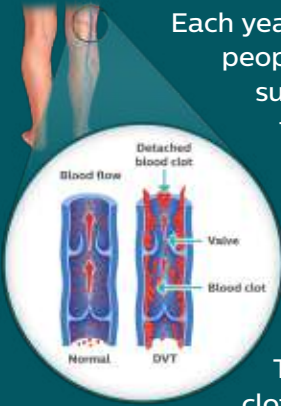


The Basics of Deep Vein Thrombosis (DVT)



Each year, more than 900,000 people in the United States suffer from deep vein thrombosis (DVT), a serious, but treatable condition that occurs when a large blood clot forms deep in the veins of your body.¹ These types of blood clots can be found in the lower leg, thigh, or pelvic area.

Each year, **DVT** affects more than **900,000 people** in the US



More than **50%** of those diagnosed will have long-term complications.²

Occasionally, blood clots in these areas can break off and cause other problems. One problem that is extremely concerning is pulmonary embolism (PE), a potentially fatal condition in which the blood clot can block blood flow to the lungs.

Without adequate blood flow, damage to the lungs and other organs of the body can occur, requiring prompt medical attention.

If you suspect you have a DVT, it is important to take the step and get help right away.

Take
the step

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Still want to learn more? You can find information about DVT symptoms, diagnosis, and treatments by visiting PVDandMe.com.



Patient
Stories



Help Finding
a Doctor

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DVT
Deep Vein Thrombosis



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Symptoms of DVT

Although a DVT can be serious, it can sometimes be difficult to identify. Why? Because people only show signs and symptoms half of the time.

When symptoms are present, people may experience:⁴



Uncomfortable swelling that occurs with increased warmth around the leg of the affected vein



Scattered pain occurring in the calf (smaller clot) or the thigh (larger clot)



Discomfort in the leg even while at rest

Some leg pain or discomfort is common after people sit for long periods of time, or following travel. But if the pain persists, it is important to be evaluated.

Am I at Risk for DVT?



While anyone can experience DVT, certain factors can increase the likelihood of developing the condition.

These risk factors may include:³

- **Long periods of inactivity**, such as following surgery
- **Injury to the vein**, caused by a fracture or muscle damage
- **Increased exposure to estrogen** from medication such as birth control or following a pregnancy
- **Various medical conditions**, such as cancers and inheritable diseases that affect the way blood clots
- **A history of DVTs** or other clotting disorders
- **Obesity or being overweight**, as this puts additional pressure on the veins

If you are uncertain about your risk factors for DVT, talk to your doctor about your concerns. Getting checked out will not only alleviate worries, but may identify any potential health issues for which early treatment is available.

DVT Diagnostic Procedures and Treatments

Some people may experience a DVT just once, but for others, the condition may become chronic. That is why it is important to obtain a diagnosis right away.

A physician may use a combination of physical exam, medical history and ultrasound imaging to make a diagnosis.

In some cases, additional tests may be performed to make the diagnosis. These tests may include:¹

- **D-dimer test**, a blood test that measures a substance that can be released when a blood clot dissolves
- **Venography**, which uses dye to visualize a potential blood clot
- **Duplex ultrasound** to look at blood flow in the veins

If your doctor discovers a DVT, there are several treatment options. Some treatments may focus on preventing the blood clot from enlarging and migrating to the lungs or there may be more immediate solutions to dissolve the clot right away.

Recommended treatments may include:

- **Compression stockings** to relieve pain and swelling following a DVT incident
- **Medication** to reduce the chances of a blood clot
- **Thrombolytics** to dissolve a painful, large clot through IV medication
- **Thrombectomy** to surgically remove a clot