

DVT Pocket Guide

Presented by The Coalition to Prevent DVT

know

Take the first step and know your risk

ask

Ask the simple questions to understand your risk

manage

Life after DVT; learn simple lifestyle changes

track

Take this with you on your next doctor visit

It's important to know the facts about DVT, so you can take steps to reduce your risk of this potentially fatal condition.

Below are some factors or events that can increase your risk of DVT:

- Congestive heart failure or respiratory
- Restricted mobility
- Cancer
- Infection
- Obesity
- Age > 40 years
- Surgery
- Varicose veins
- Prior history of VTE (DVT or PE)
- Chronic lung disease
- Inflammatory bowel disease
- Smoking

These are proactive steps you can take that can help reduce your risk of DVT:

- Avoiding sitting for long periods of time
- Reducing blood cholesterol levels
- Talking with your doctor about leg and calf exercises you can perform before and after surgery
- Stop smoking
- Incorporating exercises and stretching into your long-distance travel routine
- Choosing looser, less restrictive clothing
- Stay hydrated

Patient Checklist

Medical History

- Have you recently sustained a traumatic injury?
- Do you have, or have you had, any of the following types of cancer?
 - Pancreatic
 - Lymphoma
 - Liver
 - Malignant brain tumors
 - Leukemia
 - Colorectal
 - Other digestive cancers
- Have you been hospitalized or immobile for long periods of time? If so, how long?
- Do you suffer from any of the following conditions?
 - Lupus
 - Crohn's Disease
 - Rheumatoid Arthritis
 - Glomerular Nephritis
- What is your body mass index (BMI)?

Family History

- Have members of your immediate family experienced blood clots?
- Are you aware of having an inherited clotting disorder?

Symptoms

- Have you experienced any of the following symptoms?
 - Unexplained shortness of breath
 - Chest pain
 - Rapid heartbeat
 - Unexplained coughing
 - Pain, swelling, or tenderness in the leg
 - Skin that is red or warm to touch
 - Increase in weight gain

Lifestyle Habits

- Do you take hormone-based birth control, or hormone replacement therapy?
- Do you smoke?
- Do you engage in extended periods of travel? If so, how long?

