

# UNDERSTANDING YOUR PATIENTS' VTE RISK

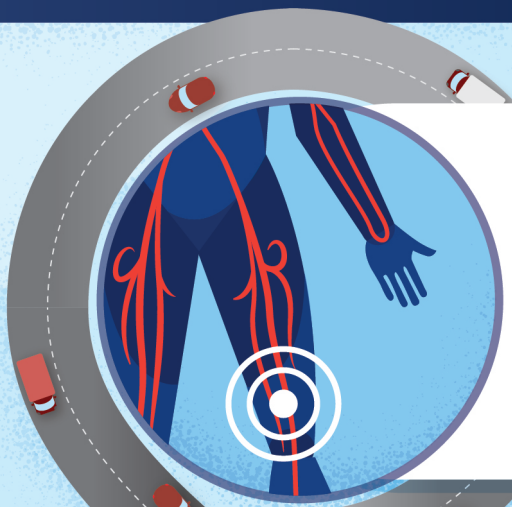
1 in 4 people worldwide die of conditions caused by thrombosis. The good news is that it is often preventable, which is why it's important to educate your patients on the risk factors, signs and symptoms of thrombosis.



WORLD THROMBOSIS DAY  
13 OCTOBER

## WHAT IS THROMBOSIS?

Thrombosis is the formation of potentially deadly blood clots in the artery (arterial thrombosis) or vein (venous thrombosis). Once formed, a clot can slow or block normal blood flow, and even break loose and travel to an organ.



## DEEP VEIN THROMBOSIS (DVT)

DVT is a blood clot that forms in the deep veins of the leg. Your patients may experience these signs and symptoms:

- Pain and/or tenderness in the calf or thigh
- Swelling of the leg, foot and/or ankle
- Redness and/or noticeable discoloration
- Warmth



## PULMONARY EMBOLISM (PE)

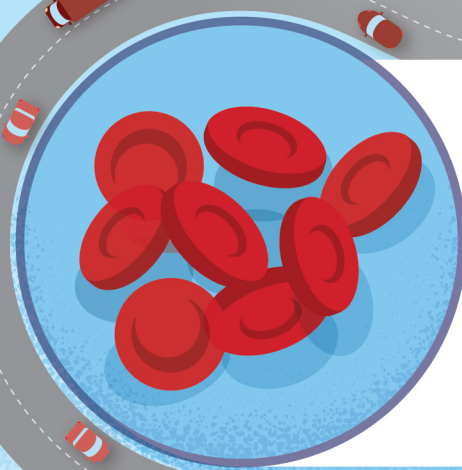
PE is a blood clot that can travel in the circulation and lodge in the lungs. Your patients may experience these signs and symptoms:

- Shortness of breath
- Rapid breathing
- Chest pain (may be worse upon deep breath)
- Rapid heart rate
- Light headedness and/or passing out

## VENOUS THROMBOEMBOLISM (VTE)

VTE is often preventable, and evidence-based prevention strategies can help stop the development of clots in at-risk individuals. Make sure your patients know the risk factors:

- Obesity
- Cigarette smoking
- Trauma
- Using medication containing estrogen
- Pregnancy/recent birth
- Hospitalization
- Surgery
- Cancer
- Prolonged immobility
- Family history of VTE



## HOW TO PREVENT VTE

To identify whether your patient is 'at-risk,' conduct a VTE risk assessment to see if prevention such as anticoagulants or medical devices apply.

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