

Deep Vein Thrombosis (DVT)

A DVT is a clot that forms in the veins of the lower leg and thigh. This risk is due to prolonged sitting or bed rest. DVT's are more common in Adults of the age of 60+, but can occur at any age group.

Symptoms include:

- Pain and tenderness in the affected leg on standing and walking
- Swelling of the affected leg
- Increased warmth of the calf in the affected leg
- Changes in skin colour (redness) to your legs

Should you notice any of these symptoms please consult your doctor or GP immediately. If they are not immediately available, attend your Local Hospital Emergency Department

Complications of DVT:

- Pulmonary Embolism (PE), this is the most serious complication of DVT. A PE happens when a piece of the blood clot breaks off and travels through your bloodstream to your lungs causing: *difficulty in breathing, chest pain or coughing up blood*
- Post-thrombotic syndrome: This happens if DVT damages the valves in your deep veins, so that instead of flowing upwards, the blood pools in your lower leg. This can eventually lead to long-term pain, swelling and, in severe cases, ulcers in your leg
- Limb ischemia: This is a rare complication that only happens in a very extensive DVT and can be very painful and lead to skin ulcers

Prevention:

- Take any tablets or injections that your Doctor prescribes
- Avoid sitting or lying in bed for long periods of time
- Take your pain medications as prescribed to make it easier to move around
- Do exercises such as leg lifts and ankle movements

Make sure you talk to your doctor if you think you may be at risk of DVT