

CANCER & CLOTS

THE RISK IS REAL

1 in 5 cancer patients may develop a blood clot. Cancer, surgery, PICC lines, radiation and medications can increase your risk of blood clots.

Your risk may increase further if:

- ☐ You have been admitted to **hospital** or you have been discharged in the last 90 days.
- ☐ You have been **immobile** (more than 3 days in bed/ non-stop travel more than 6 hours, or in a leg cast).
- ☐ You have a **close relative** who had a blood clot or have had a blood clot yourself.
- ☐ You are **pregnant** or have had a baby in the last 6 weeks.
- ☐ Are taking/using **oestrogen-containing contraceptives** (including the vaginal ring) or taking oral **oestrogen-containing HRT**. Discuss all options with your Doctor.
- ☐ You have **heart** or **lung disease** or **Inflammation**.
- ☐ You are **over 60 years old** or **living with overweight and obesity**.
- ☐ You have **varicose veins** that become red and sore.

If you tick one or more of these risk factors, speak to your doctor or nurse about prevention measures.



Endorsed by the National Cancer Control Programme

NCP-VTE

National Clinical Programme in Venous Thromboembolism
Clár Náisiúnta Trombóeambólachta Féithí

