



CLOTTING RISK: What You Need to Know

HIGH RISK

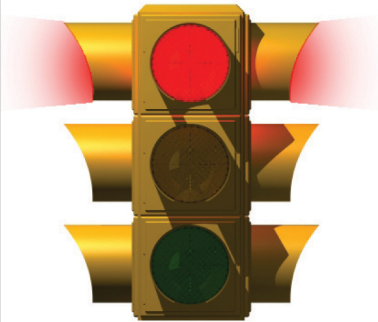
- Hospital stay
- Major surgery, such as abdominal/ pelvic surgery
- Knee or hip replacement
- Major trauma: auto accident or fall
- Nursing home living
- Leg paralysis

MODERATE RISK

- Older than age 65
- Trips over 4 hours by plane, car, train or 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

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



Blood Clots

Stop!

Discuss with your doctor now.



Blood Slows

Caution!

Talk with your doctor about risk.



Blood Flows

Go!

Stay alert to any change in risk.