



Deep Vein Thrombosis (DVT)

**Know the Signs. Listen to Your Body.
Protect Your Health.**

Do You Know About Deep Vein Thrombosis (DVT)?



“I never thought about getting a blood clot. But last year I broke my leg and was laid up at home. Then, I had a DVT.”

Do You Know About Deep Vein Thrombosis (DVT)?¹

“After my daughter was born, I was all about taking care of her. I didn't know my health could be at risk. But I got a DVT.”

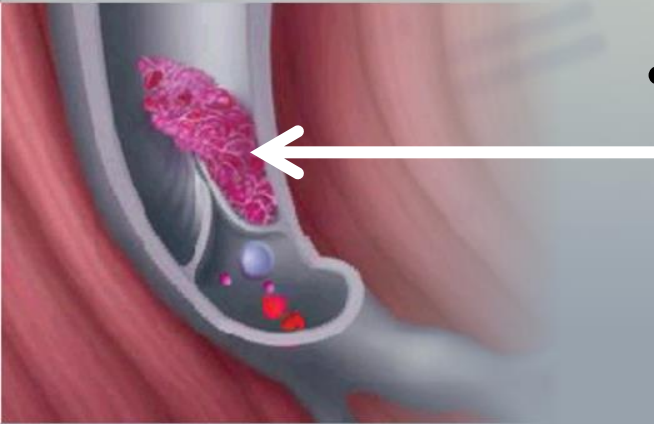


Do You Know About Deep Vein Thrombosis (DVT)?²

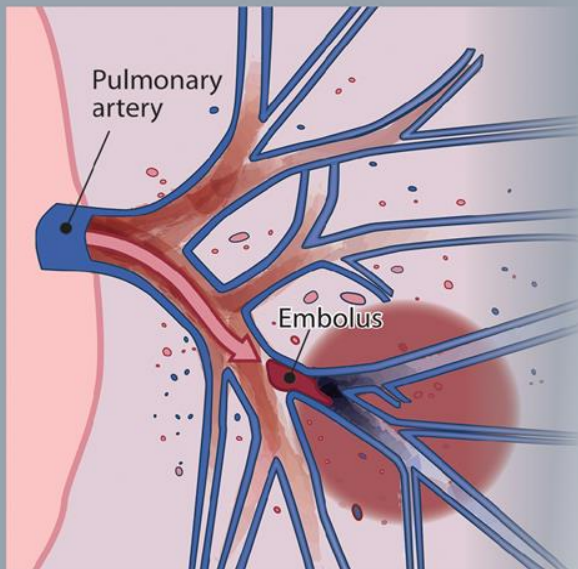


“After surgery, I was so happy to get back home to recover. Then my leg swelled up and I didn’t know why. Turns out I had a DVT.”

What Is Deep Vein Thrombosis (DVT)?



- [Deep Vein Thrombosis](#), or **DVT**, occurs when a large blood clot forms in a vein in your body, usually the leg.



- Sometimes part of the clot breaks off and travels through the bloodstream to your lungs. This is called a [Pulmonary Embolism](#), or **PE**, and can be fatal.

How Many People Are Affected by Deep Vein Thrombosis (DVT)?

From 350,000 to 900,000 per year

CDC estimates that each year between 350,000 and 900,000 Americans develop blood clots for the first time.¹

That's more than the number of new cases of either breast cancer or prostate cancer during 2012.²

¹CDC Public Health Grand Rounds, 2013

²United States Cancer Statistics (USCS)

Why Should I Care About Deep Vein Thrombosis (DVT)?



- Everyone is at risk for a DVT.
- DVT can cause serious illness, disability, and may even lead to death caused by a PE.
- If you recognize the signs and symptoms early, DVT can be safely treated by your healthcare provider.
- You can take steps to help prevent DVT.

What Are the Signs and Symptoms of Deep Vein Thrombosis (DVT)?



The most common signs and symptoms are combinations of:

- New swelling of your arm or leg
- Pain or tenderness you can't explain
- Skin that's warm to the touch
- Redness or discoloration of the skin

Recognized in time, DVT can be treated. If you think you have signs or symptoms, contact your doctor.

What Are the Signs and Symptoms of Pulmonary Embolism (PE)? cont.



The most common signs and symptoms are combinations of:

- Shortness of breath you can't explain
- Chest pain, especially when you take deep breaths
- Coughing up blood
- Feeling lightheaded or fainting

Recognized in time, PE can be treated. If you think you have signs or symptoms, *seek medical attention right away.* Left untreated, PE can result in death.

Am I at Risk for Deep Vein Thrombosis (DVT)?



Deep Vein Thrombosis (DVT) can happen to anybody. Risk factors include:

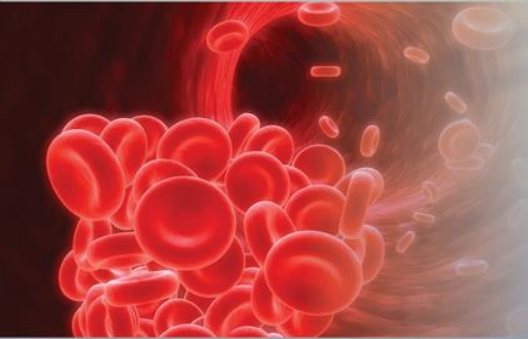
- Recent serious injury such as a broken bone
- Recent surgery
- Sitting or lying down for long periods of time
- Having active cancer



Am I at Risk for Deep Vein Thrombosis (DVT)?¹

Other things that can put you at risk for DVT include:

- Having had a blood clot in the past
- Having a family history of blood clotting disorders
- Being pregnant or recently giving birth
- Taking birth control that contains estrogen (such as pills, patches, or rings) or hormone replacement therapy



Am I at Risk for Deep Vein Thrombosis (DVT)?₂

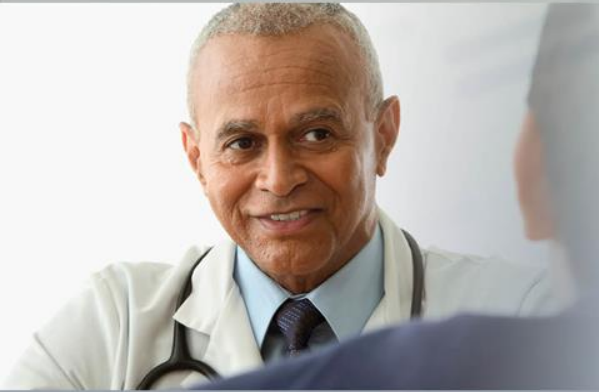


A few more things that can put you at risk for DVT include:

- Being over age 65
- Being overweight
- Sitting during travel longer than 4 hours



How Can I Prevent Deep Vein Thrombosis (DVT)?



Most cases of DVT can be prevented.

Here are things you can do to protect your health:

- Before any surgery, talk to your doctor about blood clots.
- If you've had a stay in the hospital or been treated for a serious injury, ask what you can do to prevent blood clots.
- Follow your doctor's instructions.



How Can I Prevent Deep Vein Thrombosis (DVT)? cont.



- Get up and move after sitting or lying down for long periods of time.
- Move your lower legs while seated on long trips.
- Maintain a healthy weight.
- Know your family history of blood clots.
- Tell your healthcare provider if you have other risk factors for DVT.

How Can I Learn More?

To learn more about Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), including risks, signs, symptoms, and tips for prevention, visit www.cdc.gov/ncbddd/dvt.

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