



COALITION TO PREVENT DVT  
NEWSLETTER

Page 1 of 2

[WWW.PREVENTDVT.ORG](http://WWW.PREVENTDVT.ORG)

## MARCH DVT AWARENESS MONTH OVERVIEW

THIS MARCH, THE COALITION MARKED THE SEVENTH NATIONAL DEEP-VEIN THROMBOSIS AWARENESS MONTH BY INTRODUCING *DVT AWARENESS IN MOTION*, AN EDUCATIONAL PROGRAM DESIGNED TO PROMOTE DIALOGUE ABOUT PREVENTING DVT VIA SIMPLE MOVEMENTS THAT CAN BE DONE ANYWHERE AND ANYTIME MOBILITY IS RESTRICTED.



The Coalition has partnered with Mary Ann Wilson, R.N., founder and host of the PBS broadcast, "Sit and Be Fit," to create *DVT Awareness In Motion*, which demonstrates simple movements that may help reduce the risk of DVT by encouraging blood circulation. The movements are tailored to settings where mobility is usually restricted such as in a hospital bed, in the work place, in assisted-living and rehabilitation facilities and during travel.

"As a registered nurse I have witnessed firsthand how movement can help improve people's overall health and well being," said Mary Ann Wilson. "I am thrilled to partner with the Coalition to Prevent DVT to create this exciting new program, *DVT Awareness In Motion*."

“ AS A REGISTERED NURSE  
I HAVE WITNESSED FIRSTHAND  
HOW MOVEMENT CAN HELP  
IMPROVE PEOPLE'S OVERALL  
HEALTH AND WELL BEING ”

Mary Ann Wilson, R.N.



Rehab/Assisted  
Living Movements



Office Movements



Travel Movements



Hospital Movements

Mary Ann Wilson, R.N.  
Coalition Spokesperson



The Coalition to Prevent DVT  
is funded by sanofi-aventis  
U.S. LLC.

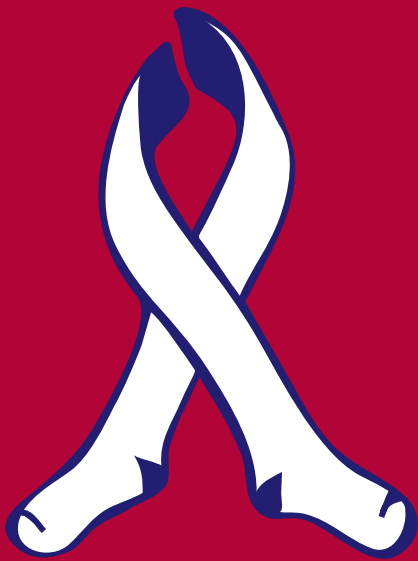
US.ENO.10.03.061



The Coalition to Prevent Deep-Vein Thrombosis  
is funded by sanofi-aventis U.S. LLC  
US.ENO.10.03.096



To view and download the *DVT Awareness In Motion* program on the Coalition's Web site, visit [www.preventdvt.org/media/dvt-videos.aspx](http://www.preventdvt.org/media/dvt-videos.aspx)



## COALITION TO PREVENT DVT NEWSLETTER

Page 2 of 2

[WWW.PREVENTDVT.ORG](http://WWW.PREVENTDVT.ORG)

Not only does *DVT Awareness In Motion* provide a platform to encourage discussion about DVT/PE and risk assessment, it also provides healthcare professionals with a practical tool to increase patient involvement and useful activities that may help lower patients' risk.

The *DVT Awareness In Motion* program included a movement guide which featured simple movements and an educational video with National Patient Spokespersons Melanie Bloom and Bonnie Bernstein speaking about their unique experiences with DVT/PE, as well as expert medical information delivered by Dr. Geno Merli, Coalition to Prevent DVT Steering Committee member and Chief Medical Officer at Thomas Jefferson University Hospital in Philadelphia.

### ON THE MOVE: TO REDUCE THE RISK OF DVT *DVT AWARENESS IN MOTION*

The Coalition traveled to communities across the country to promote awareness, risk assessment and the *DVT Awareness In Motion* program. After its launch on NBC's "Today" show on Wednesday, March 3, the Coalition set out for 10 scheduled events:

- **March 8** – Premier Healthcare Alliance in Charlotte, North Carolina
- **March 10** – Broward General Medical Center  
and HealthSouth Rehabilitation Facility, Fort Lauderdale, Florida
- **March 11** – St. Mary's Medical Center in San Francisco, California
- **March 12** – Clarian Health System in Indianapolis, Indiana
- **March 15** – Legacy Health System in Portland, Oregon
- **March 22** – Baptist Hospital East in Louisville, Kentucky
- **March 24** – Center for Vascular Awareness in Albany, New York
- **March 25** – Presbyterian Healthcare in Albuquerque, New Mexico
- **April 1** – Centennial Medical Center/HCA Headquarters in Nashville, Tennessee
- **May 22** – Detroit Medical Center in Detroit, Michigan

### COALITION NEWS IN THE SPOTLIGHT

- The Coalition has launched an improved, more patient-friendly Web site, which places a greater emphasis on education and awareness. The site is located at [www.preventdvt.org](http://www.preventdvt.org).
- Generating Awareness: Visit PreventDVT.org soon for media highlights of *DVT Awareness in Motion*
- Check out the Coalition's new Facebook page and look out for upcoming DVT Webinars!



## THANK YOU

The Coalition would like to extend a huge thank you to everyone who has helped make these March events such a success! Every mile traveled furthers the Coalition's goal of encouraging patient risk assessment and proper care and, most importantly, reducing the number of people affected by DVT. Thank you for your continued leadership – together, we can reduce the number of people affected by DVT.



The Coalition to Prevent DVT  
is funded by sanofi-aventis  
U.S. LLC.

US.ENO.10.03.061