Checking into the Hospital? Don’t Check Out With a Blood Clot!

Did you know that getting a blood clot from a hospitalization, surgery, or other healthcare treatment or procedure (called healthcare-associated venous thromboembolism or HA-VTE for short) is a significant, costly and growing public health problem? It is! But it is also preventable!

Become familiar with the terminology used to discuss blood clots. Learn the facts about HA-VTE and what you can do to prevent it from happening to you or someone you care about.

Learn the Lingo About Blood Clots

<table>
<thead>
<tr>
<th>Deep Vein Thrombosis (DVT):</th>
<th>Venous Thromboembolism (VTE):</th>
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</thead>
<tbody>
<tr>
<td>Blood clot located in a deep vein usually in the leg or arm.</td>
<td>DVT and PE are also known as VTE.</td>
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<table>
<thead>
<tr>
<th>Pulmonary Embolism (PE):</th>
<th>Healthcare-Associated VTE (HA-VTE):</th>
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<tbody>
<tr>
<td>Blood clot that has traveled from a deep vein to the lung. PE can be deadly.</td>
<td>A DVT or PE that occurs as a result of hospitalization, surgery, or other healthcare treatment or procedure.</td>
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The Facts

Blood Clots are Deadly and a Significant, Growing Public Health Problem.

- Serious and potentially deadly blood clots known as venous thromboembolism (VTE) affect as many as 900,000 Americans each year, leading to about 100,000 premature deaths.

Blood Clots are Costly.

- VTE-associated health care costs $10 billion or more each year in the United States. And, the costs due to healthcare-associated blood clots alone exceed $5 billion dollars per year.

Healthcare-Associated Blood Clots are Avoidable: Prevention is Key!

- As many as 70% of healthcare-associated blood clots are preventable, yet fewer than half of hospitalized patients receive appropriate preventive treatment.

Think You Aren’t At Risk for a Blood Clot?

Think Again!

Anyone can develop a blood clot. Blood clots do not discriminate by age, gender, ethnicity or race. There are many reasons why a person might develop a blood clot. Over half of all blood clots are directly related to a recent hospitalization or surgery and most of these do not occur until after discharge from the hospital.

Are you

- Currently (or have you recently been) hospitalized?
- Recovering from surgery?
- Being treated for cancer?
- On bed rest?

If you checked any of these, you have a higher risk of developing a blood clot. And the more risk factors you have, the greater your risk will be. But don’t worry! Blood clots that occur as a result of hospitalization, surgery, or other healthcare treatments or procedures are preventable! Work with your healthcare provider to develop a plan to prevent VTE. It just might save your life!
Blood Clot Risk Factors – Could You Be at Risk?

- Hospitalization for illness or surgery
- Major surgery, particularly of the hip or knee
- Severe trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Cancer and cancer treatments
- Pregnancy, including up to 6 weeks after the baby is born*
- Family members with blood clots*
- Being obese or overweight*
- Confinement to bed
- Sitting too long, especially with legs crossed
- Being age 55 and older*
- Previous blood clot*
- Taking hormonal medications*
- Having other medical conditions, like diabetes, high blood pressure, cancer, or heart disease*

*Certain factors put you at even greater risk of HA-VTE when combined with hospitalization, surgery, and immobility (limited movement).

Where Can You Go for More Information about Blood Clots?

- Centers for Disease Control and Prevention http://www.cdc.gov/ncbddd/dvt/index.html
- Stop The Clot, Spread The Word™ http://www.stoptheclot.org/spreadtheword/
- National Blood Clot Alliance http://www.stoptheclot.org/
- International Society on Thrombosis and Haemostasis, Inc.'s World Thrombosis Day http://www.worldthrombosisday.org/

What Can You Do To Help Prevent Healthcare-Associated Blood Clots

Before surgery or hospitalization ask your healthcare provider:

- Am I at risk for a blood clot?
- Do I need preventive treatment to keep me from having a blood clot?

Upon discharge ask your healthcare provider:

- What can I do to continue to prevent blood clots from developing once I’m home?
- What are the signs and symptoms of a blood clot?
- What should I do if I think I have a blood clot?

At Home

- Follow your doctor’s instructions for preventing blood clots; take medicine as prescribed.
- Move your arms and legs to help prevent blood clots from forming.
- Call all your doctor if you think you have a blood clot.