

WOMEN'S HEALTH MONTH

VTE and SHE



2023 TOOLKIT

This toolkit contains key messaging, social sharables, and other materials related to women's unique blood clot risk factors.

**#VTEANDSHE #WOMENANDBLOODCLOTS #STOPTHECLOT
#WOMENSHEALTHMONTH**

NOMINATE YOUR VTE SHERO

Help Honor Her



shero (noun)

1. a woman admired or idealized for her courage, outstanding achievements, or noble qualities; a heroine.

The National Blood Clot Alliance is celebrating VTE Sheroes! That is, women who have made a positive impact — large or small — in the life of a blood clot patient or the blood clot community as a whole.

All month, we'll be sharing your VTE Sheroes on our website and social media. If you have a woman in your life who has made a positive impact in the VTE community, please tell us about her. You can anonymously nominate as many sheroes as you want, and you can even nominate yourself!

Let's lift up and honor the women who do so much to Stop the Clot®!

LEARN MORE ABOUT NOMINATING YOUR VTE SHERO:



FACTS & STATISTICS

Know Your Risk



- 💧 Use of birth control pills – combined hormonal contraceptives – doubles the venous clot risk.
- 💧 Venous blood clots are a leading cause of death in a woman during pregnancy or just after having a baby.
- 💧 In pregnancy, the risk of VTE is increased 5 times greater than in non-pregnancy.
- 💧 Clot risk is increased during all trimesters, but is highest – a risk of 100 fold – in the first week after the baby is born. Risk remains elevated for up to 12 weeks following delivery.
- 💧 Use of hormone replacement therapy (HRT) increases VTE risk by 2 to 4 times.

PROTECT YOURSELF OR THE WOMEN IN YOUR LIFE

Learn More



Birth control methods that contain estrogen can place a woman at increased risk for blood clots.



Women who are pregnant or who have just given birth are at increased risk for blood clots.



As women approach menopause, they begin to experience symptoms that are sometimes treated with hormone therapy, which contain estrogen and can increase a woman's risk for blood clots.

SOCIAL SHARABLES

Share to Stop the Clot®

DID YOU KNOW?

Birth control pills containing estrogen and progestin pose an increased risk of blood clots because they cause the level of clotting factors, or clotting proteins, to increase.



WOMEN'S HEALTH
MONTH 2023

BIRTH CONTROL & BLOOD CLOTS

Hormonal birth control, including the pill, patch, and ring increase a woman's risk for life-threatening blood clots. Learn more about birth control methods to reduce or eliminate your blood clot risk by visiting www.stoptheclot.org

#stoptheclot #womenandbloodclots #womenshealth

PREGNANCY & BLOOD CLOTS

Pregnancy and childbirth are major risk factors for the development of life-threatening blood clots. If you are pregnant or planning to become pregnant, talk to your doctor about ways to reduce your risk for blood clots, and develop a blood clot prevention plan.

#stoptheclot #womenandbloodclots #womenshealth

DID YOU KNOW?

As you prepare for your baby, don't forget to take care of yourself. A woman is at an increased risk of life-threatening blood clots throughout pregnancy, during childbirth, and up to three months after the baby is born.



WOMEN'S HEALTH
MONTH 2023

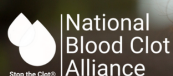
MENOPAUSE & BLOOD CLOTS

Hormone therapy for the treatment of menopause symptoms increases a woman's risk for blood clots. Learn more about how to safely manage symptoms of menopause: www.stoptheclot.org

#stoptheclot #womenandbloodclots #womenshealth

DID YOU KNOW?

Hormone therapy to treat menopause symptoms increases a woman's risk of blood clots up to three-fold.



WOMEN'S HEALTH
MONTH 2023

DOWNLOAD THESE GRAPHICS:



LIFE-SAVING INFORMATION

Stop the Clot Spread the Word®

STOP THE CLOT, SPREAD THE WORD™



Pregnancy and childbirth can increase the risk for blood clots

A woman is at increased risk up to 3 months after her baby is born.

