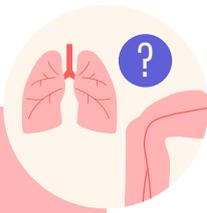


WHAT ARE THE

CAUSES OF DVT AND PE?



Deep vein thrombosis (DVT) and pulmonary embolism (PE) are conditions caused when a blood clot blocks a key blood vessel.¹

Anything that interrupts the normal blood flow around the body can potentially cause a blood clot – for example, if you get injured, have surgery or you're taking medications that increase the clotting ability of the blood.¹

There are also other things, known as risk factors, that make blood clots more likely to develop. Having one or more of these risk factors does not mean that you will develop a DVT or PE – it just means that your chances are higher than for someone who does not have these risk factors.¹

Although both DVT and PE are serious, and PE can be life-threatening, there are treatments available³

SOME FACTORS THAT MAY INCREASE YOUR RISK INCLUDE:¹⁻⁵



BEING CONFINED
TO BED



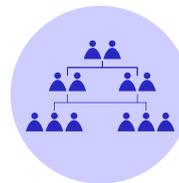
CERTAIN HEALTH CONDITIONS
(e.g. heart failure, cancer, kidney disease and inflammatory bowel disease)



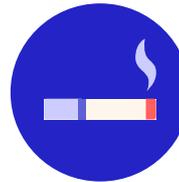
BEING PREGNANT OR HAVING
RECENTLY GIVEN BIRTH



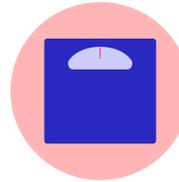
CERTAIN MEDICATIONS
(e.g. contraceptive pills, hormone replacement therapy (HRT), and some cancer treatments)



BLOOD CLOT HISTORY
(e.g. having had one before or a family member who had it)



SMOKING



BEING OVERWEIGHT
OR OBESE



BEING OVER 60
YEARS OLD



Learn more about
Venous Thromboembolism at
www.LivingwithVTE.com.hk

TALK TO YOUR DOCTOR ABOUT THE CAUSES OF DVT AND PE

References: **1.** Mayo Clinic. Deep vein thrombosis (DVT). Available at: <https://www.mayoclinic.org/diseases-conditions/deep-vein-thrombosis/symptoms-causes/syc-20352557?p=1>. Last accessed September 2021. **2.** NHS. DVT (deep vein thrombosis). October 2019. Available at: <https://www.nhs.uk/conditions/deep-vein-thrombosis-dvt/>. Last accessed September 2021. **3.** Cleveland Clinic. Deep vein thrombosis (DVT). July 2019. Available at: <https://my.clevelandclinic.org/health/diseases/16911-deep-vein-thrombosis-dvt>. Last accessed September 2021. **4.** Mayo Clinic. Pulmonary embolism. Available at: <https://www.mayoclinic.org/diseases-conditions/pulmonary-embolism/symptoms-causes/syc-20354647?p=1>. Last accessed September 2021. **5.** Cleveland Clinic. Pulmonary embolism: who is at risk. July 2019. Available at: <https://my.clevelandclinic.org/health/diseases/15802-pulmonary-embolism-who-is-at-risk>. Last accessed September 2021.

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