

GOING TO THE HOSPITAL? KNOW THROMBOSIS

Venous thromboembolism (VTE) is a leading cause of death and disability worldwide.





VTE refers collectively to deep vein thrombosis (DVT), a blood clot in the leg, and pulmonary embolism (PE), a clot that breaks loose and travels to the lungs.

10 MILLION cases of VTE and 600,000 deaths in Europe and the U.S. alone.

that is

1,600 DEATHS PER DAY

GOING TO THE HOSPITAL? KNOW THROMBOSIS.

-  Request a VTE risk assessment to understand your risk factors.
-  Ask about options that can help prevent VTE (compression stockings, or anti-clotting medication).
-  Follow all medical orders, take medications as prescribed, and ask questions!
-  Get moving to improve circulation.



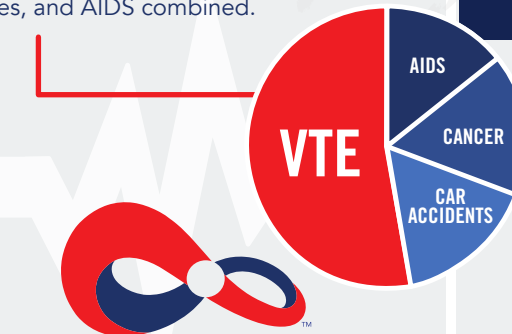
GET ASSESSED ANYONE CAN DEVELOP VTE

BUT CERTAIN FACTORS CAN INCREASE YOUR RISK.



VTE IS THE LEADING CAUSE OF PREVENTABLE HOSPITAL DEATH, AHEAD OF INFECTION AND PNEUMONIA.

In the U.K. and U.S., VTE kills more people each year than breast cancer, motor vehicle crashes, and AIDS combined.



WORLD THROMBOSIS DAY
13 OCTOBER
WorldThrombosisDay.org



STRONG RISK

- Hospitalization
- Surgery (hip, knee)
- Not moving for long periods of time



MODERATE RISK

- Age (60+)
- Personal or family history of blood clots
- Cancer/chemotherapy
- Estrogen-based medication (birth control or HRT)

Up to **60%** of all VTEs are hospital-associated



OTHER FACTORS

- Obesity
- Smoking
- Pregnancy or recent birth
- Alcohol consumption

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE THESE SYMPTOMS

DVT (Deep Vein Thrombosis)

- Swelling in the foot, ankle or leg
- Pain or tenderness, often starting in the calf
- Redness or noticeable discoloration
- Warmth on the leg or affected area



PE (Pulmonary Embolism)

- Unexplained shortness of breath or rapid breathing
- Chest pain
- Rapid heart rate
- Light headedness or faintness

