

Fast Facts

Pulmonary Embolism (PE)

-Blood supply is cut off from your lungs due to a blockage. Blockage can be from a number of things, such as fat from the marrow of a broken long bone, collagen or other tissue, part of a tumor or air bubbles. Most common reason is a blood clot that forms in larger, deeper veins and small portions can break off, enter the bloodstream and travel to arteries of lung.

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Shortness of breath (sudden and worse with movement) -Chest pain (worse when you take a deep breath, cough, eat, bend or stoop and increases with exertion/doesn't improve with rest) -Coughing (has bloody or blood-streaked sputum) -Other symptoms: pain and/or swelling in one or both legs (usually in your calf), clammy/discolored skin (cyanosis), fever, excessive sweating, rapid/irregular heartbeat and being lightheaded/dizzy 	<p style="text-align: center;">Goal: Prevent current blood clot from increasing in size and allow time for current clots to dissolve</p> <ul style="list-style-type: none"> -Anticoagulants (blood thinners) -Thrombolytics (clot busters) -Clot removal -Filter 	<p style="text-align: center;">Goal: Prevent DVT</p> <ul style="list-style-type: none"> -Anticoagulants -Wearing compression stockings -Elevate legs -Increase your physical activity <p>Travel:</p> <ul style="list-style-type: none"> -Drink plenty of fluids -Take breaks from sitting -Flex ankles frequently -Wear support stockings <p>Bedrest:</p> <ul style="list-style-type: none"> -Wear pneumatic compression devices

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