Risks for blood clots during pregnancy, childbirth, and up to 3 months after the baby is born include



Prolonged immobility due to bed rest during pregnancy or recovery after delivery



A previous blood clot, a family history of clots, or a genetic blood clotting disorder



Delivery by C-section



Pregnancy at age 35 or older



Overweight or obesity



Smoking



Certain pregnancy complications, such as pregnancy with multiple babies or the use of fertility treatments involving hormones

Visit www.stoptheclot.org/spreadtheword for more information.



The mark "CDC" is owned by the U.S. Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise. Stop The Clot, Spread The Word™ is a public education campaign made possible by funding awarded to the National Blood Clot Alliance by the U.S. Dept. of Health and Human Services. Copyright 2018 National Blood Clot Alliance. All rights reserved. 1027-00001102-005

STOP THE CLOT SPREAD THE WORD®

When blood clots connected to pregnancy form in the legs or lungs, one-half of them occur during pregnancy, and one-half occur in the three-month period after the baby is born. Download this graphic and learn more: <https://bit.ly/stcstwpregnancy>

#stoptheclot #womenandbloodclots
#womenshealth #stoptheclotspreadtheword

BLOOD CLOT SYMPTOMS

Did you know? Women are five times more likely to experience a blood clot during pregnancy and the three-month period after giving birth. Take care of yourself by learning the signs of a dangerous blood clot. <https://bit.ly/3DosFX2>

#stoptheclot #womenandbloodclots
#womenshealth #newmom #pregnant
#stoptheclotspreadtheword

Blood clot symptoms

In the arm or leg:

Swelling

Tenderness

Skin that is warm to the touch

Redness of the skin

In the lungs:

Chest pain

Difficulty breathing

Coughing up blood

Fast or irregular heart beat

Screenshot This

LEARN MORE:



