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## **Flying Instruction**

Flying can be associated with a number of potential medical problems. Many of these problems can be lessened with a few easy interventions.

### **Prevent dehydration**

The humidity in the airplanes is 6% - worse than the desert.

No Caffeine (Coffee, tea, caffeinated soft drinks).

No Alcohol (wine, beer, cocktails).

Drink at least 8 oz of water or juice every few hours.

### **Problems with reduced circulation, vibration and poor breathing**

Sitting for long periods decreases the return of blood from your legs and increases the risk of blood clots. The sitting position also decreases lung movement and may increase the chances of getting pneumonia.

Take two laps around the plane at least every 1.5 hours, unless asleep.

### **Prevent infection**

With the large number of people in a plane sitting with minimal circulation of air it is a wonder that more people don't become sick.

Use antibacterial hand cleaner (e.g. Purell) - before meals, after using the bathroom, and before leaving the plane.

Use antibacterial wipes to wipe down the seat armrests, seatbelt buckles, tray table (both sides and the knob that holds up tray) and video screen.

### **Stretching exercises to prevent leg muscle spasm and back problems**

Tense and relax leg muscles and be sure to get up frequently if possible.

Gentle upper body twisting every hour.

### **If you regularly use Intal as one of your breathing medicines**

Use Intal - 2 puffs - half hour before the flight and then every 4 hours

while in the air. This frequently protects the airways from ill effects. Intal can be used in conjunction with any other spray combination that you are using.

**If you have difficulty clearing your ears at the end of the flight**

If nasal congestion or ear clearing is a problem, two sprays of Astelin (prescription necessary) in each nostril before the flight can be very helpful.