

BLOOD CLOTS & STUDENT ATHLETES

WHAT EVERY ATHLETE NEEDS TO KNOW

Blood clots can happen to anyone—even young, healthy athletes. Knowing the signs could save your life.

Learn the signs to **STOP the CLOT.**



BLOOD CLOTS ARE NOT SOMETHING TO "TOUGH OUT." EARLY DIAGNOSIS CAN SAVE YOUR LIFE.

WHY ARE ATHLETES AT RISK?



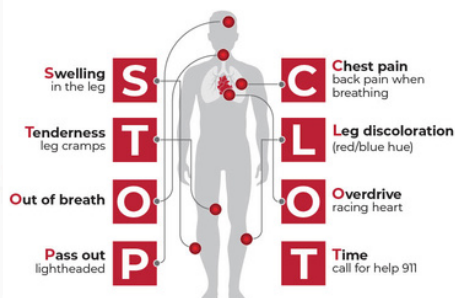
Healthcare providers may delay or miss blood clot diagnoses because they don't always think of blood clots in young, healthy athletes.

ATHLETE-SPECIFIC RISK FACTORS

- Long-distance travel for games or tournaments
- Dehydration
- Intense training
- Injury or trauma
- Wearing a brace or cast / Immobilization
- Bone fractures
- Surgery
- Hormonal birth control, pregnancy, or hormone replacement therapy
- Family history of blood clots
- Inherited or acquired clotting disorders
- Certain vein anatomy differences (e.g., May-Thurner Syndrome, thoracic outlet obstruction, abnormalities of the vena cava)

LEARN THE SIGNS TO STOP the CLOT

BLOOD CLOT AWARENESS: KNOW THE SIGNS & SYMPTOMS



If you think you or a teammate may have symptoms of a blood clot, seek medical attention right away.

Athletes are often misdiagnosed. Symptoms may be mistaken for sports injuries, dehydration, overtraining, or asthma, and athletes may even have a lower or more "normal" resting heart rate. If something feels wrong, trust your instincts and continue advocating for yourself until you are satisfied with the evaluation and diagnosis.

KNOW THE WARNING SIGNS

Blood clots can be serious. Learn the signs to **STOP the CLOT.**



SIGNS OF DVT (BLOOD CLOT IN THE LEG OR ARM)

Usually affects ONE side.

- Swelling
- Pain or tenderness
- Cramping that feels unusual
- Skin that looks red or blue
- Warmth in the area



SIGNS OF PE (BLOOD CLOT IN THE LUNG)

CALL 911 OR SEEK EMERGENCY CARE

- Sudden shortness of breath
- Sharp chest pain
- Rapid heartbeat
- Fainting or passing out
- Unexplained cough
- Coughing up blood



PLAY SMART. STAY STRONG. LOWER YOUR RISK.



- Stay hydrated
- Move and stretch during long travel
- Walk around every 1-2 hours on bus or plane rides
- Know your family history
- Ask questions after injuries or surgery
- Learn the signs and symptoms

BLOOD CLOTS CAN HAPPEN IN ANY ATHLETE



RUNNERS



FOOTBALL PLAYERS



BASKETBALL PLAYERS



SWIMMERS



WEIGHTLIFTERS & GYMNASTS



DANCERS & CHEERLEADERS

BEING IN GREAT SHAPE DOES NOT ELIMINATE RISK.



DON'T IGNORE SYMPTOMS

Many athletes push through pain, but blood clots are NOT something to "tough out."



SPEAK UP



TELL A COACH, TRAINER, PARENT OR HEALTHCARE PROVIDER



GET CHECKED IMMEDIATELY



DEFENSE WINS GAMES. AWARENESS SAVES LIVES.



STOP THE CLOT
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