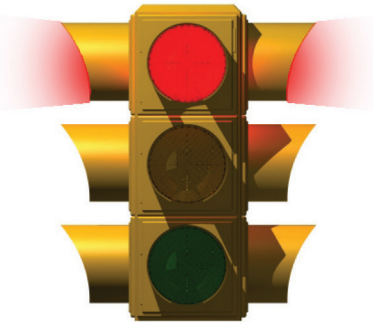




CLOTTING RISK: What You Need to Know



Blood Clots

Stop!

Discuss with your doctor now.

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



Blood Slows

Caution!

Talk with your doctor about risk.

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



Blood Flows

Go!

Stay alert to any change in risk.

AVERAGE RISK

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