Blood clots in the veins, also known as venous thromboembolism (VTE), are a serious medical condition that can cause disability and even death.

Venous blood clots most often form in the deep veins of the leg, a condition referred to as deep-vein thrombosis (DVT).

DVT can become life-threatening if the clot breaks free and becomes lodged in the arteries of the lung, which is called a pulmonary embolism (PE).

Blood clots are preventable and can be treated.

PREVALENCE

Blood clots do not discriminate by age, gender, or race. They can affect ANYONE.

As many as 900,000 people are estimated to be affected each year in the United States.¹

~33% of people will have a recurrence within 10 years.¹

COSTS

Roughly 1 OUT OF 10 hospital deaths are related to blood clots in the lung.²

Up to 100,000 people in the U.S. die each year from blood clots¹—nearly 275 people per day or one person every 5 minutes.

$10 BILLION + in associated health care costs.³
Almost anyone can develop a blood clot; however, there are certain factors that increase the risk. The risk increases more for individuals who possess two or more risk factors:

**FAMILY HISTORY**
- of blood clots or an inherited condition that increases clotting risk.

**DECREASED BLOOD FLOW**
- often caused by inactivity: confinement to bed, limited movement, prolonged travel, paralysis, or stroke.

**INCREASED ESTROGEN**
- often caused by: birth control pills, hormone replacement therapy, or pregnancy.

**AGE:**
- anyone can get a clot, but the risk increases with age.

**HOSPITALIZATION**
- for any reason increases the risk of developing a VTE.

**INJURY TO A VEIN**
- often caused by: fracture, surgery, or severe muscle injury.

**CHRONIC MEDICAL CONDITIONS**
- such as: cancer, lung disease, kidney disease, inflammatory bowel disease, or obesity.

**NEW ASH VTE GUIDELINES**

In 2018, ASH partnered with the McMaster University GRADE centre, a world leader in guideline development and an authority on thrombosis, and more than 100 experts including hematologists, clinicians in other specialties, and patient representatives, to synthesize the research and develop new clinical practice guidelines for VTE.

For more information on these new guidelines, visit: [www.hematology.org/VTE](http://www.hematology.org/VTE).

The American Society of Hematology (ASH) ([www.hematology.org](http://www.hematology.org)) is the world’s largest professional society of hematologists dedicated to furthering the understanding, diagnosis, treatment, and prevention of disorders affecting the blood. For more than 50 years, the Society has led the development of hematology as a discipline by promoting research, patient care, education, training, and advocacy in hematology.

**REFERENCES**

1. [https://www.cdc.gov/ncbddd/dvt/data.html](https://www.cdc.gov/ncbddd/dvt/data.html)
2. [https://www.cdc.gov/ncbddd/dvt/hospitalization-infographic.html](https://www.cdc.gov/ncbddd/dvt/hospitalization-infographic.html)
3. [https://www.cdc.gov/ncbddd/dvt/ha-vte.html](https://www.cdc.gov/ncbddd/dvt/ha-vte.html)