

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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