



# Deep Vein Thrombosis (DVT)

## What is a deep vein thrombosis?

- DVT occurs when a blood clot (thrombus) forms in a vein in the body (usually in the legs).
- Can be very serious because blood clots in the leg can break loose, travel through your bloodstream and block blood flow to your lungs (pulmonary embolism).

## Symptoms of DVT

- Swelling in the affected limb (rarely swelling in both limbs)
- Pain (often initially feels like cramping or soreness)
- Red or discolored skin
- Feeling of warmth in the affected limb
- Can occur without noticeable symptoms

## Signs and Symptoms of a Pulmonary Embolism Include:

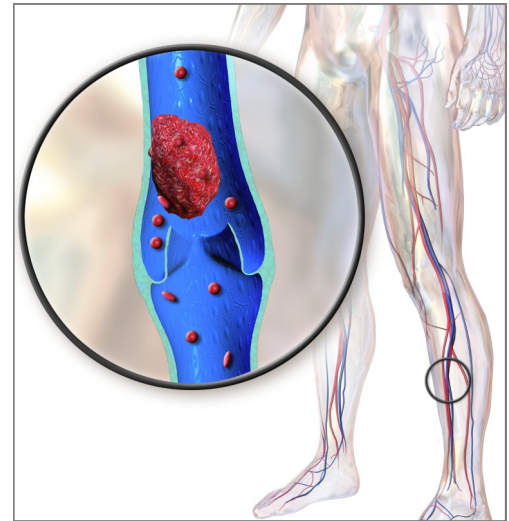
- Sudden shortness of breath
- Chest pain or discomfort that worsens with deep breath or when you cough
- Feeling lightheaded, dizzy, or fainting
- Rapid Pulse Coughing up blood

## Cause

Anything that prevents your blood from circulating or clotting normally, such as an injury to a vein, surgery, certain medications, and/or limited movement.

## Risk Factors

- Prolonged best rest
- Cancer
- Heart failure
- Smoking
- Age
- Injury or surgery
- Obesity or overweight
- Pregnancy
- Oral contraceptives or hormone replacement therapy
- Inheriting blood clotting disorder
- Inflammatory bowel disease
- Family history
- Sitting for long periods of time (driving or flying)



## Treatment

- Support Stockings
- Reciprocal compression devices
- Medications
  - Blood thinners
  - Clot busters
- Blood filters inserted into a large vein (when medications not appropriate)
- Lifestyle and home remedies
  - Move / be active
  - Take medications as directed
  - Monitor for excessive bleeding
  - Wear compression stockings
  - Check in with your doctor regularly

