

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