

# WOMEN & BLOOD CLOTS



**Women's Health Month 2025**  
**Social Media Toolkit**

## Help protect yourself and your loved ones.

Throughout their lives individuals face crucial choices that can contribute to their risk of life-threatening blood clots. These risks are often attributed to estrogen related to birth control, pregnancy and postpartum, and hormone replacement therapy.

This risk is further increased if a someone has previously experienced a blood clot, has a family history of clots, has been diagnosed with a genetic or acquired clotting disorder, or has additional risk factors.

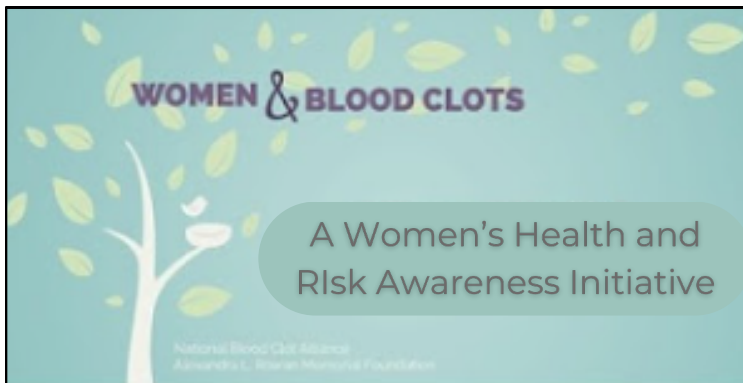
You can help by sharing crucial information included in this toolkit with your community during Women's Health Month (May) and beyond. Together, we can help ensure everyone knows their risk factors and the signs and symptoms of blood clots.

Thank you for joining us in our effort to Stop the Clot®!

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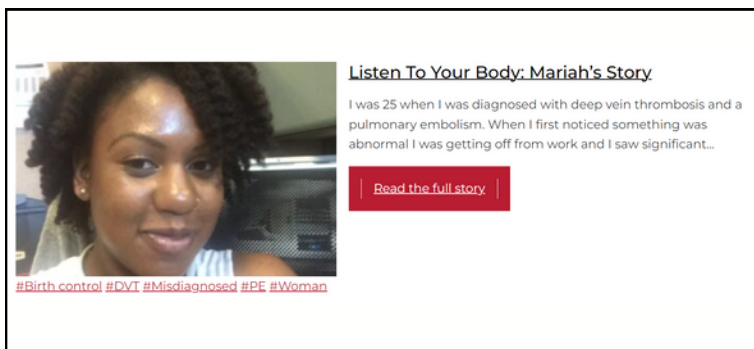
## Shareable Resources

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### **WomenAndBloodClots.org:**

The National Blood Clot Alliance maintains a dedicated website focused on helping women understand their risk factors and prevent blood clots.



### **Women's Blood Clot Stories:**

Read hundreds of blood clot stories submitted by women and their loved ones, and encourage others to submit their own story. [bit.ly/WomensBloodClotStories](http://bit.ly/WomensBloodClotStories)

## Shareable Resources *(continued)*

### WOMEN AND BLOOD CLOTS RISK ASSESSMENT TOOL

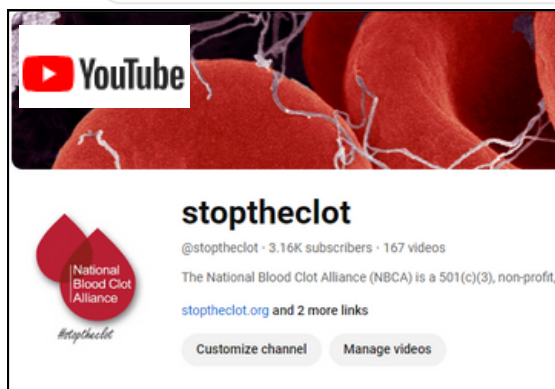
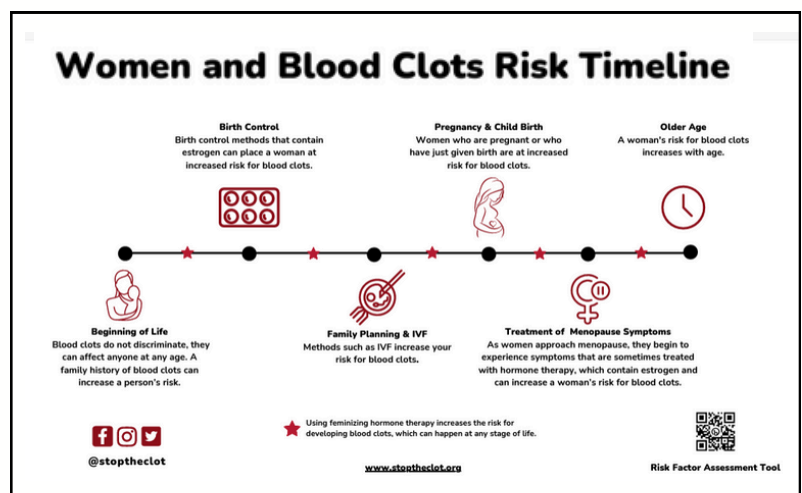


