

# Long-distance flights

It is a good idea to consider **vein health** before setting off. Having to sit in cramped conditions and not getting enough exercise and fluids can have a **detrimental** effect on the veins.

**S**ome passengers may also have health problems affecting the veins: pregnancy, **obesity**, **varicose veins** and heart problems. Even healthy people may be affected by long periods of sitting. Anyone who has these problems should **consult** their family doctor or gynaecologist for advice. The doctor will be able to advise if compression socks or **tights**, or medication are necessary to prevent thrombosis or **oedema** in the first place. In any case, it's a good idea to visit the pharmacy, where a trained PTA can give qualified advice.

**Female customer:** Hello. I'm sorry, but my German is not that good. Do you speak English?  
PTA: Yes, how may I help you?

**My gynaecologist has given me a prescription for compression socks. You see, I'm flying to Australia in three-weeks-time and she advised me to wear the socks for the flight.**

That's good! Do you have a history of vein problems?

**Yes, I had problems with varicose veins during my two pregnancies, and I am on hormone replacement therapy.**

But you don't have any other health issues, do you?

**What type of health issues?**

Are you taking any heart medication?

**No, there is no history of heart problems in my family. And I don't smoke either, which would also have an effect on the veins, wouldn't it?**

Yes, of course. Could you come with me please? We need to go to the back office. We need to take some **measurements** to make sure that you get the right socks. What shoe size do you have?

**Size 7. I'm not really sure of the German size as I always buy my shoes at home.**

Let's see, we have a **conversion table** here for the various shoe sizes. Is the 7 American or British?

**It's a British size 7. Is there a difference?**

Certainly! An American size 7 is a German size 38, and a British 7 is 41! Now there's a difference!

**Yes, three shoe sizes is quite a lot!**

I have to measure the **circumference** of your **calf** at the knee, and at the widest part, and then at the **ankle** and then the length from knee to **heel**. This is your size. Would you like the socks with or without cotton?

**Cotton please. Is there anything else that you recommend?**

The cabin air is usually very dry, so make sure to get enough fluids, mineral water and fruit juices, that kind of thing. Are you travelling economy or business class?

**We're travelling economy. It's quite expensive, but not as expensive as business. Why?**

Economy has different seating, and can't be converted so that it's like a bed! It's a good idea to walk around as often as possible, and wear loose comfortable clothing.

**Is there anything else?**

Yes, exercises to keep the blood circulating. This is necessary as you can't really put your feet up in economy!

**Thank you so much for your help. Bye, bye!**

Goodbye and bon voyage! ■

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

long distance flight	Langstreckenflug
vein health	Venengesundheit
detrimental	schädlich
obesity	Fettleibigkeit
varicose veins	Krampfadern
consult	sich beraten lassen von
tights	Strumpfhosen
oedema	Ödem, Flüssigkeits- ansammlung
advise	empfehlen
health issues	Gesundheitsprobleme
measurements	Maße
conversion table	Umrechnungstabelle
circumference	Umfang
calf	Wade
ankle	Knöchel
heel	Ferse

# WIRKSAME HILFE AUS DER NATUR FÜR FRAUEN

- Pflanzlich
- Beschwerdelindernd
- 1 x täglich

NEUES  
PACKUNGS-  
DESIGN



bei prämenstruellen Beschwerden



bei Wechseljahresbeschwerden

**Sarai® (Apothekenpflichtig)** Wirkstoff: Keuschlammfrüchte-Trockenextrakt Zus.: 1 Hartkps. enthält: 4 mg Trockenextrakt aus Keuschlammfrüchten (7-13:1), Auszugsmittel: Ethanol 60 % (m/m). Sonstige Bestandteile: Sprühgetrockneter Glucose-Sirup, hochdisperses Siliciumdioxid, Lactose-Monohydrat, Magnesiumstearat (Ph. Eur.), Maisstärke, Talkum; Hartkapselhülle: Gelatine, Natriumdodecylsulfat, gereinigtes Wasser, Titandioxid E 171, Eisen (III) -oxid E 172. Anw.: Rhythmusstörungen der Regelblutung (Regeltempoanomalien), Spannungs- und Schwellungsgefühl in den Brüsten (Mastodynie), monatlich wiederkehrende Beschwerden vor Eintritt der Regelblutung (Prämenstruelle Beschwerden). Gegenanz.: Bek. Überempfindlichkeit gegen Keuschlammfrüchte-Trockenextrakt oder einen der sonst. Bestand., Hypophysentumoren, Mammakarzinom. Schwangers./Stillzeit: Kontraindiziert. Nebenwirk.: Kopfschmerzen, Juckreiz, Bauchbeschwerden wie Übelkeit, Magen- und Unterbauchschmerzen; systemische Überempfindlichkeitsreaktionen mit Exanthem, Urtikaria, Quincke-Ödem, Dyspnoe und Schluckbeschwerden. Enthält Lactose und Glucose. Packungsbeilage beachten. (Stand Mai 2014). **Sinei® (Apothekenpflichtig)** Wirkstoff: Cimicifugawurzelstock-Trockenextrakt Zus.: 1 Hartkapsel enthält: 6,5 mg Trockenextrakt aus Cimicifugawurzelstock (4,5 - 8,5:1), Auszugsmittel: Ethanol 60% (V/V). Sonstige Bestandteile: Hochdisperses Siliciumdioxid, Lactose-Monohydrat, Cellulosepulver, Magnesiumstearat (Ph. Eur.), Talkum, Maisstärke; Hartkapselhülle: Gelatine, Natriumdodecylsulfat, gereinigtes Wasser, Farbstoffe E 141, E 171, E 172. Anw.: Zur symptomatischen Therapie von psychischen und neurovegetativen Beschwerden, bedingt durch die Wechseljahre. Gegenanz.: Überempfindlichkeit gegen den Wirkstoff oder einen der sonstigen Bestandteile. Östrogenabhängige Tumore. Schwangersch./Stillzeit: Kontraindiziert (Keine ausreich. Untersuchungen vorhanden). Nebenwirk.: Sehr selten: allergische Reaktionen der Haut (Nesselsucht, Hautjucken, Hautausschlag), Gesichts- und periphere Ödeme, Magen-Darm-Beschwerden (dyspeptischen Beschwerden, Durchfall), Gewichtszunahme. Nicht bek.: Bei Anwendung von Cimicifuga-haltigen Arzneimitteln sind Fälle von Leberschädigungen aufgetreten (Häufigkeit auf Grundlage der verfügbaren Daten nicht abschätzbar). Enthält Lactose. Packungsbeilage beachten. (Stand Oktober 2014). Aristo Pharma GmbH, Wallenroder Straße 8-10, 13435 Berlin.

Arzneimittel meiner Wahl

