

## Dear patient :

In this pamphlet, it is attempted to provide you with the necessary information about your disease. We hope that you may improve your life quality and quantity through observing the following tips.

## Angina Pectoris (Heart Attack)

Sediment of fat on heart vessels walls limit blood supply to the heart. Sometimes, the blood flow is reduced to the extent that chest pain occurs. This case is called "Angina Pectoris" or heart attack.



## Risk Factors

**Age:** As age increases, possibility of clot formation in leg veins increases (age above 60).

**Major Surgery:** Long-time and major surgeries, increase the risk of clot formation, especially if the surgery is done on pelvis and lower limbs.

**Long-time Hospitalization:** Patients who are hospitalized for a long time, are exposed to higher risk of clot formation. This is particularly true for palsied and infirm patients.

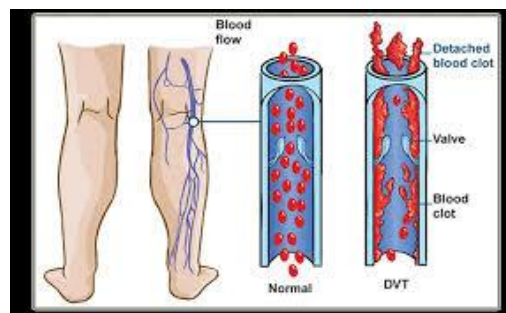
**Cancer:** Cancers, especially digestive system and pancreas cancers, generally increase risk of DVT.

**Obesity:** Overweight and height-weight disproportion increase risk of clot formation.

**Long-time Trips:** Long-time trips, either on airplane or car, increase the risk of clot formation. The risk gets higher in trips of longer than 3 hours and in airplane.

**Collision and Strikes:** Any kind of strike or collision (bone fracture, sprain, etc.) increases the risk of DVT.

## Medical History of DVT



**Varicose:** Varicose veins are also another risk factor for clot formation.

**Cardiovascular Diseases:** Some of the patients suffering from blood-circulation deficiency or

hear cavity disorders or infection and inflammation of heart linin, are highly exposed to DVT.

**Hormones:** Intake of some hormones may increase the risk of DVT. Feminine hormones, especially Estrogen and Progesterone, that are taken by some women after menopause and that are included in combined oral contraceptive pills are the most famous types of hormones increasing the risk of DVT.

**Pregnancy:** During pregnancy, risk of DVT increases due to high levels of feminine hormones and weakness of muscles and vessel walls and also, existence of fetus inside pelvis. Fetus puts pressure on pelvis veins and causes blood suspension in shin veins.

**Coagulation Diseases:** Increase of coagulation factors of blood due to Polycythemia (increase of red blood cells or placates) that is more prevalent in people who smoke is an important cause of clot formation.

## Symptoms

DVT depicts no symptoms in many of patients; but some of the patients may experience the following signs and symptoms:

- Temperature variation (heating) and change in skin color (redness).
- Swelling of the infected organ
- Vague or extreme pain at the infected organ

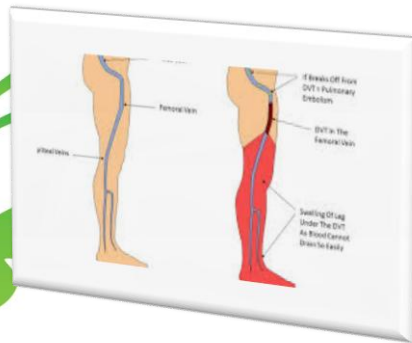
- Feeling pain when the infected organ is touched

### Symptoms of Pulmonary Embolism

Sometimes, DVT is diagnosed when the clot moves and reaches lung. The symptoms might include:

- Breath shortness/ dyspnea
- Pain at chest
- Bloody coughing
- Faint and unconsciousness

**In the event of any symptoms mentioned above, call your physician.**



### Prevention of DVT

- Move around as soon as possible after having been confined to bed, such as after surgery, illness, or injury.
- Use elastic socks (varicose socks) in order to prevent and reduce swelling

- (This approach especially works for those who stand up for a long time).
- Put the infected organ in a place higher than other limbs in order to prevent and reduce swelling.
- Take the drugs prescribed by your physician (anticoagulant drugs) in order to prevent clot formation after surgery.
- Avoid long-time sitting and inactivity.
- If you have to sit for a long time, move your lower limbs, occasionally (rolling the feet fingers in and out, contracting shin).
- Get great amount of water in a day and avoid alcohol.
- In the case of long trips in car or airplane, move your legs at least every 1-2 hours.
- If necessary, use DVT pump.

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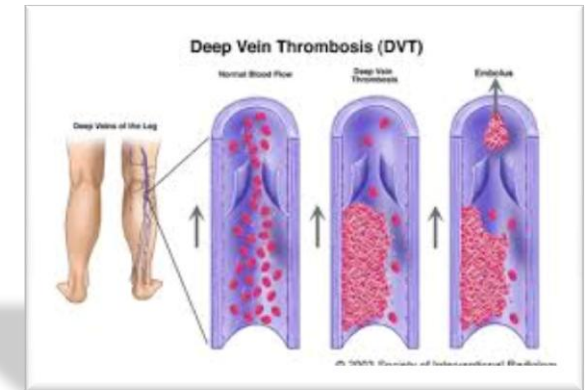
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Mashhad University of Medical Sciences

School of Nursing and Midwifery

### PATIENT TRAINING



PREVENTION OF  
CLOT FORMATION  
IN LOWER LIMB  
VEINS

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