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PREVENTING BLOOD CLOTS

What Every Assisted Living Resident Should Know

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WHAT IS A BLOOD CLOT (VTE)? Venous thromboembolism (VTE) includes:



Deep vein thrombosis (DVT)
A blood clot in a deep vein, usually in the leg.



Pulmonary embolism (PE)
A blood clot that travels to the lungs – and can be life-threatening.

ARE YOU AT RISK? You may have a higher risk of blood clots if you:

- Are over 60
- Have limited movement or recent surgery
- Are seriously ill or have cancer
- Take hormone therapy or certain medications
- Have had blood clots before
- Smoke or are overweight

KNOW THE SIGNS & SYMPTOMS



DVT (Deep Vein Thrombosis)

- Swelling, usually in one leg
- Unexplained pain or tenderness
- Red or warm skin



Pulmonary Embolism (PE)

- Sudden shortness of breath
- Chest pain
- Coughing up blood
- Fast heartbeat

Call 911 or notify a caregiver immediately if you experience symptoms.



TIPS TO PREVENT BLOOD CLOTS

Move and stretch your legs regularly
Drink water and stay hydrated
Take prescribed medications as directed
Speak up if something feels wrong



DID YOU KNOW?

- Blood clots kill more Americans than car accidents, breast cancer, and AIDS combined. (The National Blood Clot Alliance)
- Without preventive treatment (prophylaxis), studies estimate that up to 80% of patients undergoing major orthopedic surgeries (such as hip or knee replacement) develop deep vein thrombosis (DVT), and 10–20% develop pulmonary embolism (PE). (The National Blood Clot Alliance)
- Venous thromboembolism is the second leading cause of death in people with cancer, ranking just behind infection. (The National Blood Clot Alliance)

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