

# HOW MUCH DO YOU KNOW ABOUT DEEP VEIN THROMBOSIS?



## DEEP VEIN THROMBOSIS

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 will cause serious medical problems.



## WARNING SIGNS OF DVT

You should contact your doctor if you experience the following:

- Pain
- Warmth
- Tenderness
- Redness
- Swelling



## ACROSS THE COUNTRY

Nearly **2 million** Americans are affected by DVT each year.

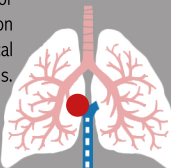


Up to **600,000** people are hospitalized due to DVT each year.



## COMPLICATIONS

In the most serious cases of DVT, a part of the clot can break away and travel through the bloodstream to the lungs. This can cause a **PULMONARY EMBOLISM (PE)** and 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
- Light headedness

## CAUSES OF DVT

The formation of a blood clot can happen to anyone at any age or health. Sometimes there are no warning signs or symptoms. You should be aware of the circumstances that can trigger a blood clot.



## Pregnancy

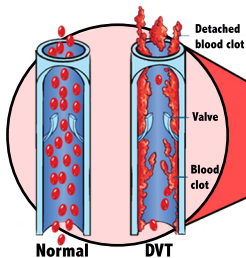
Pregnant women are **5** times more likely to develop a DVT than non-pregnant women. Women taking oral contraceptives or hormone replacement can be at increased risk of DVT, as well.

## Extended Bed Rest

You should move around as soon as possible after having been confined to a bed, such as after surgery, illness or injury.

## Health Factors

You have control over a number of health factors that can increase your risk of DVT, such as obesity, smoking, taking birth control pills and dehydration.



## STAY ACTIVE

Immobility increases the chances of developing a blood clot. If you're sitting for an extended period of time - like on an airplane or at work - get up, stretch your legs and walk around. These foot exercises can also help create blood flow.

