

# FUTURE *in* PROGRESS

AS YOU PREPARE FOR YOUR FUTURE,  
TAKE CARE OF YOUR HEALTH NOW.

When it comes to birth control, your choice matters.  
It needs to work for you and keep you safe.

One fact to consider:

Birth control methods that contain estrogen  
– including the pill, the patch, and the ring –  
can increase a woman's risk for dangerous blood clots.

Do you know if you're at risk?

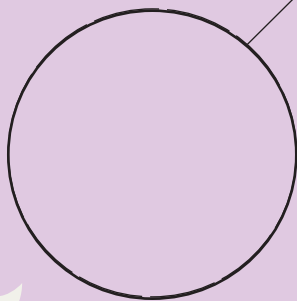
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Or visit

[www.womenandbloodclots.org](http://www.womenandbloodclots.org)

to learn more.



# FACTS

## *matter*

- The use of any form of birth control with estrogen, or hormonal birth control, increases a woman's risk for dangerous blood clots.
- Symptoms of blood clots in the deep veins of the legs or arms, where they commonly form, include pain and swelling, with skin that may be discolored and/or warm to the touch. Call your doctor.
- Symptoms of blood clots in the lungs include chest pain, particularly with a deep breath, coughing up blood, and an accelerated heart rate. Go to the hospital.

## FOLLOW *up*

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Alexandra L. Rowan  
MEMORIAL FOUNDATION



National Blood Clot Alliance  
Stop The Clot®