

# WOMEN'S HEALTH: BLOOD CLOT RISK CHECKLIST

## A Personal Health Checklist for Informed Conversations. Questions to Ask Your Doctor.

Every woman, regardless of age, background, or reproductive status, should feel empowered to ask questions about her health, especially when it comes to blood clots, which can be life-threatening but are often preventable with the right information.

Below is a list of important questions women can ask their healthcare providers about women's health and blood clotting:

### PERSONAL RISK

- ☐ What is my personal risk for developing a clot?
- ☐ How do my age, weight, or other health conditions affect my risk?
- ☐ How can I determine if I have a family history of clotting disorders (e.g., factor V Leiden)?

### BIRTH CONTROL

- ☐ Does my birth control increase my risk for blood clots?
- ☐ Are there safer options based on my personal or family health history?
- ☐ Should I be tested for genetic clotting disorders before starting hormonal birth control?

### PREGNANCY & CHILDBIRTH

- ☐ How does pregnancy or recent childbirth affect clotting risk?
- ☐ What warning signs should I watch for during and after pregnancy?
- ☐ Would blood thinners be appropriate during or after pregnancy?

### HEALTH CONDITIONS

- ☐ Do any of my health conditions/medications increase my clot risk?
- ☐ What steps can I take to prevent clots during surgery or recovery?
- ☐ How can I protect myself when I'm immobile for long periods?

### BLOOD CLOT SYMPTOMS

- ☐ What are the symptoms of blood clot in a person's leg?
- ☐ What are the symptoms of a blood clot in a person's lung?
- ☐ What should I do if I have swelling or pain in my leg/arm or difficulty breathing?

### PREVENTION & TESTING

- ☐ Are there blood tests or screenings I should consider to better evaluate my clot risk?
- ☐ What daily habits can reduce my risk?
- ☐ Should I use compression socks during long travel or inactivity?

Visit [alexrowanfoundation.org](http://alexrowanfoundation.org) for more information about women's health and clotting.

