

PATIENTS' RIGHTS THINK VTE



Venous thromboembolism (VTE) is a life-threatening but preventable condition that affects millions of people worldwide.

VTE refers collectively to deep vein thrombosis (DVT), a blood clot that occurs in a deep vein usually in the leg, and pulmonary embolism (PE), a clot that breaks loose and travels to the lungs.

Up to 60 percent of VTE cases occur during or after hospitalization, making it a leading cause of preventable hospital death.

Certain factors can increase your risk for developing VTE. When conducted by a healthcare professional, a VTE risk assessment can indicate your risk and lead to proper prevention.

Everyone has a **RIGHT to know if they are at risk of developing VTE. Take control of your health and proactively reduce your risk.**

- Know the factors that can increase your risk of developing VTE and talk openly and proactively with a healthcare professional about these factors, including:



STRONG RISK

- Being in the hospital for an extended time
- Having surgery (*especially hip, knee and cancer-related surgery*)
- Not moving for long periods of time (*e.g., due to bedrest or long travel*)



MODERATE RISK

- Age (60+)
- Personal or family history of blood clots
- Cancer/chemotherapy
- Using estrogen-based medication (*e.g., oral contraceptives or hormone replacement therapy*)



OTHER FACTORS

- Obesity
- Pregnancy or recent birth
- Smoking
- Alcohol consumption

- Ask your healthcare professional to assess your risk of developing VTE. If hospitalized, ask for an assessment as soon as you are admitted to the hospital.
- Discuss the outcomes of your VTE risk assessment and ask what can and will be done to reduce your risk. Information should be provided verbally and written down.
- Ask to have your pulse checked for an irregular heartbeat, which could be due to atrial fibrillation (AFib).

Think VTE. Join the global pledge to know and exercise your rights.
Visit www.WorldThrombosisDay.org