## STOP THE CLOT, **SPREAD THE WORD™**



## Checklist for Blood Clot Risk Factors

Listed below are some of the most common risk factors for blood clots. Put a check in the box next to any risk factors that might apply to you.

☐ Hospitalization for illness or surgery
$\hfill \square$ Major surgery, particularly of the pelvis, abdomen, hip, knee
☐ Severe physical trauma, such as a car accident
$\hfill\square$ Injury to a vein that may have been caused by a broken bone or severe muscle injury
☐ Hip or knee replacement surgery
☐ Cancer and cancer treatments
$\hfill \Box$ Use of birth control methods that contain estrogen, such as the pill, patch or ring
$\hfill\square$ Pregnancy, which includes the six weeks after the baby is born
☐ The use of hormone therapy with estrogen
☐ Personal or family history of blood clots
☐ Overweight
☐ Confinement to bed or a wheelchair
$\square$ Sitting too long, especially with legs crossed
☐ Smoking
☐ Age 55 or older
$\square$ Long-term diseases such as heart and lung conditions, or diabetes

If any of these risk factors apply to you, speak with your doctors about your potential risks for blood clots. **To learn more about blood clots, visit: www.stoptheclot.org.** 



