



# National Blood Clot Alliance

## Stop The Clot®

### 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



## HELP US STOP THE CLOT®

**More than 600,000\* and as many as 900,000\*\* people in the United States develop blood clots annually, with up to 300,000 deaths.** These clots arise as a deep vein thrombosis (DVT or leg or arm clot) or pulmonary embolism (PE or lung clot). With awareness and treatment, many people with blood clots survive them. Inherited blood clotting disorders increase the tendency for blood to form clots.

National Blood Clot Alliance promotes awareness of signs and symptoms, so people know to seek immediate medical help. Certain triggers make clots more likely, such as immobility, use of hormonal birth control or hormone replacement therapy, a hospital stay, major surgery or trauma, hip and knee replacement, cancer, and family history of blood clots, and travel over 4 hours for example.

Both the Surgeon General's Call to Action to Prevent Deep Vein Thrombosis and Pulmonary Embolism\* and Healthy People 2020 – the government's own strategic plan that guides federal funding and health policy priorities - feature blood clots and clotting disorders as major public health issues.

**We can prevent most blood clots.** We all need to stress prevention of blood clots and blood clot awareness.

NBCA is determined to bring blood clot prevention awareness to patients, the general public and health-care professionals, so that everyone can recognize blood clots and seek treatment without unnecessary delay. This saves lives.

### DEEP VEIN THROMBOSIS (DVT)

- Swelling, usually in one leg
- Leg pain or tenderness
- Reddish or bluish skin discoloration
- Leg warm to touch

### PULMONARY EMBOLISM (PE)

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

VISIT [WWW.STOPTHECLOT.ORG](http://WWW.STOPTHECLOT.ORG)  
FOR MORE INFORMATION

\* US Surgeon General Call to Action to Prevent DVT and PE. (September 2008)

\*\*Heit J, Cohen A, Anderson FJ. Estimated annual number of incident and recurrent, non-fatal and fatal venous thromboembolism (VTE) events in the US. *Blood*. 2005; 106:267A

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