

A PATH TO BLOOD CLOT PREVENTION

Anyone can experience a blood clot.

Whether you are at an increased risk for clotting, or simply want to lower your general blood clot risks, you can get on a path to lowering your blood clot risk.

Maintain a healthy weight

Being overweight or obese can increase blood clot risks. Talk to your healthcare provider about ways to maintain a healthy weight.

Stay active

Regular exercise can help lower your risk for blood clots. If you have been inactive or immobile for a while, light to moderate physical activity is probably best. Talk to your healthcare provider about your fitness plans.

Hydrate

Dehydration may contribute to an increased clotting risk. It's important to drink water every day, especially if you have other risk factors for blood clots. Experts suggest women drink 11.5 cups of water daily.

Stop smoking

Research confirms that smoking increases the risk for blood clots, and e-cigarettes are no exception. There are different tools available that can help you quit smoking. Your healthcare provider can help you decide which approach might work best for you.

Move more

Experts recommend that you stand, stretch, or move around every 2 hours if you are travelling, sit long periods at work, or are confined to a bed or chair due to a health condition. Ask for help if you are unable to move on your own.

Watch sodium

Research shows that sodium levels that are too high or too low can cause problems or increase your risk for blood clots. Experts suggest that you maintain healthy sodium levels, which your healthcare provider or a nutritionist can help you manage.

Compression

Compression socks, stockings, or sleeves can help to prevent clots from forming or moving. Talk to your healthcare provider about whether or not compression might be a good option for you.

Medication

Your healthcare provider may prescribe medication to help prevent or treat blood clots. These medications can keep clots from forming, dissolve existing clots, or prevent clots from getting larger or moving. Always take all medications as prescribed if this option is recommended for you.

More info

Click here for more information about blood clot risks and signs and symptoms, or visit: alexrowanfoundation.org