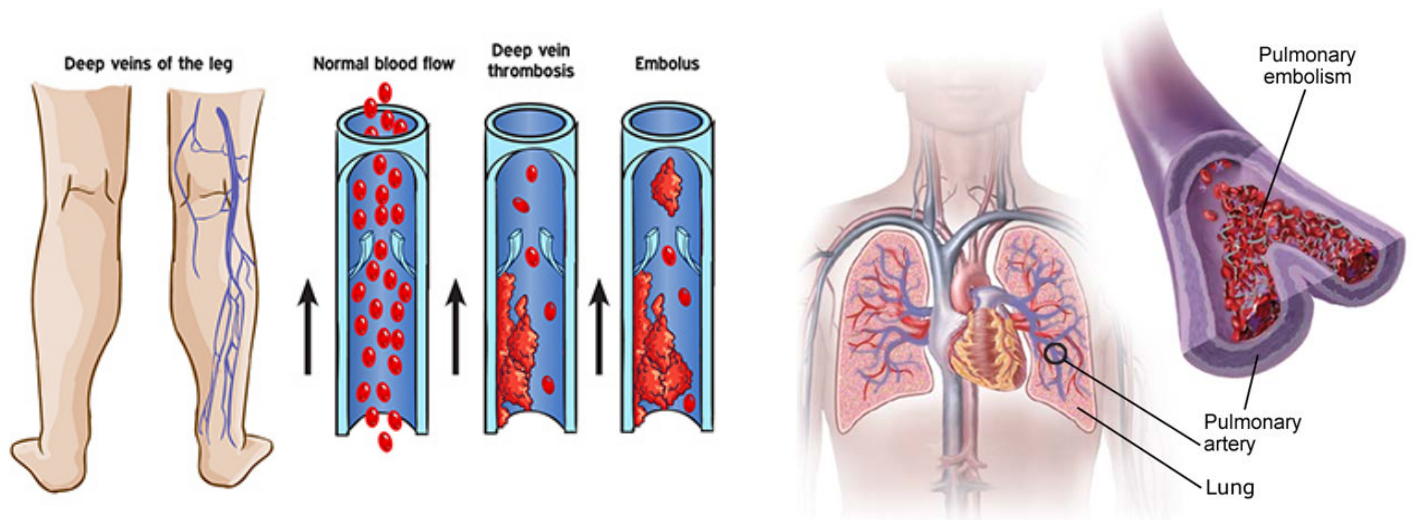


# EMPLOYER SOLUTIONS

## Injury Prevention of the Month

### **Deep Vein Thrombosis (DVT)**

Deep vein thrombosis is caused by the clotting of blood in the deeper veins of the body, usually a lower leg or thigh. As the clotting gets more severe a small portion may break free from the clot and travel to the heart and lungs causing a potentially fatal blockage of lung arteries, also known as a pulmonary embolism.



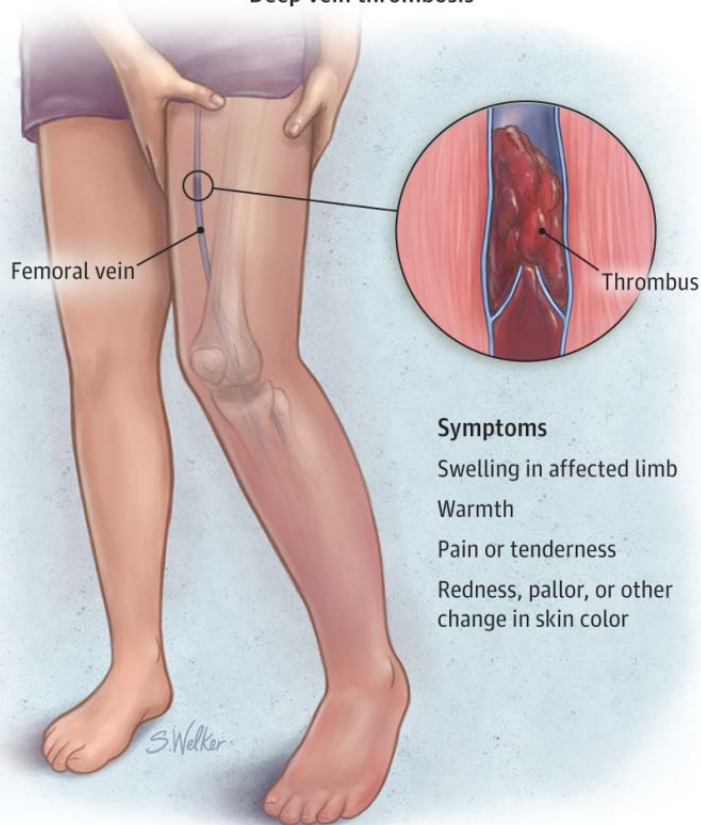
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### **Risk Factors for DVT Formation**

- Immobility
- Genetic predisposition to clotting
- Traumatic injury
- Surgery
- Obesity
- Pregnancy
- Smoking
- Cancer

\*Certain medications can also predispose an individual to clotting. Be sure to have a discussion with your physician about the risks associated with your medications.

## Deep vein thrombosis



## When to Seek Help

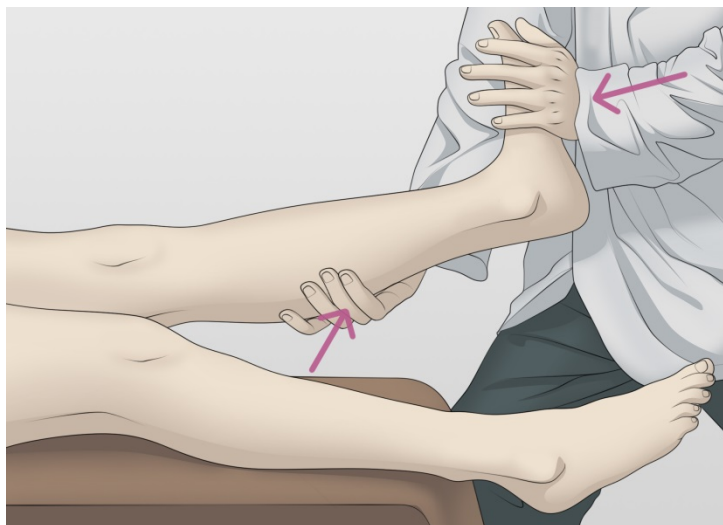
- When one or more symptoms are present along with associated risk factors
- Severe pain
- Symptoms appear to be moving up affected limb
- Chest pain or shortness of breath

## Treatment

DVT is most commonly treated through the use of anticoagulant blood thinners. In some cases, surgical intervention may be necessary to resolve severe clotting or embolism.

## What Can We Do For You?

- Knowledgeable on signs and symptoms
- Manual Tests to help confirm suspicions



Additional Information Available At:

- <https://www.mayoclinic.org/diseases-conditions/deep-vein-thrombosis/symptoms-causes/syc-20352557>
- <https://www.webmd.com/dvt/default.htm>
- <https://medlineplus.gov/deepveinthrombosis.html>

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