

Fast Facts

Deep Vein Thrombosis (DVT)

- A blood clot (thrombus) that forms in one or multiple veins in your body
- Can occur anywhere, but usually happens most often in your legs, especially your calves
- Caused by anything that prevents your blood from circulating or clotting normally

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-No Symptoms</p> <p>Or</p> <p>-Swelling in the affected area</p> <p>-Pain in affected area that feels like a cramp or soreness</p> <p>-Redness or discoloration of your skin in affected area</p> <p>-Affected area feels warm to the touch</p>	<p>Goal: Preventing current clot from increasing in size and/or breaking loose and preventing a future blood clot from occurring</p> <p>-Anticoagulants (blood thinners) decrease your blood's ability to clot preventing current clot from getting bigger and preventing new clots from forming, but do not break up existing clots</p> <p>-Thrombolytics (clot busters) break up clots but come with a high risk of bleeding (only done if anticoagulant therapy is not working)</p> <p>-Filters are placed into the large vein (vena cava) in your abdomen and catch clots as they pass by (used for people who are unable to take anticoagulants and are not candidates for thrombolytics)</p>	<p>-Avoid sitting still for long periods of time</p> <p>-If unable to move around for some reason, do lower leg exercises (heel/toe raises)</p> <p>-Wear compression stockings</p> <p>-Make lifestyle changes (not smoking and losing weight)</p> <p>-Get regular exercise</p>

©2018 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.