

## Do you know the symptoms of a blood clot?

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### Deep Vein Thrombosis (DVT):

*A clot that typically is in one leg (can also be in arm). Symptoms range from mild to severe; may involve the foot, ankle, calf, whole leg or arm.*

- **Pain**
- **Swelling**
- **Discoloration** (bluish or reddish)
- **Warmth**

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### Pulmonary Embolism:

*A blood clot in the lungs*

- **Shortness of breath**
- **Chest pain** (may be worse with deep breath)
- **Unexplained cough** (may cough up blood)
- **Unexplained rapid heart rate**

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If you have any of these symptoms, get medical help right away!

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## Are you at risk for a blood clot?

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Factors that increase risk

### Immobility:

- Hospitalization
- Prolonged sitting

### Surgery and Trauma:

- Major surgery (pelvis, abdomen, hip, knee)
- Bone fracture or cast
- Catheter in a big vein

### Increased estrogen:

- Birth control pills, patches, rings
- Pregnancy, for up to 6 weeks after giving birth
- Hormone therapy

### Medical conditions:

- Cancer and its treatment
- Heart failure

### Other risk factors:

- Previous blood clot
- Family history of clots
- Clotting disorder
- Obesity
- Smoking

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