

How much do you know about DEEP VEIN THROMBOSIS (DVT)?

DVT is the formation of a blood clot (also known as thrombosis) in a deep vein. DVT predominantly occurs in the **legs** but also can occur in the **pelvic area** or **arms**. It can lead to partial or complete blockage of circulation which can cause serious medical problems.

WARNING SIGNS OF DVT

Contact your doctor if you experience the following:



- ✓ Pain or tenderness
- ✓ Swelling
- ✓ Warmth
- ✓ Redness



Nearly 2 million

Americans are affected by DVT each year.



Up to 600,000

are hospitalized due to DVT each year.

PULMONARY EMBOLISM (PE)

In serious cases of DVT, part of the clot can break away and travel through the bloodstream to the lungs. This is potentially life threatening.

WARNING SIGNS OF PE

If a blood clot has travelled to your lungs, you may experience:

- ✓ Shortness of breath
- ✓ Rapid breathing
- ✓ Chest pain
- ✓ Rapid heart rate
- ✓ Lightheadedness

Sometimes there are no warning signs or symptoms

What can trigger a blood clot?

- ✓ **Extended Bed Rest**
You should move around as soon as possible after surgery, illness, or injury.
- ✓ **Immobility**
If you're sitting for an extended period of time, like on an airplane or at work, get up, stretch your legs, and walk.
- ✓ **Health Factors**
You have control over a number of health factors that increase your risk, such as obesity, smoking, taking birth control pills, and dehydration.
- ✓ **Pregnancy**
Pregnant women are **five times more likely** to develop DVT. Women taking oral contraceptives or hormone replacement can be at increased risk.

