



Checklist for Blood Clot Risk Factors

Listed below are some of the most common risk factors for blood clots.
Put a check in the box next to any risk factors that might apply to you.

- Hospitalization for illness or surgery
- Major surgery, particularly of the pelvis, abdomen, hip, knee
- Severe physical trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Hip or knee replacement surgery
- Cancer and cancer treatments
- Use of birth control methods that contain estrogen, such as the pill, patch or ring
- Pregnancy and up to 3 months after the baby is born
- The use of hormone therapy with estrogen
- Personal or family history of blood clots
- Overweight
- Confinement to bed or a wheelchair
- Sitting too long, especially with legs crossed
- Smoking
- Age 55 or older
- Long-term diseases such as heart and lung conditions, or diabetes

If any of these risk factors apply to you, speak with your doctors about your potential risks for blood clots.
To learn more about blood clots, visit: www.stoptheclot.org.