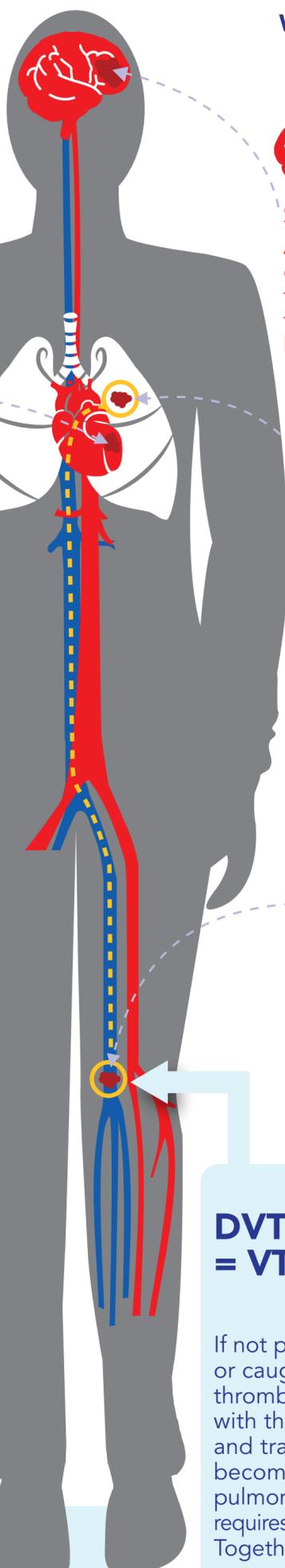


STOP BLOOD CLOTS, SAVE LIVES



WORLD THROMBOSIS DAY
OCTOBER 13

THROMBOSIS is a blood clot that forms in your artery or vein and is the one disorder that causes the world's top three cardiovascular killers: **heart attack, stroke and venous thromboembolism (VTE)**, which is a blood clot that is found mostly in the leg and lungs.



STROKE

A common type of stroke is caused when a blood clot forms in an artery leading to the brain and blocks the blood supply.



PULMONARY EMBOLISM (PE)

When a blood clot that has formed in the deep veins of the leg (or sometimes the arm) breaks away and travels to your lungs, it becomes a pulmonary embolism – this is potentially life threatening.



DEEP VEIN THROMBOSIS (DVT)

When a blood clot forms in a deep vein of the legs (or arms), this is called a "deep vein thrombosis" or DVT. If not prevented or caught early, DVT can cause serious medical problems.

HEART ATTACK

If a blood clot forms in an artery in the heart, it may cut off blood and oxygen to the heart, which can cause a heart attack.



DEATHS FROM VTE (Per Year)

EUROPE = 500K DEATHS

U.S. = 100K-300K DEATHS

VTE also is a troubling public health issue in middle- and lower-income countries in North Africa and Latin America.



KNOW YOUR RISK: BLOOD CLOT TRIGGERS

A blood clot in the leg or lungs can happen to anyone at any age. Sometimes there are no warning signs or symptoms. Know the risk factors and recognize that certain events or situations can provoke or trigger the formation of a blood clot.



HOSPITAL:

More than 2/3 of blood clots in the leg result from being in the hospital which is the leading cause of preventable hospital deaths.



SURGERY:

Certain surgeries, including hip and knee surgery and surgeries for cancer, put a patient at higher risk.



IMMOBILITY:

Not moving for long periods of time – for example, bed rest or extended travel – can also increase your risk.



OTHER TRIGGERS:

- Family history of blood clots
- Using estrogen-based medication like oral contraceptives and hormone replacement therapy
- Pregnant or recently gave birth



KNOW THE WARNING SIGNS OF DVT:

Warning signs in the leg may include:

- Pain
- Warmth
- Tenderness
- Redness
- Swelling

KNOW THE WARNING SIGNS OF PE:

If a blood clot has travelled to your lungs, symptoms may include:

- Unexplained shortness of breath
- Rapid breathing
- Chest pain (may be worse with deep breaths)
- Rapid heart rate
- Light headedness or passing out



GOING TO THE HOSPITAL?

If you are going to have surgery or will stay in the hospital for other reasons, **it's important to ask your doctor:**

1. What is my risk for a blood clot?
2. Should I receive some type of prevention for blood clots while I'm in the hospital?
3. Should I also receive some type of prevention for blood clots once I'm discharged from the hospital and for how long?



HAVING SYMPTOMS?

If you think you are having signs or symptoms of either DVT or PE, **you must seek medical or emergency help immediately and ask them:**

1. Could this be a blood clot?
2. Should I have diagnostic tests?



AND...

KEEP MOVING. Immobility increases your risk of developing a blood clot in your leg. If you are sitting for extended periods of time – either at your desk or while travelling – take time to get up, stretch your legs and walk around. This is important for healthy blood flow.

BE PROACTIVE. If you think you're at risk for developing a blood clot, talk to your doctor.

Learn more at WorldThrombosisDay.org

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