

WHAT IS VTE VENOUS THROMBOEMBOLISM

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 venous thromboembolism
- VTE.



RISK FACTORS FOR VTE VENOUS THROMBOEMBOLISM

The most common risk factors for thrombosis are:

Hospitalisation for any reason
Surgery
Hip & knee replacement

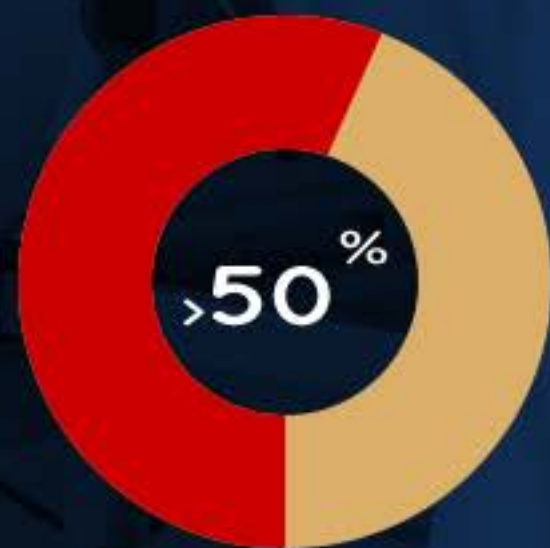
Severe trauma (eg accident)
Prolonged / long-term bed rest

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

HATs

HOSPITAL ACQUIRED CLOTS



Over half of all blood clots are associated with being admitted to hospital



VTE (blood clots) are the #1 cause of preventable death in hospital

What are the symptoms:

- swelling, pain and tenderness in the affected leg and
- discolouration 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

YOU can be at risk RISK

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





Thrombosis UK

Awareness • Research • Care

FOR FURTHER INFORMATION

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