**Risk Assessment for Women:** Women can use this questionnaire when considering choices such as birth control containing estrogen, pregnancy or undergoing IVF, before childbirth or after pregnancy, or when considering hormone replacement therapy:

[bit.ly/WomensRiskAssessmentTool](http://bit.ly/WomensRiskAssessmentTool)

**Women and Blood Clots Risk Timeline:** This graphic outlines the points in a woman's life where she is at the greatest risk for blood clots:

[bit.ly/WomensRiskTimeline](http://bit.ly/WomensRiskTimeline)



### Blood Clots and Women's Health

**YouTube playlist:** Topics include anticoagulation and menstrual bleeding, blood clots and pregnancy and more:

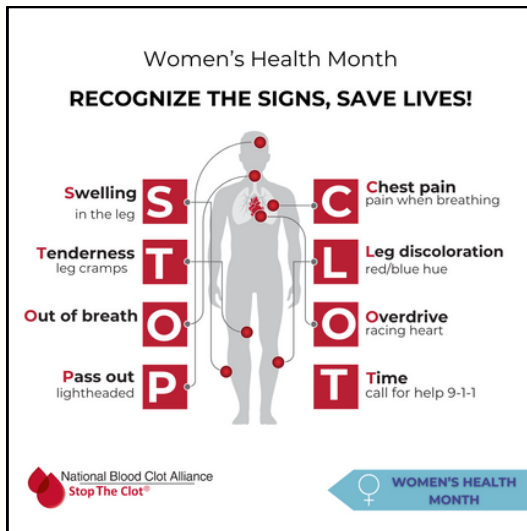
[bit.ly/NBCAWomensHealthYouTube](http://bit.ly/NBCAWomensHealthYouTube)

## Sample Social Media Posts

CLICK TO DOWNLOAD GRAPHICS



Did you know? Women face an increased risk for blood clots during pregnancy, childbirth, and up to three months after giving birth. Pregnant women are five times more likely to experience a blood clot than non-pregnant women. Learn more: [womenandbloodclots.org](https://womenandbloodclots.org).



Knowing the signs and symptoms of blood clots can save your life. Swelling, tenderness, warmth and discoloration to the leg as well as shortness of breath, chest pain, and coughing up blood can all be indications of a blood clot in the legs (deep vein thrombosis or DVT) or lungs (pulmonary embolism or PE) and should never be ignored. [stoptheclot.org/learn\\_more/signs-and-symptoms-of-blood-clots](https://stoptheclot.org/learn_more/signs-and-symptoms-of-blood-clots)



The use of birth control pills with estrogen increases a woman's risk for #bloodclots two- to six-fold. The use of patches and rings containing estrogen poses a risk double that of birth control pills. During #Women'sHealthMonth, learn more about birth control methods to reduce or eliminate your risk from @StopTheClot. [womenandbloodclots.org/birth-control](https://womenandbloodclots.org/birth-control)



## Sample Social Media Posts

CLICK TO DOWNLOAD GRAPHICS

(continued)



Pregnancy and childbirth are major risk factors for the development of life-threatening #bloodclots. If you're pregnant or planning to become so, talk to your doctor about ways to reduce your risk and develop a blood clot prevention plan. [womenandbloodclots.org/pregnancy-and-post-childbirth](https://womenandbloodclots.org/pregnancy-and-post-childbirth)



The use of birth control pills with estrogen increases a woman's risk for #bloodclots two- to six-fold. The use of patches and rings containing estrogen poses a risk double that of birth control pills. The risk is higher in women who have a history of blood clots or who have an inherited or acquired clotting disorder. [womenandbloodclots.org/birth-control](https://womenandbloodclots.org/birth-control)



Black women face higher rates of maternal mortality connected to #bloodclots during pregnancy and in the three months after giving birth. Most of these deaths are preventable. [stoptheclot.org/black-populations-are-at-higher-risk-for-blood-clots](https://stoptheclot.org/black-populations-are-at-higher-risk-for-blood-clots)



Hormone therapy can be an effective way to treat menopause symptoms, but it's important to know your risk. Hormone therapy increases a woman's risk of #bloodclots up to three-fold, and that risk is increased if she has a clotting disorder or a history of blood clots.

[womenandbloodclots.org/hormone-replacement-therapy/](https://womenandbloodclots.org/hormone-replacement-therapy/)



Transgender women taking estrogen for gender-affirming therapy have an increased risk of developing life-threatening #bloodclots. This risk is even higher for people with a history of blood clots or clotting disorders.

[womenandbloodclots.org](https://womenandbloodclots.org)

## Hashtags

**#WomensHealthMonth**

**#StopTheClot**

**#WomenAndBloodClots**

**@StopTheClot**