

TRAVEL SAFETY ADVICE

Always check on www.fco.gov.uk before you travel. This website will give you up to the minute information on where not to travel and where it is safe to travel. However, please be aware that customers should allow extra time for check-in because of increased security measures at many airports.

Current threat to UK Airports - follow this link for more news from the Home Office
.....www.homeoffice.gov.uk - and the Department for Transport
.....<http://www.dft.gov.uk/transportforyou/airtravel/airportsecurity?version=1>

To ensure that delays are kept to a minimum passengers should be aware that:

- a) Most airlines are checking hand luggage into the hold, so they should keep hand luggage to a minimum. Please follow information links as above
- b) Pack any sharp items such as scissors, tweezers, nail files, razor blades and knitting needles into hold luggage as these items could be confiscated and therefore slow journey time through the airport.

[Click here for some useful travelhealth information for the diabetic traveller....](#)

NO AIRLINE FATALITIES IN TEN YEARS OF OPERATIONS BY UK AIRLINES According to Aviation Safety Review, 706 million passengers flew 7.15 million flights worldwide during the ten year period 1990 through 1999 on airliners registered in the United Kingdom without a single fatality.

See: www.caa.co.uk/docs/33/CAP701.pdf

Other links concerning safety travel questions: so you can really be prepared to travel safely.

www.bbc.co.uk/health/travel/safety.shtml

www.brookes.ac.uk/worldwise/home.html

www.who.int/ith/ - The world Health Organisation

www.travel-safety-and-health.com/

www.travelwell.co.uk - NO DRUGS, NO CHEMICALS, NON-INVASIVE NON-CONFLICTORY, FAST ACTING - for Travel sickness and other helpful advice.

www.diabetes.org.uk/faq/trav.htm - travelling with diabetes

www.medicalwatches.com - a very informative editorial titled 'Management for diabetes during Intercontinental travel'

www.medicalwatches.com - link here to another very necessary editorial called 'Syringes for Insulan and Glucagon....tighter Airline security'

'The Diabetes Travel Guide' - by Davida F. Kruger. Available to order on www.amazon.co.uk

www.travelocity.com - very useful security information for travelling

www.babycentre.co.uk/travel/ - travelling Mums-to-be.

The FCO advises against all travelling to the following countries.....go to list at www.fco.gov.uk

What to Expect When You are Flying - Packing Tips - Air Safety - Road Trips - Airport Security Tips and much more useful information, please check out Travelocity at www.travelocity.com

Boeing reveals 'jetlag-buster'

Manufacturer says innovations on new jet will allow a more restful journey. For more details and more travel news go to www.travelmole.com

Travelers See Inconsistent Airport Security, Want Better Technology, Travel ID Cards; Travelocity.com Surveys Consumers Who Have Traveled Since Sept. 11 - for details go to www.travelocity.com

Trials of DVT pill a success

Trials of the first pill developed specifically for the treatment of deep vein thrombosis (DVT) have been a success, according to the company making the treatment.

The newly-developed Flite Tab helps to prevent DVT by having an anticoagulant effect on the blood, and an anti-inflammatory effect on the blood vessels; at present the only recommended measures to guard against the condition are to take an aspirin, to wear compression stockings, and to drink water and exercise during flights.

The study to measure the effectiveness of the new Flite Tabs involved 186 volunteers who were at moderate risk of DVT, on a flight from London to New York; 94 took the new tablet while 92 received a placebo. Of the placebo group, seven had blood clots; in the Flite Tab group, none had blood clots.

According to the Daily Mail, Professor Gianni Belcaro, who carried out the study, said: "Our study shows Flite Tabs were effective in reducing the incidence of DVT. They are far more effective than aspirin. In fact, we have done a study on aspirin and have found it to be almost entirely ineffective in preventing DVT. Besides, one third of people can't take it."

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Flight socks prove their worth

Research shows compression socks can reduce likelihood of blood clots. New tests have shown that wearing compression socks on long-haul flights DOES reduce the chance of getting blood clots.

Research by an Italian team, carried out on 205 people known to be at risk of deep vein thrombosis (DVT), was published over the weekend at a conference in Lisbon. Half of the group were told to wear the socks on a flight lasting around 12 hours, half were not.

Of the 103 people who wore the socks, just one developed a blood clot, while of the people not wearing the socks, six developed clots. The leader of the study, Professor Gianni Belcaro, stated: "If you fly for 12 hours, and if you have a high chance of DVT, there is a chance you will get a clot, but if you wear flight socks it is possible that a clot will not develop.

According to The Times, he added that the best way to avoid DVT was to "stop cramming people into aircraft" – but that until that was a feasible solution, the best bet was to wear compression socks.

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