

A blood clot may affect anyone, but some people are at higher risk. If you are in one or more of these special risk groups, it's important to learn how to lower your risks. Be sure **all** of your healthcare providers are aware of your risks.



Are you in a higher risk group?

Check all that apply.



Have you been **diagnosed with cancer**?



Have you been **hospitalized in the last 3 months**?



Are you **pregnant** or have you **recently given birth**?



Do you have a recent or upcoming **major surgery**?



Do you use **estrogen-based contraceptives**?



Do you **travel long distances**?

If you checked one or more of the above risk factors, talk with your doctor. Find out if you should take steps to lower your risks for a life-threatening blood clot.



Discuss Options for Lowering Your Risks

Listed here are some of the more common ways to lower risks for life-threatening blood clots. Talk to your doctor about strategies that might be right for you.



Get up and move often to help keep blood circulating.



Compression socks may be helpful for some, or compression massage devices.



If your ability to move is limited, find simple exercises you can do like ankle rolls.



If "blood-thinning" medication is prescribed, take as directed.



Drink enough water.



Know the symptoms and alert your healthcare provider if you have them.

NOTES:



Know the Symptoms of Dangerous Blood Clots

Dangerous blood clots occur most often in the large veins of the legs, called **DVT** for deep vein thrombosis, or in the lungs, where it's called **PE** for pulmonary embolism. Alert your provider if you notice these symptoms.



Symptoms of a blood clot in the lungs called **PE** or **pulmonary embolism**.

- Unexplained shortness of breath
- Chest pain anywhere under the rib cage (may worsen with deep breathing)
- Rapid breathing
- Fast heart rate, light-headedness or passing out



Symptoms of a blood clot in the legs called **DVT** or **deep vein thrombosis**.

- Leg pain or tenderness of the thigh or calf
- Leg swelling (edema)
- Skin that feels warm to the touch
- Reddish discoloration or red streaks