

# DEEP VEIN THROMBOSIS

BLOOD CLOT IN A VEIN DEEP IN THE BODY

## What is deep vein thrombosis (DVT)?

**Deep vein thrombosis** (*deep vayn throm-BO-sis*), also known as DVT, is a blood clot that forms in a vein deep in the body, usually in your lower leg or thigh.

## What symptoms are common in DVT?

Symptoms may include:

- Swelling in the leg with the clot, including your ankle and foot
- Pain in the leg with the clot—often starts in your calf (like a cramp or charley horse) but can include your ankle and foot
- Warmth in the general area of the clot
- Changes in your skin color (pale, red, or blue)

*DVT often occurs without any symptoms.*

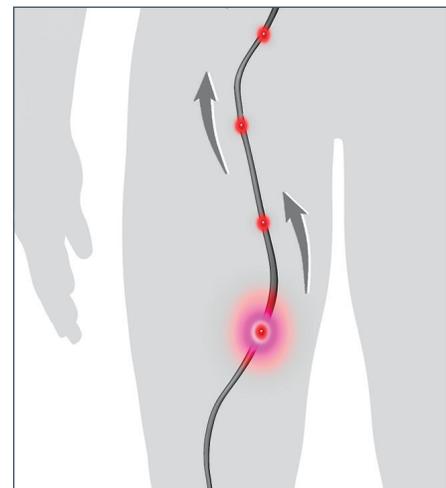
## How did I get DVT?

DVT can happen when your blood is more likely to clot.

Reasons can include:

- Keeping still for a long time
- Blood clotting disorder
- Cancer or cancer treatment
- Older age
- Heart failure
- Pacemaker or vein catheter
- Smoking
- Pregnancy or giving birth
- Medicines, like birth control
- Inflammatory bowel disease
- Being overweight
- Personal/family history of deep vein clots
- Vein injury
- Surgery and certain medicines given during surgery

*You have a higher chance of developing DVT if you've had a clot in a vein deep in the body before.*



## What can happen with DVT?

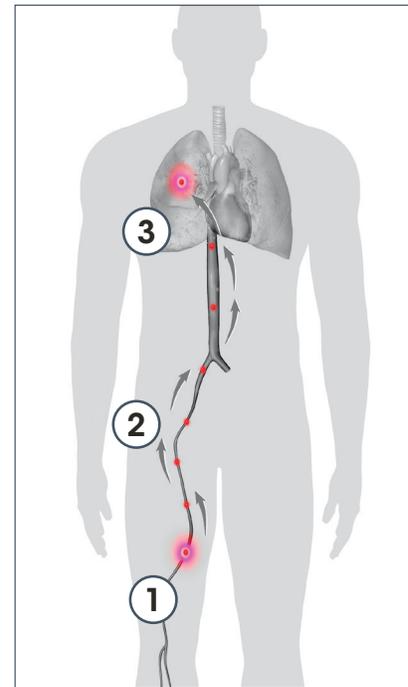
- ① The blood clot in your vein could break away
- ② The bloodstream can carry it to your lungs
- ③ Once in your lungs, the clot could block blood flow.

This is called a **pulmonary embolism** (*PUL-ma-neh-ree EM-ba-li-zum*), or PE

- This is a serious, life-threatening condition that can cause damage to your lungs and other organs, or even death

Warning signs of a blood clot that has traveled to your lung may include:

- Sudden shortness of breath
- Chest pain or discomfort that worsens when you take a deep breath
- Feeling light-headed, dizziness, or fainting
- Rapid pulse
- Sweating
- Cough, even coughing up blood
- Feeling anxious or nervous



**Get medical attention right away if you have any warning signs.**

## How is DVT treated?

Goals for treating DVT are:

- Stopping the blood clot in your vein from getting any bigger
- Keeping the clot from breaking away and traveling to your lungs
- Keeping new clots from forming

Your doctor may give you a medicine, such as a blood thinner, to help lower your blood's ability to clot, and to stop a clot you already have from getting bigger. Depending on the seriousness of your symptoms, other treatments may include a medicine to help dissolve the clot quickly or a surgical procedure.

**Your doctor will determine which treatment option is right for you.**

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This health information is provided for educational purposes only and is not intended to replace your discussions with a healthcare professional. All decisions regarding patient care must be made with a healthcare professional, who can consider the unique aspects of the patient.