CANCER & CLOTS
THE RISK IS REAL

1 in 5 cancer patients may develop a blood clot. Cancer, surgery, PICC lines, radiation and medications can increase your risk of blood clots.

Your risk may increase further if:

- ❑ You have been admitted to **hospital** or you have been discharged in the last 90 days.
- ❑ You have been **immobile** (more than 3 days in bed/ non-stop travel more than 6 hours, or in a leg cast).
- ❑ You have a **close relative** who had a blood clot or have had a blood clot yourself.
- ❑ You are **pregnant** or have had a baby in the last 6 weeks.
- ❑ Are taking/using **oestrogen-containing contraceptives** (including the vaginal ring) or taking oral **oestrogen-containing HRT**. Discuss all options with your Doctor.
- ❑ You have **heart** or **lung disease** or **Inflammation**.
- ❑ You are **over 60 years old** or **living with overweight and obesity**.
- ❑ You have **varicose veins** that become red and sore.

If you tick one or more of these risk factors, speak to your doctor or nurse about prevention measures.

For further information:
www.hse.ie/eng/about/who/cspd/ncps/vte/resources/

Endorsed by the National Cancer Control Programme