

OPEN YOUR EYES TO VENOUS THROMBOEMBOLISM (VTE)

WHAT IS VTE?

VTE is a condition in which a blood clot forms most often in the deep veins of the leg, groin or arm (known as deep vein thrombosis, DVT) and travels in the circulation, lodging in the lungs (known as pulmonary embolism, PE).

Together, DVT and PE are known as VTE - a dangerous, potentially deadly medical condition.

DVT + PE = VTE

VTE SIGNS AND SYMPTOMS

VTE can occur without any warning signs and can go unrecognized and undiagnosed by a healthcare professional. Symptoms that do appear may be associated with DVT or PE

DVT SIGNS & SYMPTOMS

- Pain or tenderness, often starting in the calf
- Swelling, including the ankle or foot
- Redness or noticeable discoloration
- Warmth

PE SIGNS & SYMPTOMS

- Unexplained shortness of breath
- Rapid breathing
- Chest pain (that may be worse upon deep breath)
- Rapid heart beat
- Lightheadedness or passing out

VTE TREATMENT

DVT and PE are serious, life-threatening conditions that require immediate medical attention. Treatment can differ by patient but typically includes blood thinning medication to break up clots and prevent new ones from forming.

VTE RISK FACTORS

- **Hospitalization** for any illness or surgery - and 90 days after discharge
- **Surgery**, especially hip, knee, and cancer-related surgery
- **Immobility** - such as long flights, car trips, sitting for extended periods of time, bedrest, etc.
- **Age** - 60+
- **Family or personal history** of blood clots
- **Cancer / Chemotherapy**
- **Trauma**
- **Estrogen-based medication**
 - e.g., oral contraceptives or hormone replacement therapy
- **Pregnancy** and the 6 weeks following birth
- **Smoking**
- **Obesity**

For more information, visit:
WorldThrombosisDay.org