COMMON CAUSES

- Acute illness that requires hospitalization/ prolonged immobilization
- Prolonged sitting past your norm without the ability to range and stretch especially over 4 hours
- Trauma
- External pressure anywhere on the legs or arms, especially on the back of the knee, groin, elbow or underarm
- Constrictive clothing such as elastic leg band, wrinkled or rolled stockings or socks, constrictive pants or shirts
- Some cardiac abnormalities like arrhythmia
- Predisposition to increased blood clotting
- Increasing age
- Oral contraceptives, hormone replacement therapy
- Surgery
- Previous blood clot creates higher risk for a new one
- Genetic predisposition

As Appropriate, Notify Your Healthcare Professional of Your Important DVT Health History:

- I have paralysis or spinal cord injury which puts me at high risk for a DVT.
- I have had a previous DVT or I have a family history of DVT.
- I take blood thinners to prevent DVT or I have recently stopped taking blood thinners for DVT.

MY INFORMATION

Name:

MEDICAL HISTORY

Baseline Blood Pressure:

Neurological Location of Injury:

Primary Healthcare Provider:

Phone Number:

Allergies:

EMERGENCY CONTACT

In Case of Emergency Call:

Relationship:

Phone Number:

The information contained in this card is presented for the purpose of informing you about paraplegia and its effects. Nothing contained herein is to be a substitute for professional medical advice. Contact your physician or other qualified health care provider should you have questions on your health, treatment, or diagnosis.

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WHAT IT IS

Deep Vein Thrombosis (DVT) is a blood clot, most often found in the leg or the arm, which can lead to blood flow to the extremity causing internal tissue damage, edema (swelling) and skin breakdown. The clot can break loose and travel to the lungs causing a pulmonary embolism (PE), which can affect breathing and heart function, or to the brain which can lead to a stroke and death.

Deep Vein Thrombosis (DVT) is a medical emergency. See your healthcare provider immediately.

It is imperative to follow orders for lab tests in a timely manner to evaluate the status of your blood.