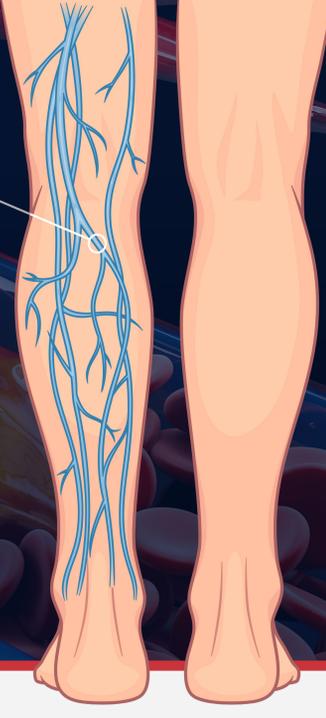
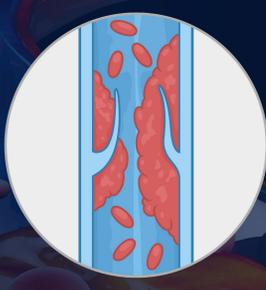




WORLD THROMBOSIS DAY
13 OCTOBER



Deep Vein Thrombosis is a Leading Cause of Preventable Hospital Death in the US

What is Deep Vein Thrombosis?

Deep Vein Thrombosis (DVT) is a blood clot that forms in a vein located deep within the body, most commonly the lower leg or thigh. However, DVT can also occur in areas such as the pelvis, groin, or even the arm.

DVT occurs when blood flow slows down, becomes stagnant, or changes in a way that causes blood cells to clump together and form a clot. Patients are more likely to develop blood clots if they have limited mobility due to bed rest or recovery and/or experience trauma to blood vessels, such as from surgery or serious injury.

If not treated, a DVT can break loose and travel to the lungs, causing a life-threatening condition called Pulmonary Embolism (PE). Together, DVT and PE are venous thromboembolism (VTE).

If not treated, a DVT can break loose and travel to the lungs, causing **life-threatening conditions.**

How common are DVTs?



900,000
PEOPLE

Up to 900,000 people in the US are affected by VTE.



100,000
DEATHS

Up to 100,000 Americans die of VTE each year.

What are the risk factors?

Risk factors of DVT and PE include:



Prolonged Immobility



Chronic Conditions



Hormone Therapy



Clotting History/Risk Factors



Pregnancy



Cancer



Surgery



Injury

What are the signs and symptoms?

Symptoms of DVT include:



Swelling (usually in one leg)



Pain or Tenderness



Warmth or Redness Over the Affected Area



Leg Fatigue or Heaviness

DVT can also occur without any noticeable symptoms making awareness, education, and prevention critical.

How can it be prevented?

VTE is largely preventable through appropriate risk assessment and targeted prophylactic interventions. Utilizing a validated risk assessment tool, such as The Caprini Risk Score, can guide clinicians in tailoring VTE prophylaxis strategies according to individual patient risk.

Common strategies to help in the prevention of DVT include:



Mechanical Prophylaxis



Early and Often Mobilization



Pharmacological Prophylaxis

Want to learn more about preventing deep vein thrombosis?

Visit worldthrombosisday.org



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SOURCES

- <https://www.cdc.gov/blood-clots/data-research/facts-stats/index.html>
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- <https://www.ncbi.nlm.nih.gov/books/NBK616080/#:~:text=The%20Caprini%20Score%20is%20a,comprehensive%20revision%20in%202013.>

