

Conditions that increase the risk of blood clots

A clot in the vein (usually in the leg or pelvis) is known as a **deep vein thrombosis (DVT)** and a clot that breaks off and travels to the lungs is known as a **pulmonary embolism (PE)**. Together, DVT and PE make up **venous thromboembolism (VTE)**. Venous thromboembolism is a leading cause of death and disability worldwide.

Know the risks:

1. Cancer or receiving treatment
2. Age over 60
3. Obesity
4. Personal history or close relative that had a blood clot in the leg or lung
5. Immobility (more than 3 days in a bed or long haul travel more than 6 hours)
6. Recent hospital stay (within the last 99 days)
7. Medical conditions including heart disease and lung disease.
8. Oral contraceptive pill.
9. Hormone replacement therapy
10. Varicose veins with phlebitis
11. Pregnant or given birth within the previous 6 weeks