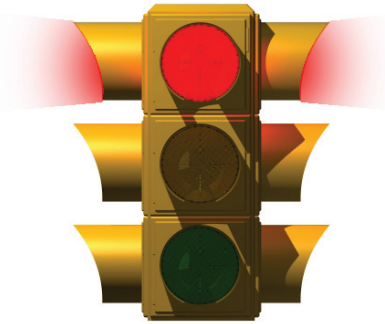




Stop the Clot™

ASSESSING YOUR CLOTTING RISK: *What You Need to Know*



HIGH RISK

Blood Clots

Stop!

Discuss with your doctor now!

- Hospitalization
- Major surgery, such as abdominal/pelvic surgery
- Knee or hip replacement
- Major trauma: auto accident or fall
- Nursing home living
- Leg paralysis



MODERATE RISK

Blood Slows

Caution!

Talk to your doctor next visit.

- Older than age 65
- Trips by plane over 4 hours (car, train, bus)
- Active cancer/chemotherapy
- Bone fracture or cast
- Birth control pills, patch, or ring
- Hormone replacement therapy
- Pregnancy or recently gave birth
- Prior blood clot or family history of a clot
- Heart failure
- Bed rest over 3 days
- Obesity
- Genetic/hereditary or acquired blood clotting disorder



AVERAGE RISK

Blood Flows

Go!

Keep doing what you are doing!

- Active
- Younger than age 40
- No history of blood clots in immediate family
- No conditions or illnesses that heighten clotting risk



NATIONAL ALLIANCE FOR THROMBOSIS & THROMBOPHILIA

Toll Free: (877) 4 NO CLOT(466-2568)

Website: www.stoptheclot.org

Tell NATT what you think: www.stoptheclot.org/stopligh.htm

DISCLAIMER: The above chart is a summary and provides estimated risks for blood clots (high, moderate, average); it is not intended to be comprehensive. The content is provided for information only and does not constitute medical advice. NATT recommends that you consult your physician about potential clotting risk. Approved by NATT Medical and Scientific Advisory Board. For more information: visit www.stoptheclot.org. ©NATT 2009