

BLOOD CLOT RISK FACTORS CHECK LIST

- 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 and childbirth
- 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.**

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