

REMEMBER:

Blood clots can be fatal or lead to life-long disabilities.

Blood clots are indiscriminate of age, gender, race, and ethnicity.

Know the Symptoms

- * Discomfort, heaviness, pain, aching, throbbing, itching, or warmth in the legs
- * Skin changes in the leg such as discoloration, thickening, or ulceration
- * Swelling of the legs, ankles, or feet
- * Sudden shortness of breath, chest pain, rapid heart rate (signs of a clot in the lungs)
- * Drooping or numbness of the face, weakness or numbness of other parts of the body, especially if one-sided, slurred speech (signs of stroke)

Know Your Risk

High risk

- * Major trauma, such as an automobile accident, fall, or head injury
- * Surgery, especially knee or hip replacement
- * Hospitalization or nursing home living
- * Leg paralysis

Moderate risk

- * Travel 4+ hours (via plane, automobile, train)
- * Active cancer/chemotherapy
- * Elevated estrogen levels due to oral contraceptives, pregnancy, or hormone replacement therapy
- * Age 65+
- * Obesity
- * Genetic or acquired clotting disorder
- * Prior clot or family history of clot



Fighting Blood Clots and Saving Lives Through Education and Prevention

Who We Are:

NATF is a non-profit organization dedicated to improving patient care and public health by promoting awareness of deep vein thrombosis (DVT), pulmonary embolism (PE), atrial fibrillation (AF), myocardial infarction (MI), and stroke.

Who We Reach:

DVT occurs in an estimated **2 million** people each year; **300,000** die from PE as a complication.

More than **2 million** people live with atrial fibrillation, and thousands more are diagnosed each year, increasing their risk of stroke 5 fold.

What We Do:

NATF is the resource for information on venous and arterial thrombosis.

Whether you're a patient, caregiver, or healthcare professional, NATF's highly acclaimed educational forums, patient resources, translational and clinical research keep you on the leading edge of thrombosis diagnosis, treatment, and prevention.

Get Involved:

Become a member, volunteer, or make a gift in honor or remembrance of someone special -- you'll help NATF advance its mission **AND** advance your knowledge of thrombosis.

Find Us: www.NATFonline.org



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