



深層靜脈栓塞 和肺栓塞

的成因

一些風險因素也會令血栓更容易形成。有一個或以上風險因素不代表必然會患上深層靜脈栓塞或肺栓塞，而是代表比沒有風險因素的人更可能患病。¹

深層靜脈栓塞 (DVT, deep vein thrombosis) 和肺栓塞 (PE, pulmonary embolism) 都是由於血栓阻塞重要血管而引起的疾病。¹

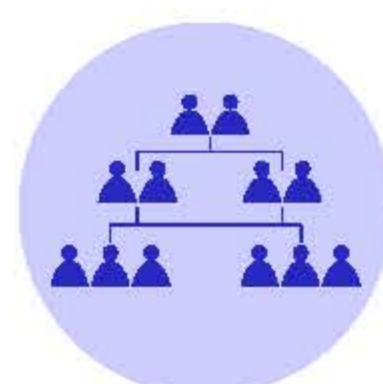
任何阻礙血液正常流動的情況都可能形成血栓。例如受傷、接受手術或服用加速血液凝固的藥物。¹

雖然深層靜脈栓塞和肺栓塞皆是嚴重疾病，且肺栓塞可能對生命造成威脅，但它們都是可以治療的³

部分風險因素包括：1-5



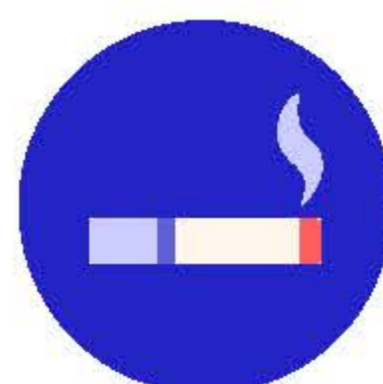
長期臥床



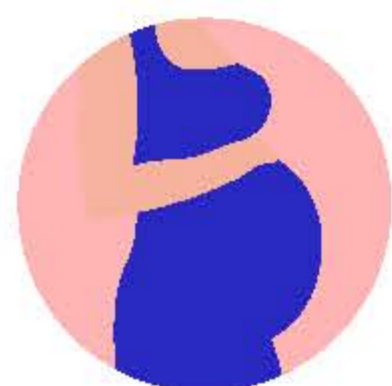
患有血栓的病史
(如自身或家人曾患病)



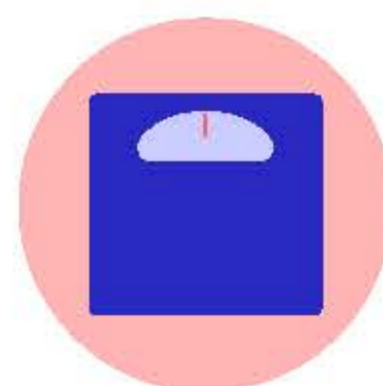
特定疾病
(如心臟衰竭、癌症、
腎病和炎症性腸病)



吸煙



懷孕或近期曾分娩



過重或肥胖



部分藥物
(如避孕藥、荷爾蒙替代療法 (HRT,
hormone replacement therapy) 或
部分癌症治療)



年過六十歲



了解更多關於靜脈血栓栓塞：
www.LivingwithVTE.com.hk

向醫生查詢深層靜脈栓塞和肺栓塞的成因

參考文獻：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-203546477?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.