

THINK THROMBOSIS

THROMBOSIS: UNDERSTAND THE RISK

A blood clot can occur in anyone without warning, signs or symptoms. Factors that increase your risk of developing a blood clot include:



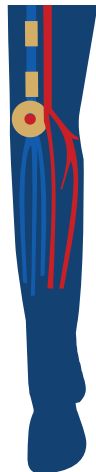
- Hospitalisation for any reason
- Surgery, especially:
 - Hip & knee replacement
 - Procedures to the pelvis & abdomen
- Severe trauma (eg accident)
- Prolonged immobility
- Cancer and some cancer treatments
- Injury to a vein
- Pregnancy & post-partum
- A family history of blood clots
- Oral contraceptive pill
- Hormone replacement therapy (HRT)
- Obesity
- Long periods of inactivity
- Dehydration
- Smoking

PREVENT

Many thrombotic events can be prevented. It is very important to:



**KNOW
THE RISK
FACTORS**



**HAVE
YOU BEEN
RISK
ASSESSED**

If you, a friend or a family member is admitted into hospital ASK - have I been VTE risk assessed



**FOLLOW
YOUR HCP's
ADVICE**

PROTECT



**KEEP
MOBILE**



**KEEP
WELL
HYDRATED**



**ADHERE TO
TREATMENT
BEING
ADVISED**