WWW.STOPTHECLOT.ORG

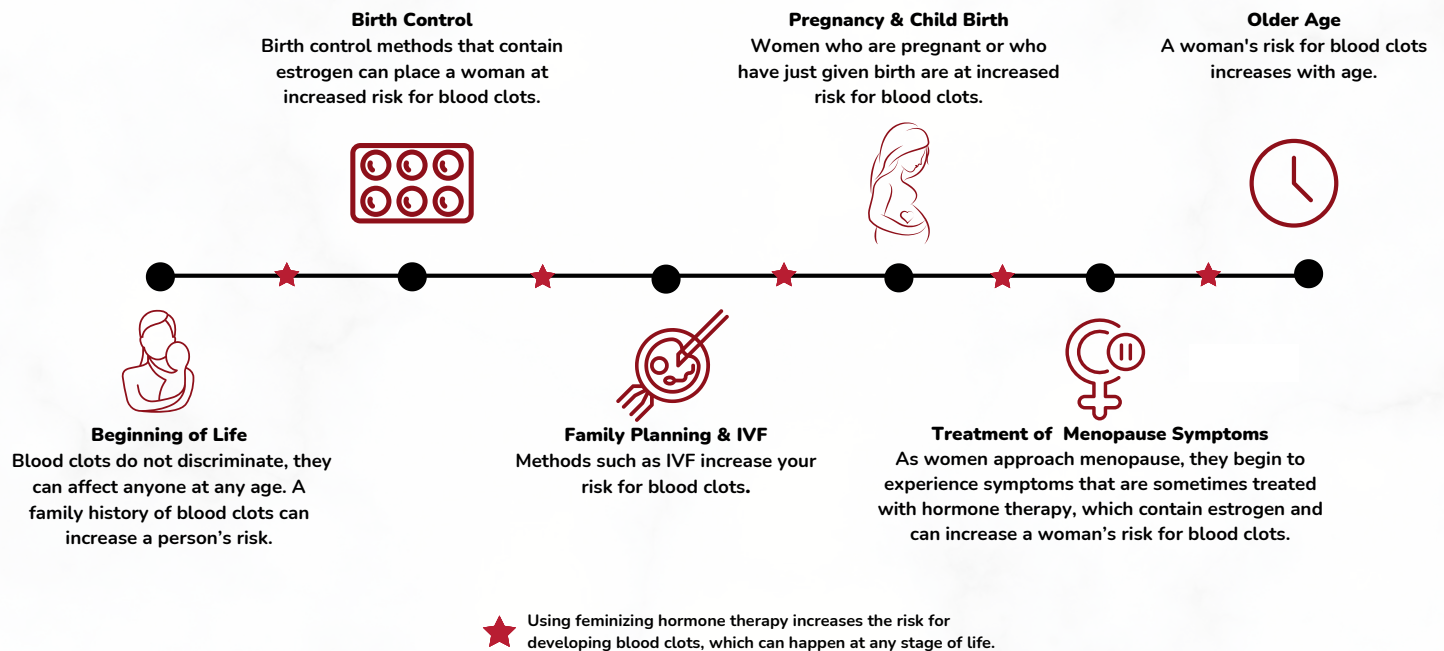
ADDITIONAL RESOURCES

Help Stop the Clot®

WOMEN AND BLOOD CLOTS RISK TIMELINE



Women and Blood Clots Risk Timeline



DOWNLOAD THIS TIMELINE:



ADDITIONAL RESOURCES CONT.

Help Stop the Clot®

WOMEN AND BLOOD CLOTS RISK ASSESSMENT TOOL



Women and Blood Clots Risk Assessment Tool

Use this questionnaire at your general check up exams, when considering birth control options that contain the hormone estrogen, when considering starting a family or undergoing IVF, before childbirth or after pregnancy, when considering hormone replacement therapy, and as you get older. Share the results of this questionnaire with your healthcare provider before or after any of these life events. Your healthcare provider will use your answers to the questions below to help assess your risk for blood clots.

Name: _____ Healthcare Provider Name: _____ Date: _____
DOB: _____ Age: _____ Weight: _____ BMI (weight/height): _____ Date of last women's health clinical visit: _____
Any allergies to medications? Circle One: Yes / No If yes, list them here: _____

General Questions

- | | | |
|--|-----------------|----|
| 1. Have you or any member in your family ever had a blood clot in your leg or in your lung? | YES | NO |
| 2. What was the first date of your last menstrual period? (month/day/year) | () / () / () | |
| 3. Are you currently breastfeeding an infant who is less than 1 month of age? | YES | NO |
| 4. Do you think you might be pregnant now? | YES | NO |
| 5. Have you been told that you are overweight or obese? (Overweight: BMI >25, Obese: BMI >30) | YES | NO |
| 6. Do you smoke cigarettes? | YES | NO |
| 7. Do you have diabetes? | YES | NO |
| 8. Do you get migraine headaches, or headaches so bad that you feel sick to your stomach, you lose the ability to see, it makes it hard to be in light, or it involves numbness? | YES | NO |
| 9. Do you have high blood pressure, hypertension, or high cholesterol? | YES | NO |
| 10. Have you ever had a heart attack or stroke, atrial fibrillation, or been told you had any heart disease? | YES | NO |
| 11. Have you ever been told by a medical professional that you are at a high risk of developing a blood clot in your leg or in your lung? | YES | NO |
| 12. Have you had bariatric surgery or stomach reduction surgery? | YES | NO |
| 13. Have you had recent major surgery or are you planning to have surgery in the next 4 weeks? | YES | NO |
| 14. Do you have or have you ever had breast cancer? | YES | NO |
| 15. Do you have lupus, rheumatoid arthritis or any blood disorders? | YES | NO |
| 16. Do you take medication for seizures, tuberculosis (TB) fungal infections, or human immunodeficiency virus (HIV)? If yes, list them here: _____ | YES | NO |
| 17. Do you have any other medical problems or take regular medication? Please list: _____ | YES | NO |

DOWNLOAD THE FULL RISK ASSESSMENT:



TAKE ACTION

Help Stop the Clot®

**JOIN OUR
EMAIL LIST**



**DONATE
NOW**



**LEARN HOW TO
GET INVOLVED**



FOLLOW US



@stoptheclot

WWW.STOPTHECLOT.ORG