

## Re: DVTs

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**From:** Anne Carle ([acarle\\_at\\_munge.com](mailto:acarle_at_munge.com))

**Date:** 02/03/05

Date: Thu, 03 Feb 2005 07:33:42 -0500

Thanks, Sandi and all! The whole thing has been really traumatic, and unfortunately, it's not a rare thing in people who are primarily sedentary. I've always tried to get up and move around regularly, and while I've been pretty good about it, there are days when the transcription is tough and I get so absorbed in what I'm doing that I notice later I was typing for hours—same scenario when entering big insurance checks at work. That just can't be an option any more.

I just hope my own experience helps someone pay attention to the (sometimes) subtle symptoms and reminds everyone that it's not just carpal tunnel that mandates breaks.

Anne/OH

On Wed, 2 Feb 2005 19:34:08 -0500, "Sandi" <[sanditypes@yahoo.com](mailto:sanditypes@yahoo.com)> wrote:

>> *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*

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>*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*

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