

## **Blood Clots and Hospitalization – Audio Transcript**

ANNOUNCER: BLOOD CLOTS AFFECT ABOUT 900,000 AMERICANS EACH YEAR, RESULTING IN ABOUT 100,000 DEATHS -- MORE THAN FROM AIDS, BREAST CANCER, AND MOTOR VEHICLE CRASHES COMBINED.

HOSPITALIZATION, SURGERY, AND PHYSICAL TRAUMA ARE MAJOR FACTORS THAT PUT YOU AT RISK FOR BLOOD CLOTS, ACCORDING TO DR. GREGORY MAYNARD, CHIEF QUALITY OFFICER AT THE UNIVERSITY OF CALIFORNIA DAVIS MEDICAL CENTER.

DR. MAYNARD: ABOUT HALF OF ALL BLOOD CLOTS OCCUR DURING A HOSPITAL STAY OR WITHIN 90 DAYS OF ONE. MOST OF THESE BLOOD CLOTS CAN BE PREVENTED, BUT FEWER THAN HALF OF HOSPITAL PATIENTS RECEIVE PROPER PREVENTION MEASURES. SO BEFORE YOU'RE ADMITTED TO THE HOSPITAL, TALK WITH YOUR DOCTOR AND DEVELOP A BLOOD CLOT PREVENTION PLAN.

ANNOUNCER: ANYONE CAN DEVELOP A BLOOD CLOT. THE CENTERS FOR DISEASE CONTROL AND PREVENTION ADVISES THAT YOU KNOW THE SIGNS. SIGNS OF A BLOOD CLOT IN THE LEGS OR ARMS INCLUDE PAIN AND SWELLING WITH SKIN THAT'S WARM TO THE TOUCH, RED, OR DISCOLORED. SIGNS OF BLOOD CLOTS IN YOUR LUNGS ARE DIFFICULTY BREATHING, CHEST PAIN THAT WORSENS WITH A DEEP BREATH, COUGHING UP BLOOD, AND A FASTER THAN NORMAL OR IRREGULAR HEARTBEAT. IF YOU THINK YOU HAVE A BLOOD CLOT SEEK IMMEDIATE MEDICAL CARE. FIND OUT MORE FROM THE NATIONAL BLOOD CLOT ALLIANCE AT [STOPTHECLOT.ORG](http://STOPTHECLOT.ORG).