

Women and Blood Clots

Dangerous blood clots often form in the deep veins of a person's arm or leg. This type of blood clot is called a deep vein thrombosis or DVT. If a DVT is left untreated, it can break off and travel to the lungs. A blood clot that travels to the lungs is called a pulmonary embolism or PE and can be life threatening

Signs of DVT

- ♦ Tenderness in the leg
- ♦ Swelling and the feeling of tightness
- ♦ Pain in the leg (calf, groin or anywhere in your leg)
- ♦ Warmth and redness

Signs of PE

- ♦ Chest pain (particularly when breathing deeply)
- ♦ Unexplained shortness of breath
- ♦ Light headedness or feeling faint
- ♦ Coughing up blood

If you experience any of these symptoms, seek immediate medical attention

Your Risk is Increased if:



Recent Hospital stay, surgery, immobility



HRT or oral contraceptive



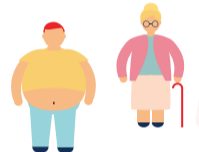
Long flight over 6 hours



Pregnancy or up to 6 weeks after birth



Active cancer or receiving treatment



Age over 60 or overweight

Pregnancy and Childbirth

Pregnancy is a major risk factor for the development of dangerous blood clots.

Women who are pregnant or who have just given birth are at increased risk for 6 weeks after birth.



Birth Control and Family Planning

The pill, patch and ring do not directly cause blood clots, but they do increase the risk that a woman might experience blood clots.

Treatment of Menopause Symptoms



Some types of HRT can increase the risk that a woman might experience blood clots by a small amount. HRT patches or creams do not increase the risk. The type of HRT, dose and the woman's risk factors for blood clots should be considered when choosing a safe and effective plan for each woman.

For more information go to
www.thrombosis.ie