



I know I'm not the athlete I once was, but flying is getting more painful. How can I prevent it?

*PJL, Evanston IL*

A: Leg, ankle and foot swelling happens to many passengers during long flights. When sitting in the same position for hours, blood flow slows down and blood pools in leg veins. The continued pressure leads to pain and swelling. Get up at least once an hour and walk around the aisle. Also, on long flights dress in loose clothing and footwear.