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

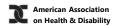




#### Ask Your Doctor Prepregnancy or Surgery

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 <a href="https://www.aahd.us/vte">www.aahd.us/vte</a>





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