**WHAT IS VTE (VENOUS THROMBOSIS)**

Thrombosis is the formation of potentially deadly blood clots.

Blood clots in the arteries cause heart attacks and strokes.

Blood clots in the veins can lead to death due to breaking off and blocking the blood supply to the lungs:

- **Deep vein thrombosis (DVT)** is when blood clots in a deep vein
- **Pulmonary embolism (PE)** is when a blood clot breaks loose and travels to the lungs

Collectively, DVT and PE are known as venous thromboembolism - VTE.

**RISK FACTORS FOR VTE (VENOUS THROMBOSIS)**

The most common risk factors for thrombosis are:

- Hospitalisation for any reason
- Surgery
- Hip & knee replacement
- Severe trauma (e.g., accident)
- Prolonged / long-term bed rest
- Cancer
- Pregnancy and post-partum
- A family history of blood clots
- Oral contraceptive pill
- Hormone replacement therapy (HRT)
- Obesity
- Long periods of inactivity
- Dehydration
- Smoking

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HATs
HOSPITAL ACQUIRED CLOTS

What are the symptoms:
- swelling, pain and tenderness in the affected leg and
- discoloration of the skin
- chest pains
- breathlessness
- blood-stained phlegm
- grey skin tone
- feeling clammy, dizzy or panicky; and
- a persistent cough

Tips to avoid a blood clot:
- Know your risk
- Drink lots of fluids
- Keep mobile
- Take control - comply with prevention methods which can be elastic stockings and blood thinners

Over half of all blood clots are associated with being admitted to hospital
VTE (blood clots) are the number 1 cause of preventable death in hospital

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90 minutes of sitting reduces your blood flow behind your knees by 50% increasing your risk of a DVT

What can you do:

- Keep Moving
- Take a break – at least every 90 minutes
- Walk around
- Do regular feet and leg exercises
- Check your sitting style – avoid cross legs / ankles or sat on one leg
- Keep well hydrated
- Avoid remaining at your desk for lunch
FOR FURTHER INFORMATION

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OR VISIT

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