



National Blood Clot Alliance

Stop the Clot® Risk Awareness

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

**AWARENESS • PREVENTION
TREATMENT • SUPPORT**



StopThe Clot®

National Blood Clot Alliance

Stop the Clot®

www.stoptheclot.org

877-4-NO-CLOT (466-2568)

Deep Vein Thrombosis (DVT) Leg Clot

- Swelling, usually in one leg
 - Leg pain or tenderness
 - Reddish or bluish skin discoloration
 - Leg warm to touch
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Pulmonary Embolism (PE) Lung Clot

Blood clot travels from leg to lung

- Sudden shortness of breath
 - Chest pain-sharp, stabbing; may get worse with deep breath
 - Rapid heart rate
 - Unexplained cough, sometimes with bloody mucus
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Get medical help right away!

350,000-600,000 DVT/PE per year
100,000 deaths per year
This means about 1 out of 3 people
with venous blood clots dies

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