



## Checklist: Risk Factors For Blood Clots

- Hospitalization or surgery
- Cancer and some forms of its treatment
- Age, older than 60
- Immobility, sitting too long, bedrest
- Traumatic injury to veins
- Hormonal forms of birth control
- Pregnancy
- Hormone therapy for menopause symptoms
- A personal or family history of blood clots
- A genetic blood clotting disorder
- Overweight or obese
- Smoking
- Chronic illness like heart disease and diabetes

Discuss all of your risk factors with your healthcare provider.