HOSPITALIZATION: A Major Risk Factor for Dangerous Blood Clots

Know Your Risk: The Link Between Hospitalization and Blood Clots

Roughly 1 out of 10 hospital deaths are related to blood clots in the lungs.

Blood clots are a leading cause of preventable hospital death in the United States.

About half of all blood clots occur during or within 3 months of a hospital stay or surgery.

Many of these blood clots can be safely prevented.

Nearly half of all hospital patients do not receive proper prevention measures.

Prevent the Need for 911. Get the Facts on Blood Clots.

Understanding Blood Clots

A blood clot in one of the large veins, usually in a person’s leg or arm, is called a deep vein thrombosis or DVT. When a DVT forms, it can partially or completely block the flow of blood through the vein.

A blood clot in the lungs is called a pulmonary embolism or PE. This requires immediate medical attention since it can cause death.

Preventing Blood Clots

Half of all blood clots occur during or within 3 months of a hospital stay or surgery. Many of these blood clots can be safely prevented. Nearly half of all hospital patients do not receive proper prevention measures.

Nearly half of all hospital deaths are related to blood clots in the lungs.

Blood clots are a leading cause of preventable hospital death in the United States.

IF YOU EXPERIENCE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS...

Blood Clots in Your Legs or Arms

Alert your doctor as soon as you can.

- Swelling of your legs or arms
- Pain or tenderness not caused by an injury
- Skin that is warm to the touch
- Redness or discoloration of the skin

Blood Clots in Your Lungs

Seek medical attention immediately.

- Difficulty breathing
- Chest pain that worsens with a deep breath
- Coughing or coughing up blood
- Faster than normal or irregular heartbeat

To learn more about blood clots and to spread the word, visit stoptheclot.org/spreadtheword

The mark ‘CDC’ is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

Stop the Clot, Spread the Word™ is a public education campaign made possible by funding provided to the National Blood Clot Alliance by the Centers for Disease Control and Prevention under Cooperative Agreement No. 1U27DD001153-02.