

# OPEN YOUR EYES TO DEEP VEIN THROMBOSIS (DVT)

## UNDERSTANDING DVT

DVT is a blood clot that forms in a vein deep in the body. Blood clots occur when something slows or changes the blood flow. Blood thickens and clumps together.

Most deep vein blood clots occur in the lower leg or thigh, however, they can also occur in other parts of the body such as the groin and arms.

## DVT SIGNS AND SYMPTOMS



- Usually it only presents with pain and/or tenderness in the calf of thigh
- Occasionally swelling of the leg
- Occasionally redness and/or noticeable discoloration
- Occasional warmth

## DVT RISK FACTORS

- Hospitalization for any illness or surgery - and 90 days after discharge
- Cancer
- Prolonged Immobility
- Family History of DVT
- Obesity
- Estrogen-containing medications, including birth control and hormone-replacement therapy
- Pregnancy and up to 6 weeks following delivery

## COMPLICATIONS OF DVT

Often times, deep vein thrombosis can travel to the lungs, known as a pulmonary embolism (PE).

When this occurs, it is called a venous thromboembolism (VTE).

VTE is a leading cause of death and disability worldwide.

**DVT+PE=**  
**VTE**

## DVT TREATMENT

- Anti-clotting medications
  - e.g. anticoagulants
- Clot removing procedures
- Mechanical devices
  - e.g. Intermittent pneumatic compression devices, rapid inflation venous foot pumps, compression stockings