

## Stockings that fly with you

Never a trip without compression stockings. 25-year-old Fabian Niederhauser explains why he never forgets to bring them, especially when flying.



Fabian Niederhauser has good reason to laugh: the stresses of travel are no longer a problem for his legs thanks to his effective travel compression stockings.

So young and already in need of compression stockings? Fabian Niederhauser of Basel, Switzerland, was a pretty normal lad, even if he towered a head taller than his classmates back at school. The problem was that he was also heavier and much more corpulent than his peers.

By age 12, he had already taken part in a program for young people with obesity. This was followed by other programmes. But nothing – even a stay at the children's hospital in Davos – brought about any lasting success. On the contrary: whenever

he tried to lose weight, the yo-yo effect always struck again with a vengeance: 35 kilos lost, 40 gained back again. At 22 years old, Fabian Niederhauser weighed a shocking 140 kilos.

It was a desperate situation and simply too much of a good thing. "Working in nursing when you're this heavy is exhausting. I didn't want to, nor could I, continue like this." He already swam, cycled and went running, but only gastric bypass surgery finally had a drastic impact. "My weight had practically dropped to half after eight months." At 1.80 meters, he now weighs just 75 kilograms.

Once he finally lost the extra weight, Fabian Niederhauser noticed that his extreme obesity had already caused damage over the years. "I suddenly had extremely large varicose veins on my legs. Mainly on my thighs, but all over really. It looked like a three-dimensional map with large rivers. My legs would hurt in the evening. They were so heavy at the end of the day that every night I had to elevate them to provide relief. I had no other choice: my general practitioner sent me to the Merian Iselin Klinik, where I had the damaged veins removed. I had to wear strong compression stockings for eight weeks, and they really helped me. My legs look really good again."

Now he can finally enjoy his passion again: travel. "I like city trips most of all. A quick flight to Berlin, for example. And because I no longer want to place unnecessary strain on my legs, I find myself wearing the travel compression stockings more and more often. That works best, because you spend many hours on foot when travelling, and not only on the plane itself, where the rows of seats are really narrow." Fabian Niederhauser knows what he is talking about, as he is familiar with the pain and strain placed on the veins in the legs all too well. "Ever since I started wearing the stockings, travel has become fully restorative experience. I don't feel any more pressure, have a lot more stamina and don't have heavy legs in the evenings."