



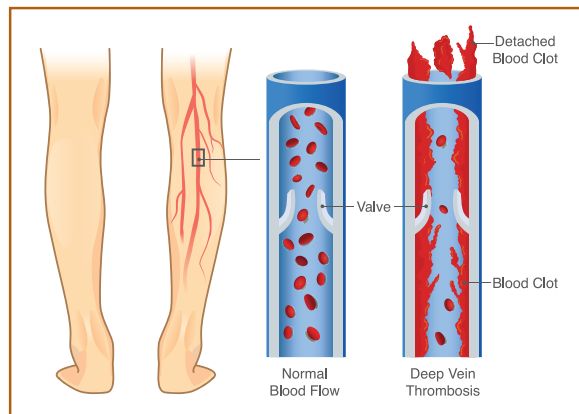
What is Deep Vein Thrombosis (DVT)?

Deep Vein Thrombosis (DVT) occurs when a blood clot forms in one or more of the deep veins in the body, typically in the legs. A blood clot in the deep veins is concerning because it can cause life-threatening complications.

Symptoms :

- Swelling in the foot or leg, usually on one side
- Severe , unexplained pain in the foot or leg
- Redness or warmth of the affected leg

Sometimes there are no symptoms at all.



Causes:

DVT can be caused by anything that prevents your blood from circulating normally, such as injury to the vein, surgery or limited movement.

Risk Factors:

- Age. Those older than 60 have an increased risk, although it can occur at any age.
- Injury or Surgery. Injury to the veins or surgery can increase the risk of DVT.
- Sitting for long periods of time, either driving or flying.
- Prolonged bed rest.
- Pregnancy.
- Birth Control Pills or Hormone Replacement Therapy.
- Having a Blood Clotting Disorder.
- Being Overweight or obese.
- Smoking.
- Cancer.
- Heart Failure.
- Inflammatory Bowel Disease, such as Crohn's or Ulcerative Colitis.
- Personal or family history of DVT or PE.

Potential Complications:

- Pulmonary Embolism (PE) is when a blood clot breaks loose and travels from another part of the body, becoming lodged in a blood vessel in the lung. A PE can be life threatening. Signs and symptoms include sudden shortness of breath, chest pain or discomfort, feeling lightheaded, coughing up blood and rapid pulse. If you develop symptoms of a PE- seek immediate medical attention.
- Post Thrombotic Syndrome is a common complication that can occur after developing a DVT. Damage to the vein(s) from the blood clot affects blood flow, which can cause persistent swelling of the leg(s), leg pain/fatigue, skin discoloration and skin sores.

Treatment:

- Anticoagulants (blood thinners) are the most common treatment for DVT. These medications decrease the blood's ability to clot, and can be taken as pills or injected. Your doctor will decide the best type of medication for you. Typically patients take blood thinners for 3 to 6 months.
- Compression stockings. Compression stockings help reduce the leg swelling caused by DVT. Swelling is caused by damage to the veins or blocked by DVT. These stockings cause gentle pressure on the leg.
- Thrombolysis/Thrombectomy are treatments that use either pharmaceutical drugs to dissolve blood clots, or a device to mechanically remove clots from the veins to improve blood flow.
- IVC filter. A special filter is placed within the Inferior Vena Cava (IVC) which is one of the largest veins in the body, located in the abdomen. The filter prevents clots from entering the lungs.

Your surgeon will determine which treatment option is most appropriate for you.