

New Hazards at the Office



Reading

Do you spend large amounts of time glued to your computer screen at the office? Does your daily exercise consist of an occasional bathroom break and a brief walk for a coffee refill? A new study out of New Zealand indicates that a "yes" to these questions may mean you have a higher risk of forming deadly blood clots than most long-distance air travelers.

It's called deep vein thrombosis, or DVT. It's also known colloquially as "economy class syndrome," because it was first associated with long distance flights in which passengers, particularly those seated in economy class, had little opportunity for movement. The absence of legroom in economy class, as well as the more crowded conditions, means passengers are forced to sit for lengthy periods. DVT is a condition, then, in which a blood clot forms in one of the veins of the leg or pelvis. The clot can break off and block a blood vessel in one of the lungs, resulting in death.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。