

WHAT YOU SHOULD KNOW ABOUT DEEP VEIN THROMBOSIS

Deep vein thrombosis (DVT) is a blood clot in the veins deep in the leg. It may cause pain and swelling in the leg. It is important to treat DVT so the clot does not get worse or move to the lungs. If it does, it can cause serious lung problems and even death.

What causes DVT?

DVT can happen:

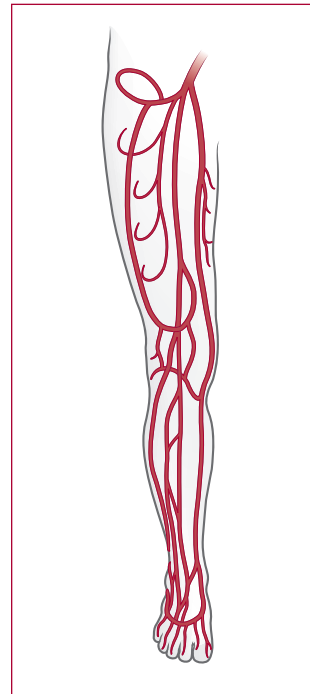
- If you don't move your legs after an injury
- In the hospital, when you are in bed for a long time
- After an operation
- During a long airplane trip
- In some people with cancer
- In people with blood that clots more easily
- For no clear reason

How can DVT be prevented?

- Keep moving your legs when you are laid up or on a long airplane trip.
- Take small doses of a blood thinner when in the hospital or after an operation.

How does your doctor diagnose DVT?

- When it is hard to tell if there is a clot in the leg, your doctor may order blood tests.
- An ultrasound scan using sound waves may help the doctor see a clot in the veins of the leg.
- Sometimes more tests are needed to look for the cause of the DVT.



Veins of the leg.

How is DVT treated?

- Most patients with DVT do not need to be in the hospital.
- Blood thinners are given to prevent more clots in the leg and to keep a clot from going to the lungs.
- People with DVT need to take blood thinners for many months and sometimes need to keep taking them.
- Special stockings can keep the leg from swelling while the clot is being treated.

What do patients need to know?

- Too much blood thinner can cause bleeding, and too little can cause another clot.
- It is important to get regular blood tests to be sure the dose of blood thinner is right.
- Some foods and other medicines can change how much blood thinner you need. It is important to tell your doctor what you eat and about changes in your medicines.

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