

Blood Clot Prevention



Know The Signs

You may mistake the pain of blood clots for a cramp. It is good to know the signs of a blood clot.

Tell Your Doctor

Talk to your doctor about blood clots. They can help you make a plan that works for you.



Enjoy A Healthy Lifestyle

Eat well. Get exercise. Do not smoke. A healthy lifestyle helps blood flow.

Move As You Can

Move your legs or arms every few hours. If you cannot, ask someone to move your legs or arms for you.



Ask Your Doctor Pre-pregnancy or Surgery

Do you want to be pregnant or need to have surgery? Let your doctor or nurse know about your risk for blood clots.

Learn more at www.aahd.us/vte

