



# DVT

Know the Signs. Find It in Time.

# Do You Know DVT?



“I never thought about getting a blood clot. But last year I broke my leg and was laid up at home. Then, I had DVT.”

# Do You Know DVT?

“After my daughter was born, I was all about taking care of her. I didn't know my health could be at risk.”



# Do You Know DVT?

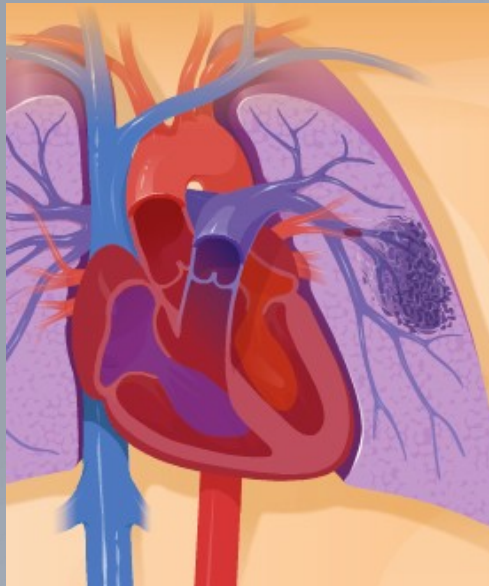


“After surgery, I was so happy to get back home to recover. Then my leg swelled up and I didn’t know why. Turned out I had DVT.”

# What Is DVT?



- Deep vein thrombosis, or DVT, occurs when a large blood clot forms in your body, usually the leg.

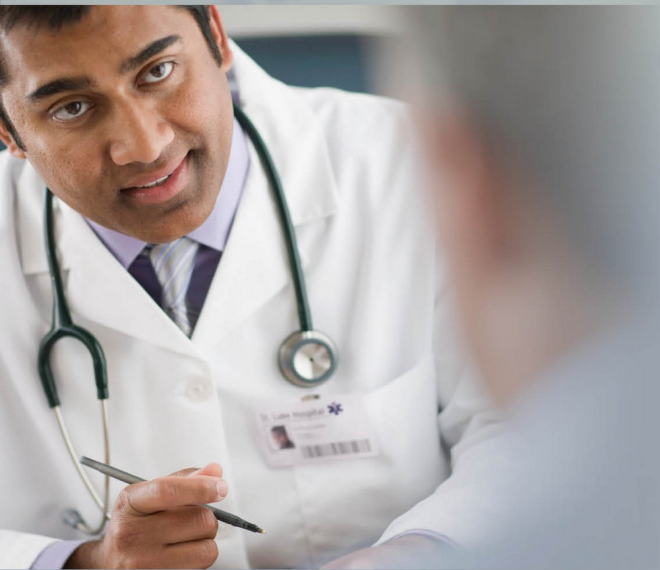


- Part of the clot can break off and travel through the bloodstream to your lungs. This is called a pulmonary embolism, or PE, and can be fatal.

# 60,000–100,000

Last year, an estimated 60,000–100,000 Americans died of pulmonary embolism, a complication of DVT.

# What Is DVT?



- DVT can cause serious illness, disability, and even death.
- If you recognize the symptoms early, DVT can be safely treated by your healthcare provider.
- You can take steps to help prevent DVT.

# What Are the Symptoms of DVT?



The most common signs are:

- Recent swelling of your arm or leg
- Pain or tenderness you can't explain
- Skin that's warm to the touch
- Redness or discoloration of the skin

**Recognized in time, DVT can be treated.  
If you think you have symptoms, get  
checked out by a doctor.**



# What Are the Symptoms of PE?

The most common signs are:

- Shortness of breath you can't explain
- Chest pain, especially when you take deep breaths
- Coughing up blood
- Feeling lightheaded or fainting

**Recognized in time, PE can be treated. If you think you have symptoms, seek medical attention right away.**



# Am I at Risk?



DVT can happen to anybody. Things that can put you at risk include:

- Having recently been in the hospital or injured, or had surgery
- Being over age 60
- Having cancer or another chronic disease such as heart disease
- Having had a blood clot



# Am I at Risk?



Other things that can put you at risk include:

- Being obese
- Frequently sitting for long periods of time
- Sitting during travel longer than 4–8 hours



# Am I at Risk?



Other things that can put you at risk include:

- Being pregnant or having recently given birth
- Taking birth control pills or hormone replacement therapy
- Having a genetic condition that affects blood clotting



**If you think you're at risk for DVT or PE, talk to your healthcare provider.**

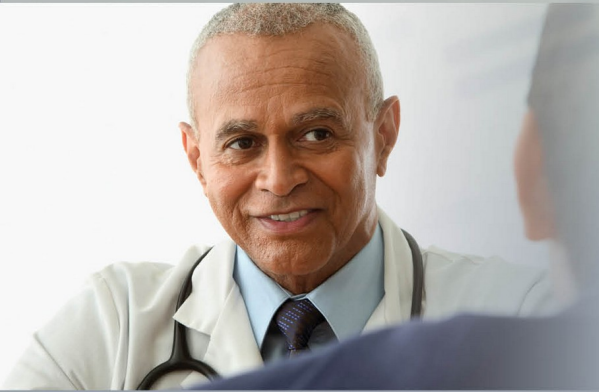
# How Can I Prevent DVT?

Most DVT cases can be prevented. Here are things you can do to protect your health:

- Know your family history.
- Maintain a healthy weight.
- Get up and move after sitting for long periods of time.
- Move your lower legs while seated on long trips.



# How Can I Prevent DVT?



Before and during your hospital stay, here's what you should do:

- Before any surgery, talk to your healthcare provider about blood clots.
- Tell your healthcare provider if you have any risk factors for DVT.
- Follow your doctor's instructions.



# How Can I Learn More?

To learn more about DVT and PE, including risks, symptoms, and tips for prevention, visit [www.cdc.gov/ncbddd/dvt](http://www.cdc.gov/ncbddd/dvt).

**Know the signs. Find it in time.**