**DEEP-VEIN THROMBOSIS (DVT)** is a blood clot that forms in a major vein of the leg or, less commonly, in the arms, pelvis, or other large veins in the body. In some cases, a clot in a vein may detach from its point of origin and travel through the heart to the lungs where it becomes wedged, preventing adequate blood flow. This is called a pulmonary embolism (PE) and it can be extremely dangerous.

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**MYTH**

“I’ve never even heard of DVT. It can’t be that serious.”

**FACT**

Deep-vein thrombosis (DVT) is a serious and underdiagnosed medical condition that results when a blood clot forms in a vein.⁲

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**MYTH**

“The chances of me getting DVT are pretty low.”

**FACT**

It is estimated that as many as 900,000 people are affected by DVT/PE each year in the United States and up to 100,000 Americans die of DVT/PE.⁵,⁶ DVT can strike anyone and can cause serious illness, disability, and, in some cases, death. Your risk of DVT increases if you:

- have major surgery
- have cancer, heart or lung disease
- take birth control pills
- or have a family history of DVT.

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**MYTH**

“I’m really active and in great shape, so I don’t need to worry about getting DVT.”

**FACT**

Almost anyone can be affected by DVT: young or old, couch potato to athlete. Athletes are at increased risk if they’ve experienced recent physical injury, are dehydrated, and/or partake in long-distance travel for games and other events.

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**MYTH**

“Birth control medications will give me DVT.”

**FACT**

While studies have shown increased risk of blood clots while taking oral contraceptives due to increased estrogen, the vast majority of women who take these medications will have no complications.⁸ Women who are obese, smoke, or over age 40 when using oral contraceptives have a higher risk of developing clots. A balanced diet, healthy weight and talking to your doctor about the benefits and risks of oral contraceptives can help.

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**MYTH**

“Women are at greater risk for DVT.”

**FACT**

While women have an increased risk of blood clots while pregnant or on oral contraceptives, overall men have a higher incidence of DVT and PE.⁸

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