

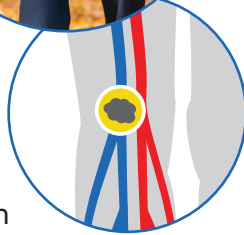


## WHAT IS THROMBOSIS?

Thrombosis is the formation of a blood clot, known as a thrombus, within a blood vessel. It prevents blood from flowing normally through the circulatory system.

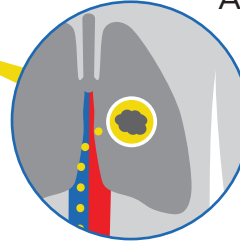
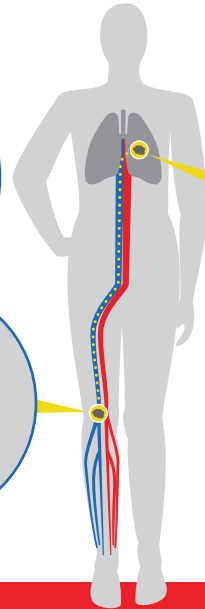
### WHAT IS DEEP VEIN THROMBOSIS (DVT)?

Deep vein thrombosis occurs when a blood clot forms in a major vein, usually in the leg. This blood clot stops blood from flowing easily through the vein, which can lead to swelling, discoloration, and pain in the leg. It is often diagnosed with an ultrasound.

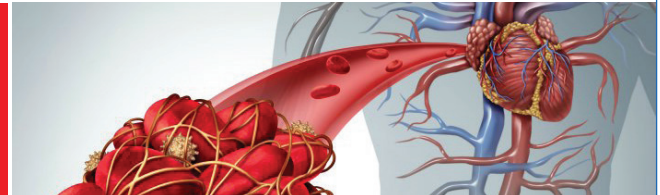


### WHAT IS A PULMONARY EMBOLISM (PE)?

A pulmonary embolism is a blood clot that has traveled to the lungs. It often starts as a DVT. A piece of the blood clot can break off and be carried to the lungs. A PE can block the flow of blood to the lungs, causing serious damage to the lungs and affecting a person's ability to breathe. This can lead to serious injury and possibly death.



**Did you know that blood clots can be fatal or lead to life-long disabilities?**



#### KNOW THE SYMPTOMS:

##### Deep Vein Thrombosis (Blood Clot in the Legs):

- Discomfort, heaviness, pain, aching, throbbing, itching, or warmth in the extremities
- Skin changes in the leg, such as discoloration, thickening, or ulceration
- Swelling of the legs, ankles, or feet

##### Pulmonary Embolism (Blood Clot in the Lungs):

- Sudden shortness of breath
- Chest pain
- Rapid or irregular heart rate
- Coughing up blood

*If you are experiencing these symptoms, you should seek immediate medical attention.*

#### KNOW YOUR RISK:

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

- Major trauma, such as an automobile accident, fall, or head injury
- Surgery, especially hip or knee replacement
- Hospitalization
- Genetic or acquired clotting disorder
- Prior blood clot or family history
- Immobility or reduced mobility
- Leg paralysis
- Active cancer/chemotherapy
- Traveling for 4+ hours (via plane, car, or train)
- Elevated estrogen levels from oral contraceptives, pregnancy, or hormone replacement therapy
- Obesity
- Age 70+
- History of heart attack or ischemic stroke
- Acute infection and/or rheumatological disorder