

# THINK THROMBOSIS

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

## KNOW THE RISK FACTORS



## PREVENT

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

## FOLLOW YOUR HCP'S ADVICE



## HAVE YOU BEEN RISK ASSESSED



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

## KEEP MOBILE



## PROTECT

## KEEP WELL HYDRATED



## ADHERE TO TREATMENT BEING ADVISED

