Stop the Clot, **Spread the Word**[™]



HOSPITALIZATION:

A Major Risk Factor for Dangerous Blood Clots

Prevent the Need for 911. Get the Facts on Blood Clots.

Roughly 1 out of 10 hospital deaths are related to blood clots in the lungs.

Blood clots are a leading cause of preventable hospital death in the United States. About half of all blood clots occur during or within 3 months of a hospital stay or surgery

Many of these blood clots can be safely prevented Nearly half of all hospital patients do not receive proper prevention measures

Know Your Risk: The Link Between Hospitalization and Blood Clots Hospitalization, particularly involving physical trauma, surgery,

or prolonged immobility, increases the risk for blood clots.

Physical Trauma

Injury to a vein that may be caused by a broken bone, muscle injury, or other serious injury to the body.



Surgery

Major surgery, particularly of the pelvis, abdomen, hip, or knee.



Immobility

Confined to a bed or wheelchair for long periods of time due to a hospital stay, injury, or illness.



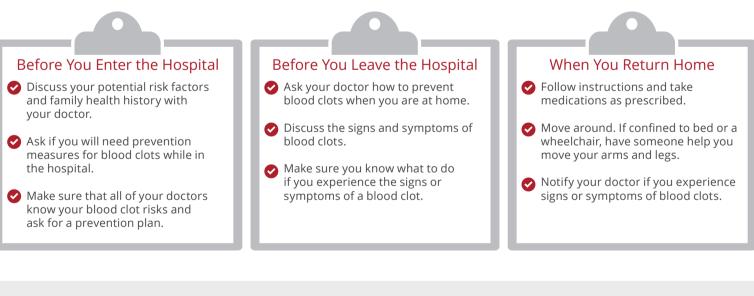
Understanding Blood Clots

A blood clot in one of the large veins, usually in a person's leg or arm, is called a **deep vein thrombosis** or **DVT**. When a DVT forms, it can partially or completely block the flow of blood through the vein.

> If a DVT is not treated, it can move or break off and travel to the lungs.

A blood clot in the lungs is called a **pulmonary embolism** or **PE**. This requires immediate medical attention since it **can cause death**.

Going to the Hospital? Get Better. Don't Get a Blood Clot. Have a Prevention Plan.



IF YOU EXPERIENCE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS...



ALERT YOUR DOCTOR AS SOON AS YOU CAN.

Swelling of your legs or arms –
Pain or tenderness not caused by an injury –
Skin that is warm to the touch –
Redness or discoloration of the skin –



Blood Clots in Your Lungs

SEEK MEDICAL ATTENTION IMMEDIATELY.

Difficulty breathing –
 Chest pain that worsens with a deep breath –
 Coughing, or coughing up blood –
 Faster than normal or irregular heartbeat –

To learn more about blood clots and to spread the word, visit **stoptheclot.org/spreadtheword**





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