

BLOOD CLOTS

An Informational Newsletter for Caregivers and Support Professionals



DANGEROUS!

People who have trouble walking or climbing stairs are at a big risk for blood clots. Not moving for a long time is one way blood clots can form. Knowing the signs of blood clots helps reduce the risk.

WATCH FOR THIS

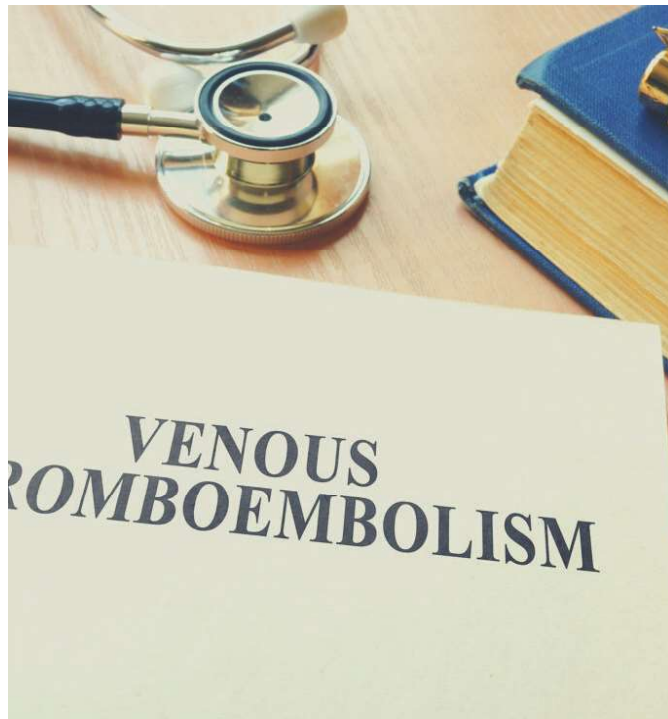
Symptoms of a blood clot in the leg or arm can include a cramping feeling, discolored skin or skin that feels warm to the touch. Symptoms of a blood clot in the lung may include problems with breathing or chest pain. You can also cough up blood or have a fast or irregular heartbeat.



MORE RISKS

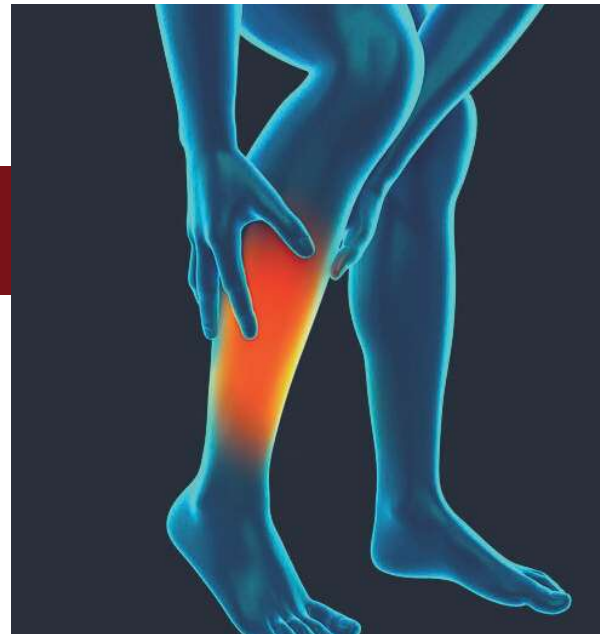


Other risks besides not moving include a major surgery or physical trauma, cancer, obesity, and smoking. You can also be at risk while pregnant or if you recently gave birth. If you use hormone therapy for birth control, treating menopause symptoms, or other reasons, you can have blood clots.



WHAT IS VTE?

When a blood clot forms in a place that blocks blood flow to parts of your body, it can be dangerous and even deadly. The medical term is venous thromboembolism (VTE). VTE is a blood clot that started in a vein.



WHAT IS DVT?

Deep vein thrombosis (DVT) is the medical term for a blood clot that happens in the deep veins of a leg or arm and sometimes the shoulders or pelvis.



WHAT IS PE?

If DVT is not treated, it can break off or grow larger and travel to a person's lung, where it becomes life-threatening. A blood clot in the lung is called a pulmonary embolism or PE.



WHAT CAN I DO?

Do you help a person who cannot walk up stairs? Do you know that they're at big risk for dangerous blood clots? Help them move, whether that's switching positions when they cannot or stretching with them to keep blood flowing. Encourage them to stop smoking if they do, because smoking is another big risk for blood clots.



FINAL NOTE

Even if the person you help does not mention pain, look for blood clot signs you can see that could help them out. If the person you serve has ANY signs or symptoms, talk to the doctor immediately. Every person is different and it's best to be careful.

Learn more at www.aahd.us/vte



Support provided by: AAHD and the National Blood Clot Alliance. This content is for informational purposes only. Always seek the advice of qualified health providers with questions regarding medical conditions or treatments