

# DVT & PE

**Deep Vein Thrombosis** (a blood clot in the leg) and **Pulmonary Embolism** (a blood clot that has traveled and is lodged in the lung), can be a life-threatening disorder. Please be sure to tell your doctor if you have any of the following risk factors for developing a blood clot.

## Risk factors:

- Birth control pills or hormone replacement therapy
- Pregnancy or recent childbirth (within six weeks)
- Overweight or obesity
- Inactivity
- Prolonged bed rest
- Cancer patients
- Recent injury, surgery or fracture
- History of heart attack or stroke
- Family history of DVT/PE
- Over the age of 40
- Autoimmune disorders
- Genetic blood coagulation disorders
- Varicose veins
- Heart or respiratory failure
- Inflammatory bowel disease
- Long plane flight or car trip
- Smoking
- Central venous catheterization

## If you notice any of the following signs and symptoms of a blood clot, immediately notify your doctor:\*

- Pain and swelling of legs
- Skin warmth or redness
- Chest pain
- Coughing up blood
- Fainting or feeling lightheaded
- Feelings of anxiety or restlessness
- Rapid pulse
- Shortness of breath
- Sweating

*\*Symptoms are not present in as many as 50% of DVT cases.*

