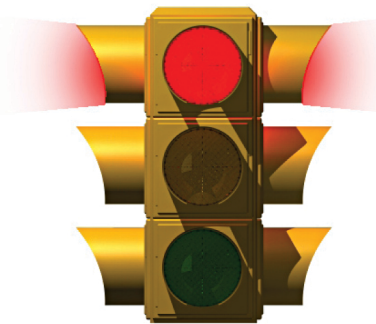


# Stop The Clot<sup>®</sup>

## YOUR CLOTTING RISK: *What You Need to Know*



### HIGH RISK

#### Blood Clots

### Stop!

Discuss with your doctor now!

- Hospitalization
- Major surgery, such as abdominal/pelvic surgery
- Knee or hip replacement
- Major trauma: auto accident or fall
- Nursing home living
- Leg paralysis



### MODERATE RISK

#### Blood Slows

### Caution!

Talk to your doctor.

- Older than age 65
- Trips by plane over 4 hours (car, train, bus)
- Active cancer/chemotherapy
- Bone fracture or cast
- Birth control pills, patch, or ring
- Hormone replacement therapy
- Pregnancy or recently gave birth
- Prior blood clot or family history of a clot
- Heart failure
- Bed rest over 3 days
- Obesity
- Genetic/hereditary or acquired blood clotting disorder



### AVERAGE RISK

#### Blood Flows

### Go!

Keep doing what you are doing!

- Active
- Younger than age 40
- No history of blood clots in immediate family
- No conditions or illnesses that heighten clotting risk



Stop The Clot<sup>®</sup>

National  
Blood Clot  
Alliance

Website: [www.stoptheclot.org](http://www.stoptheclot.org)  
Toll Free: (877) 4 NO CLOT(466-2568)

Tell NBCA what you think: [www.stoptheclot.org/stoplight.htm](http://www.stoptheclot.org/stoplight.htm)

DISCLAIMER: The above chart is a summary and provides estimated risks for blood clots (high, moderate, average); it is not intended to be comprehensive. The content is provided for information only and does not constitute medical advice. NBCA recommends that you consult your physician about potential clotting risk. Approved by NBCA Medical and Scientific Advisory Board. For more information: visit [www.stoptheclot.org](http://www.stoptheclot.org). ©NBCA 2010