Venous thromboembolism (VTE) is a leading cause of death and disability worldwide.

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

**10 MILLION** cases of VTE and 600,000 deaths in Europe and the U.S. alone.

**1,600 DEATHS PER DAY**

**GOING TO THE HOSPITAL? KNOW THROMBOSIS.**

- Request a VTE risk assessment to understand your risk factors.
- Ask about options that can help prevent VTE (compression stockings, or anti-clotting medication).
- Follow all medical orders, take medications as prescribed, and ask questions!
- Get moving to improve circulation.

**GET ASSESSED ANYONE CAN DEVELOP VTE BUT CERTAIN FACTORS CAN INCREASE YOUR RISK.**

**STRONG RISK**
- Hospitalization
- Surgery (hip, knee)
- Not moving for long periods of time

**MODERATE RISK**
- Age (60+)
- Personal or family history of blood clots
- Cancer/chemotherapy
- Estrogen-based medication (birth control or HRT)

Up to 60% of all VTEs are hospital-associated.

**OTHER FACTORS**
- Obesity
- Pregnancy or recent birth
- Smoking
- Alcohol consumption

**SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE THESE SYMPTOMS**

**DVT (Deep Vein Thrombosis)**
- Swelling in the foot, ankle or leg
- Pain or tenderness, often starting in the calf
- Redness or noticeable discoloration
- Warmth on the leg or affected area

**PE (Pulmonary Embolism)**
- Unexplained shortness of breath or rapid breathing
- Chest pain
- Rapid heart rate
- Light headedness or faintness

VTE IS THE LEADING CAUSE OF PREVENTABLE HOSPITAL DEATH, AHEAD OF INFECTION AND PNEUMONIA.

In the U.K. and U.S., VTE kills more people each year than breast cancer, motor vehicle crashes, and AIDS combined.

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**WORLD THROMBOSIS DAY**

13 OCTOBER

WorldThrombosisDay.org

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