

# THINK THROMBOSIS



A blood clot can occur in anyone and without any warning signs or symptoms. The most common occur in the limbs (called a DVT), or in the lungs (PE) combined this is known as VTE. Too often they can go unrecognised and undiagnosed. The following symptoms are indicative of DVT or PE but are not exclusive nor exhaustive. Remember if in doubt get checked out!

## Deep Vein Thrombosis (DVT)

- Unexplained pain can be the only symptom
- Swelling, including the ankle or foot
- Redness or noticeable discolouration
- Warmth

## Pulmonary Embolism (PE)

- Unexplained shortness of breath
- Rapid breathing
- Chest pain (may be worse upon deep breath)
- Rapid heart rate
- Light headedness or passing out

**The restrictions of lockdown, and the switch to working remotely for many of us, may mean that we are being less active, which is a risk factor for thrombosis.**

**It's important to be aware of the risk of thrombosis and do what you can to prevent it – in particular, keep hydrated and stay active!**



## Tips for getting more active

- Take breaks throughout your working day. Set reminders on your phone or in your calendar.
- Get some daily exercise. Go for a walk or jog before you start work or, do a home workout at lunchtime.
- Do some exercises while you're waiting for the kettle to boil.
- Take a short break and get some chores done e.g. watering the plants
- Take five minutes at the end of meetings to get up and stretch.
- Do something active in the evening rather than sitting in front of the TV or gaming. A walk after dinner, for example.
- Make a commitment – booking online for a virtual workout or outdoor fitness class.

**For more information, visit: <https://thrombosisuk.org/>**

Graphics and information taken from [BUPA](#) and [Thrombosis UK](#).