
Economy Class Syndrome (ECS) / Deep Vein Thrombosis (DVT)

Glossary of Terms

Compression Hosiery	Garments that provide a non-invasive, therapeutic option for the management of vascular disorders and venous insufficiencies. Compression garments work by counteracting pressures inside the leg and promoting blood flow back to the heart rather than allowing blood to pool in the legs.
Deep Vein Thrombosis (DVT)	Defined as the formation of a thrombus (blood clot) in the deep vein system of the body, often occurring in the lower leg or thigh. DVT can result from prolonged immobility and can lead to a life-threatening pulmonary embolism if the clot travels through the blood stream and becomes lodged in the lung.
Economy Class Syndrome (ECS)	A term used to describe swollen, fatigued and aching leg symptoms experienced by frequent air travelers or air passengers on long trips. It is also associated with the more serious leg condition called deep vein thrombosis.
Edema	The excess accumulation of fluid in cells, tissues, cavities, or organs such as the lungs.
Embolus	Abnormal particle (such as a thrombus that has separated from the point of origin in the lumen of the blood vessel) and circulates in the blood.
Gradient Compression	Gradient compression delivers pressure to the leg that is tightest at the ankle. The amount of pressure or compression gradually decreases as the garment extends up the leg. This pressure helps the veins to contract without muscle activity and to pump blood up toward the heart rather than allowing blood to remain stagnant and pool in the legs. Compression is expressed in mmHg (millimeters of mercury).

Pulmonary Embolism	A condition that occurs when one or more blood clots travel through the blood stream and suddenly become lodged in pulmonary arteries, blocking blood flow to lung tissue. Unless treated promptly, a pulmonary embolism can be fatal.
Thromboembolism	The blockage/obstruction of a blood vessel by an embolus that has broken away from its site of origin.
Thrombolysis	The breaking up of a blood clot.
Thrombosis	The formation or presence of a blood clot inside a blood vessel or cavity of the heart.
Thrombus	A mass of coagulated blood formed within a blood vessel and remaining attached to its place of origin.
Varicose Veins	Enlarged, twisted veins with malfunctioning valves.
Vein	A vessel that passes blood from parts of the body back to the heart. The human body consists of two types of vein systems: deep veins and superficial veins (closer to the skin).
Venous Congestion	During prolonged periods of inactivity, the effects of gravity make it difficult for the blood in the veins of the legs to return to the heart. Activity of the muscles in the calf are needed to contract (squeeze) and propel (push) the venous blood up the legs and back to the heart. Damage or disease of the leg veins and lack of calf muscle activity can lead to congestion (pooling) of venous blood in the legs.
Venous Insufficiency	A condition in which the blood vessels do not channel venous blood flow properly.

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References:

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