

HELP SPREAD BLOOD CLOT AWARENESS

What is a blood clot?¹

Our blood is made of many different components and sometimes **clumps** form called **'blood clots'**.

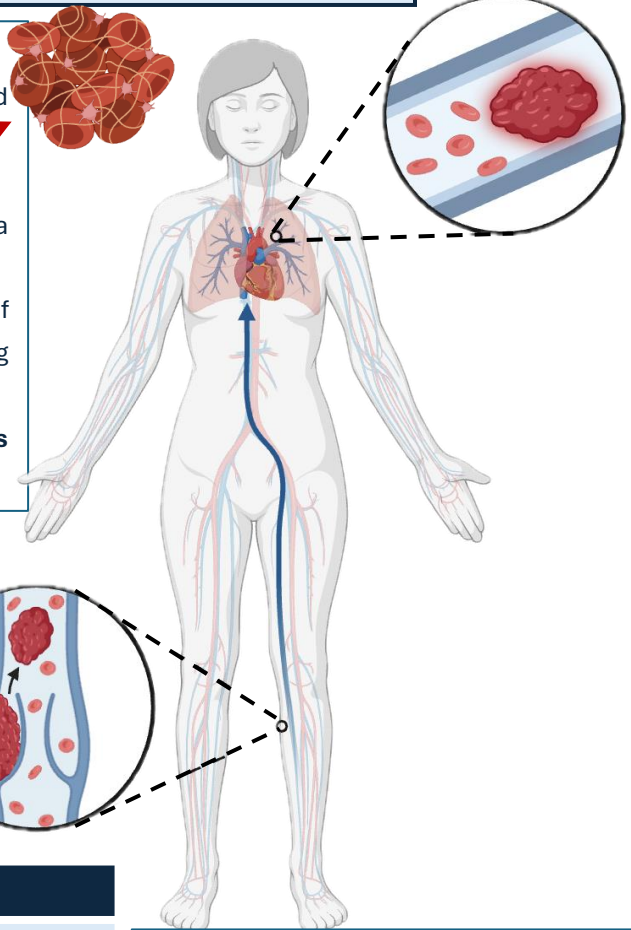
In normal situations, forming a blood clot or **'scab'** is a good way for the body to protect itself from the outside.

- For example: After getting a cut, it will heal with a form of blood clot or 'scab' to prevent the body from losing blood.

A problem can happen when a blood clot or 'scab' forms inside the body and can cause medical emergencies.

Blood clots can form in the arteries or the veins. Blood clots in arteries can cause heart attacks or strokes.¹

Blood clots in veins are mostly found in the **leg** - called a **deep vein thrombosis (DVT)**. If a DVT is left untreated, the clot can travel to the lungs. This is called pulmonary embolism (PE) and can be life-threatening!¹



DVT symptoms¹

- Leg swelling in one leg
- Leg pain
- Leg redness and warmth

PE symptoms¹

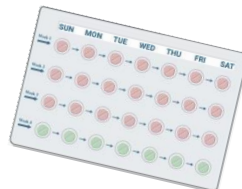
- Chest pain when breathing in or out
- Feeling out of breath
- Unexplained tiredness
- 'Passing out' or losing consciousness

Every year, more than **45,000** Canadians are diagnosed with **PE** or **DVT**?²

Who is at risk of a blood clot?^{1,3}

Common causes include:

- **Certain medical conditions (such as cancer)**
- Family or personal history of blood clots
- **Birth control pills (containing estrogen)**
- Pregnancy
- Major surgery
- Being bedridden
- Being immobilized due to broken bones or paralysis
- **Long air travel**
- Major trauma



How to decrease risk of blood clots

- Move or exercise regularly (helps to keep blood from pooling)
- Maintain a healthy weight
- Avoid or stop smoking
- When traveling for an extended period
 - Wear compression socks
 - Walk around the airplane or get out of the vehicle and walk
 - Perform leg exercises, like rotating ankles and stretching calves and legs

ANYONE can be affected by a **BLOOD CLOT!**

If you think you may have a blood clot, seek medical attention immediately!

Do you have questions or want to know more?

- Speak to your pharmacist
- Search online for: **Thrombosis Canada** or **The National Blood Clot Alliance**

All images were generated using BioRender

1. New Patient Guide For People with Thrombosis and Those Who Care for Them. Thrombosis Canada. https://thrombosiscanada.ca/uploads/patients%20%20caregivers/Patient_Materials/TC_New_Patient_Guide_ONLINE_ENG_13Feb2025.pdf.

2. Thrombosis Canada. Deep Vein Thrombosis (DVT): Treatment. Thrombosis Canada. February 20, 2023. https://thrombosiscanada.ca/clinical_guides/pdfs/DEEPEINHTHROMBOSISTREATMENT_74.pdf.

3. Patient information sheet: you have a PE or pulmonary emboli. Thrombosis Canada. https://thrombosiscanada.ca/uploads/patients%20%20caregivers/Patient_Materials/13.%20Pulmonary%20Embolism-2024-Eng-v3.pdf.