoTraS) Study. An Randomized Trial. Angiology 2003; 54/1: 1-9
- <sup>2</sup> Partsch H. et al. Reisetrombose 2001. Konsensuspapier. Phlebologie 4/2001: 101-103
- <sup>3</sup> Schobersberger W et al. Traveller's thrombosis: International consensus statement. VASA 2008; 37:311-317

# TRAVENO

by SIGVARIS

Shoe Size	EU	UK	Colors
1	36-37	3.5-4.5	dune
2	38-39	5-6	anthracite
3	40-41	6.5-7.5	marine
4	42-43	8-9	black
5	44-45	9.5-10.5	
6	46-47	11-12	



Light legs every day thanks to noticeable support



Wide seam for maximum wearing comfort



Highest comfort due to flat toe seam

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## With kind regards

### Please note

The information in this brochure represents a summary of known and proven knowledge gained from medical teaching and the latest studies on travel-related deep vein thrombosis.

SIGVARIS GROUP has made every effort to ensure that the information provided in this brochure is both accurate and up to date.

However, this information does not claim to be exhaustive or definitive in assessing a patient's risk of thrombosis. The risk of thrombosis must be determined by a physician on a case-by-case basis.

The details contained herein should be viewed as recommendations and not instructions. They are intended to help with the decision-making process regarding diagnosis and treatment. The decision to opt for preventive measures and treatment is the responsibility of the treating physician.

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# TRAVENO

by SIGVARIS

Improved fit and optimized choice of colors

## Tips for healthy veins while travelling



swiss made

SIGVARIS WELL BEING

[www.sigvaris.com](http://www.sigvaris.com)

## TRAVENO travel support stockings

TRAVENO travel support stockings are your ideal companion when traveling: they significantly lower the risk of thrombosis and reduce swelling of the ankle and leg. Due to the innovative knitted fabric, TRAVENO prevents odors and makes for pleasant wearing comfort. They are the best investment for healthy legs and are a must for every journey, be it by plane, train or car.

### The benefits of TRAVENO for you

Intense support

Reduces swelling of the legs

Breathable material

Ideal for travelling

Approved medical benefit



# 75%

Swelling of the legs is reduced by 75% during long flights with TRAVENO<sup>1</sup>



## Tips for healthy veins while travelling



1

Wear TRAVENO travel support stockings. Nothing is better for your health – whether you travel by car, train or plane.

2

Drink sufficient amounts and avoid alcohol.

3

Take a short walk along the aircraft's aisle, in front of the rest area or on the train every two hours.

4

Stretch your legs, rotate your feet. Regular exercise is important.

5

Do not cross your legs as this will reduce the blood flow.

6

Wear comfortable, non-restrictive or confining clothing.



## Your personal risk check<sup>2,3</sup>

### Low risk

Any journey lasting longer than 3-4 hours can result in swollen legs and leg complaints. The risk of travel thrombosis is low.

**Measures:** Wear TRAVENO travel support stockings and follow the «Tips for healthy veins while travelling».

### Medium risk

If you are embarking on a long journey (several hours or more) and two or more of the following points apply, you are at medium risk of travel thrombosis:

- Pregnant or recently given birth
- Aged 60 or over
- Thrombophilia
- Thromboses/embolisms in the family (hereditary risk)
- Enlarged varicose veins or chronic vein problems
- The pill or hormone replacement therapy after the menopause
- Excess weight (BMI > 30)

**Measures:** TRAVENO travel support stockings or compression stockings (category 1-2), as recommended by your doctor. Medication to prevent blood clotting, also on the doctor's recommendation. Follow the «Tips for healthy veins while travelling».

### High risk

If you are embarking on a long journey (several hours or more) and one of the following points apply, you are at high risk of travel thrombosis:

- Thromboses or embolisms in the past
- Cancer or another serious illness
- Immobilised leg e.g. leg splint or plaster cast
- Recent major surgery

**Measures:** TRAVENO travel support stockings or compression stockings (category 1-2) as recommended by the doctor, if you don't already wear medical compression stockings. Medication to prevent blood clotting, as recommended by your doctor. Follow the «Tips for healthy veins while travelling».