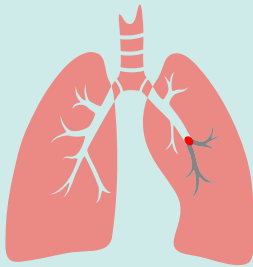


PREVENT BLOOD CLOTS:

ABOUT BLOOD CLOTS:

Blood clots can form in the deep veins of legs and arms. Sometimes, a piece of a clot breaks off and travels to the lungs—this is called a pulmonary embolism or PE for short—which is why they are serious problems.



RISK FACTORS:

- Surgery (especially stomach, hip or knee).
- Family history of clotting.
- Diabetes.
- Smoking.
- Birth control and other hormone pills.
- Obesity.
- Spinal cord injury.
- Multiple injuries.
- Lack of exercise.

- Tell doctors and nurses** you're concerned about blood clots.
- Discuss these precautions** with your loved one's medical provider:
 - Special stockings or boots that pulse,
 - Regular and frequent walks if possible,
 - A prescription for a blood thinner.
- Watch for the signs of blood clots**, listed below, for at least one month after your loved one leaves the hospital.
- Remember** that blood clots can form even if your loved one feels 100% "back-to-normal" in other ways.
- If okay with your loved one's medical providers, encourage walks** and exercise after leaving the hospital.



GET A NURSE IF:

Your loved one shows signs of (or complains about) the following:

- Swelling in a leg or arm.
- Pain or a burning feeling in a leg or arm.
- A charley-horse (cramp-like) pain that doesn't go away pretty quickly, persists, or grows worse.
- Shortness of breath, difficulty breathing.

NOTES:

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