Key Messages

Thrombosis Messages

• World Thrombosis Day is a year-long campaign that takes place on 13 October and focuses attention on the underappreciated condition of thrombosis.

• 1 in 4 people worldwide die of conditions caused by blood clots, also known by the medical term "thrombosis."

• Thrombosis is a condition in which blood clots form (most often) in the deep vein of the leg (known as deep vein thrombosis, DVT) and can travel in the circulation and lodge in the lungs (known as pulmonary embolism, PE).

• The two broad classifications of thrombosis are venous (VTE) and arterial (AT), depending on whether the clot develops in the vein or an artery.

• More than 1,600 partners from 100+ countries are participating in World Thrombosis Day 2019.

VTE Messages

• VTE is a condition that includes both deep vein thrombosis (DVT) and pulmonary embolism (PE). Together, DVT and PE are known as VTE -- a dangerous and potentially deadly medical condition.

• Although about half of us haven't heard of VTE, it's a very common condition. In fact, 85% of Americans say they know what a blood clot is, but only 27% say that they know of a condition called VTE.

• VTE is often fatal, but the good news is that many, if not most cases are preventable.

• VTE risk factors include: Hospitalization, surgery, cancer, prolonged immobility, family history of VTE, estrogen-containing medications (birth control pills or hormone replacement therapy), pregnancy and/or recent birth.

• Cancer patients are at a higher risk than the general population of developing serious blood clots.

• Surgery is one of the risk factors for VTE. While a clot can form after any type of procedure, you are more likely to get one if you have had major surgery.

• Family history may increase the risk of VTE and genetic factors can contribute to VTE risk.

• DVT signs and symptoms include: Pain and/or tenderness in the calf or thigh; swelling of the leg, foot and/or ankle; redness and/or noticeable discoloration; warmth.

• PE signs and symptoms include: Shortness of breath; rapid breathing; chest pain (may be worse upon deep breath); rapid heart rate; light headedness and/or passing out.

• About 45% to 60% of VTE cases are hospital-associated highlighting the troubling fact that VTE is the leading cause of preventable hospital death.

• VTE adds billions in health care costs.
Recent research shows only 7% of Americans say they are concerned about thrombosis or blood clots when it comes to their personal health, however, almost a third of those surveyed say that someone close to them has suffered a blood clot.

**AFib Messages**

- Atrial fibrillation (AFib) is a common type of irregular heartbeat, also known as arrhythmia. With AFib, a clot can form in the chamber of the heart and can travel to the brain. This can lead to a potentially devastating thromboembolic stroke.

- People with AFib are at increased risk for stroke and are estimated to account for 15% of the 15 million strokes that occur worldwide every year.

- AFib may happen rarely or every now and then, or it may become an ongoing or long-term heart problem that lasts for years. That’s why early identification and management is critical.

- Risk factors for AFib include: Age 60 or more, especially 75+; congestive heart failure; high blood pressure (hypertension); diabetes; previous stroke, transient ischemic heart attack (TIA), or thromboembolism; vascular disease; ischemic heart disease; hyperthyroidism; chronic kidney disease; heavy alcohol use; enlargement of the chambers on the left side of the heart.

- Many people who have AFib don’t know they have it and don’t have any symptoms. Others may experience one or more of the following symptoms: Irregular heartbeat; heart palpitations (rapid fluttering, or pounding); lightheadedness; fatigue; shortness of breath; chest pain.

- Be proactive. Reduce your risk for thromboembolic stroke. Ask your health professional if you are at risk and get evaluated for AFib. Ask them to feel your pulse.

**General**

For more information, visit [www.worldthrombosisday.org](http://www.worldthrombosisday.org).