



What is a blood clot?

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A blood clot forms when blood becomes solid rather than liquid. Blood clots happen mostly in veins (blood vessels that carry blood back to your heart from the rest of your body).

Deep Vein Thrombosis (DVT): When a clot occurs in a deep vein in the body.

Pulmonary Embolism (PE): A blood clot that breaks loose and travels to the lungs.

-This is a very serious and potentially life-threatening complication of DVT.

A clot can also happen in an artery (blood vessels that carries blood from your heart to the rest of your body) and may lead to a stroke or heart attack.

What are signs/symptoms of a blood clot?

- Symptoms may be different for each person.
- Pain/tenderness at the site of a blood clot in your arm or leg.
- Swelling at the site of a blood clot.
- The skin may also be red and/or warm to touch.

If you are having any of these signs/symptoms, see your doctor right away.

What are signs/symptoms of a PE?

- Sudden chest pain (worse with deep breath or lying down)
- Shortness of breath
- Coughing up blood.

These symptoms are serious and require immediate medical attention!

What are the causes of blood clots?

Anyone can get a blood clot. Many things can make you more likely to have a clot. Some of the common risk factors include:

- Surgery/Trauma
 - Major surgery (hip, abdomen, knee)
 - Broken bone
 - Catheter in vein
- Increased estrogen
 - Birth control (pills, patches, rings)
 - Pregnancy
 - Estrogen hormone therapy
- Medical conditions
 - Cancer
 - Inflammatory conditions (lupus, inflammatory bowel disease, etc)
- Other
 - Obesity
 - Smoking
 - A family history of blood clots
 - Older age
- Immobility
 - Hospitalization
 - Sitting too long (long car or plane rides)

For more information, visit stoptheclot.org