

OPEN YOUR EYES TO VENOUS THROMBOEMBOLISM (VTE)

WHAT IS VTE?

VTE is a condition in which a blood clot forms most often in the deep veins of the leg, groin or arm (known as deep vein thrombosis, DVT) and travels in the circulation, lodging in the lungs (known as pulmonary embolism, PE).

Together, DVT and PE are known as VTE - a dangerous, potentially deadly medical condition.

DVT + PE = VTE

VTE SIGNS AND SYMPTOMS

VTE can occur without any warning signs and can go unrecognized and undiagnosed by a healthcare professional. Symptoms that do appear may be associated with DVT or PE

DVT SIGNS & SYMPTOMS

- Pain or tenderness, often starting in the calf
- Swelling, including the ankle or foot
- Redness or noticeable discoloration
- Warmth

PE SIGNS & SYMPTOMS

- Unexplained shortness of breath
- Rapid breathing
- Chest pain (that may be worse upon deep breath)
- Rapid heart beat
- Lightheadedness or passing out

VTE TREATMENT

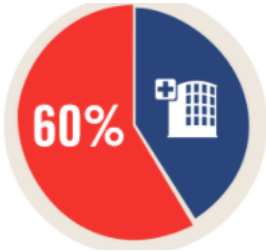
DVT and PE are serious, life-threatening conditions that require immediate medical attention. Treatment can differ by patient but typically includes blood thinning medication to break up clots and prevent new ones from forming.

VTE RISK FACTORS

- **Hospitalization** for any illness or surgery - and 90 days after discharge
- **Surgery**, especially hip, knee, and cancer-related surgery
- **Immobility** - such as long flights, car trips, sitting for extended periods of time, bedrest, etc.
- **Age** - 60+
- **Family or personal history** of blood clots
- **Cancer / Chemotherapy**
- **Trauma**
- **Estrogen-based medication**
 - e.g., oral contraceptives or hormone replacement therapy
- **Pregnancy** and the 6 weeks following birth
- **Smoking**
- **Obesity**

For more information, visit:
WorldThrombosisDay.org

OPEN YOUR EYES TO HOSPITAL-ASSOCIATED THROMBOSIS



Being in the hospital is THE major risk factor for developing venous thromboembolism (VTE).

Up to 60% of all VTE cases occur during or within 90 days of hospitalization, making it a leading cause of preventable hospital death.

PROCEDURES WITH INCREASED VTE RISK

- Orthopedic surgery
 - e.g. - hip replacement, knee surgery
- Major general surgery
 - Especially involving the abdomen, pelvis, hip or legs
- Major gynecologic surgery
- Urological surgery
- Neurosurgery
- Cardiothoracic surgery
- Major peripheral vascular surgery
- Chemotherapy for cancer treatment

BE PROACTIVE & PREVENT VTE

If you or a loved one is entering the hospital for any reason, be proactive with the below and help prevent VTE:

- Request a **VTE Risk Assessment** upon being admitted to the hospital
- Ask about options that can help prevent VTE
 - e.g. compression stockings, anti-clotting medication
- Follow all medical orders, take medications as prescribed
- Get moving to improve circulation

HEADING TO THE HOSPITAL? **WHAT TO ASK YOUR HEALTHCARE PROVIDER**

The World Thrombosis Day campaign has developed a list of questions to ask healthcare providers when being admitted to the hospital. To print the full list, [visit the WTD website](#).

1. What is my risk in developing a DVT or PE? Please conduct a VTE Risk Assessment.
2. What can be done to lower my risk of developing a DVT or PE?
3. Will I be given some type of blood clot prevention while in the hospital?
4. Will I be given some type of blood clot prevention when I leave the hospital?
5. What are the warning signs and symptoms of a DVT or PE?
6. What should I do if I have any of the warning signs or symptoms?