



# Georgia Thrombosis Forum

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## Thrombosis & Venous Thromboembolism

### What is Thrombosis?

**Thrombosis** is a deadly medical condition that results from formation of blood clots in blood vessels. Some common terms used in describing thrombosis are:

**Thrombus:** A clot that is formed and stays at the site of formation

**Embolus:** A clot that moves away from the site of formation to a distant site

**DVT (Deep Vein Thrombosis):** A clot in the deep vein of the calf

**PE (Pulmonary Embolism):** A clot that has moved from the vein to the lung(s)

**VTE (Venous Thromboembolism):** Together, DVT and PE make up venous thromboembolism (VTE)

### Statistics about PE & VTE:

- PE kills more than 300,000 people per year in the U.S.- more than Breast Cancer, AIDS, and traffic accidents, combined!!
  - VTE affects about 900,000 people per year in the U.S.
  - Leading preventable cause of death in hospitalized patients
  - About 400,000 Americans develop DVT in the legs every year in the U.S.
  - Every minute, a blood clot is found
  - Every 6 minutes, someone dies due to a blood clot
  - Direct medical costs for treatment of VTE add up to \$14,000,000,000 in the U.S.



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## Symptoms of VTE:

- Shortness of Breath
- Chest Pain
- Cough
- Coughing up blood
- Dizziness
- Sudden Cardiac Arrest
- Palpitations

## Signs:

- High heart rate
- Low blood pressure
- Low oxygen saturation in blood
- Swelling of the legs
- High breathing rate



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## **DVT IS ONE OF THE MOST PREVENTABLE CONDITIONS.**

The most common measures can be taken to avoid this condition are:

- Exercise Daily
- Maintain Healthy Diet
- When traveling, you should...
- Drink Lots of Fluids
- Wiggle Your Toes Often
- Get Up and Walk Around Every Hour

## **RISK factors of VTE are:**

- Injury
- Surgery
- Fracture
- Pregnancy
- Hospitalization

## **The people who are more prone for the condition are:**

- Those who have Close Family Member(s) with Previous VTE



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- Those who often go on frequent Plane Rides/Long-Distance Travel
- Those who have had Prolonged Bed Rest

### In conclusion, one should know the facts that:

- VTE can be FATAL
- VTE affects ALL ages, genders and races
- Know your Risk Factors
- Know the Symptoms
- Seek Medical Attention promptly

For more information about Thrombotic conditions visit: <http://www.natfonline.org>

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