



# 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, which includes the six weeks 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](http://www.stoptheclot.org).**