Healthcare-Associated Blood Clots: Minimize Your Risk

The Problem

Healthcare-associated venous thromboembolism (blood clots) is a significant, deadly, costly, and growing public health problem.

Prevention Can Save Lives

Proven ways to prevent blood clots from occurring during or after a healthcare encounter exist, but not all hospitals and healthcare facilities have put these prevention strategies into practice or use them routinely.

1 Learn the Lingo About Blood Clots

Deep Vein Thrombosis (DVT):

Blood clot located in a deep vein usually in the leg or arm.

Pulmonary Embolism (PE):

Blood clot that has traveled from a deep vein to the lung. PE can be deadly.

Venous Thromboembolism (VTE):

DVT and PE are also known as VTE.

Healthcare-Associated VTE (HA-VTE):

A DVT or PE that occurs as a result of hospitalization, surgery, or other healthcare treatment or procedure.

2 Blood Clots Are Costly

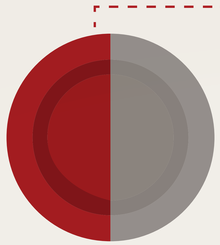
Costs due to healthcare-associated blood clots exceed

5 BILLION DOLLARS PER YEAR

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

Blood clots affect as many as **900,000** Americans each year leading to approximately **100,000** premature deaths.

Affected by Blood Clots
Blood Clot Related Deaths
= 100,000 people



50%
of blood clots are healthcare-associated

Although there are many reasons a person might develop a blood clot, about half of them are directly related to a recent hospitalization or surgery and most of these do not occur until after discharge.

4 Healthcare-Associated Blood Clots Are Avoidable: Prevention is Key

As many as **70%** of healthcare-associated blood clots are **preventable**.

HOWEVER

Fewer than **50%** of hospital patients **receive appropriate preventive treatment**.

5 What You Can 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 your doctor if you think you have a blood clot.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, please visit http://www.cdc.gov/ncbddd/dvt/