

# FORGING THE FUTURE:



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## Friday FACTS

18 June 2004

"Leadership, Partnership, and Championship"



**New and Improved Home Food Safety Program Web site ...** ADA and ConAgra Foods have given [www.homefoodsafety.org](http://www.homefoodsafety.org) a fresh new look and an updated navigation system that makes finding information a snap. As the premier online consumer destination for home food safety information, the upgraded site continues to provide seasonal tips in English and Spanish, interactive features including a home food safety quiz and streaming video and free printer-friendly tools to help keep home food safety top of mind all year long. The latest addition to the site is a downloadable Refrigerator Calculator, designed to take the guesswork out of leftovers by listing the recommended refrigerator shelf life of popular leftovers. There are also seasonal contests and giveaways - so visit often at [www.homefoodsafety.org](http://www.homefoodsafety.org) and send your clients there, too.

### Flying Fitness: Preventing "Killer Legs"

Sitting for long periods of time in cramped conditions on an airplane can put you at risk for developing deep vein thrombosis (DVT). A DVT is a blood clot that forms in a vein deep in the body—most often in the leg or hip veins.



If a clot in a vein breaks off and travels through your bloodstream, it can lodge in your lung. This is called a pulmonary embolism that is a very serious condition that can cause death.

To help prevent DVT on a long airline flight:

- Dress in loose, comfortably clothing.
- Take a brisk, 30-minute walk before you take off.
- Drink plenty of water or juice, but avoid alcohol. (Because the air inside an airplane is very dry, passengers can easily become dehydrated. When a person is dehydrated, their blood thickens and puts them at risk for blood clots.)
- While seated, regularly shift your position, do stretches, partial leg lifts, flex and extend your ankles, and do ankle circles.
- Get out of your seat and move around at least once every hour if possible.
- Don't cross your legs.
- If you have had a problem with blood clots in the past, your healthcare provider may suggest you wear compression hose to improve your circulation.

For more exercises for fitness while flying, download "In-Flight Fitness" from website: <http://www.dvt.net/pdf/InFlightFitness.pdf>

Sources: "While Traveling" and "In-Flight Fitness," DVT.NET, sponsored by Aventis, [www.dvt.net](http://www.dvt.net).

### NIH Announces Expanded Health Information on the Web

The National Institutes of Health (NIH) announced on June 15 2004 the creation of a new, expanded health information website. Aimed at individuals, including children, teens, and families, as well as practitioners, researchers, and educators, the expanded site can be accessed by health topics from A to Z or by body location or systems. To view the new, expanded website go to: <http://health.nih.gov/> Pass this reliable internet resource on to individuals and families at your command.

*"Putting off an easy thing makes it hard. Putting off a hard thing makes it impossible." –Charles Wilson*