

Re: DVTs

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> *Hey, gang, I feel compelled to share this—I just got out of the
> hospital and am now on blood thinners for a huge DVT which has largely
> been attributed to my many hours of sitting and typing and being a
> smoker. Please, please...don't sit and type for more than 45 minutes
> straight. Get up frequently and move around. If you ever have a
> sensation of "heaviness", pressure, warmth or just a "funny feeling"
> in your leg(s), get to the doctor pronto. There isn't always pain.
>
> Anne/OH*

Goodness Anne! Take care of yourself. And thanks for reminding us that a wide butt (not that you have one!) isn't the only price to pay for sitting all darned day.

Sandi