

Deep Vein Thrombosis

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Purpose of Study

Deep vein thrombosis (DVT) is a condition in which a blood clot forms in a deep vein, typically in the leg. DVTs can be a serious health issue that can lead to long-term complications and even death if not treated promptly. This poster will explore the causes, symptoms, and treatment options for DVTs.

Background

DVTs can be caused by a variety of factors. Prolonged immobility, such as during long flights or bed rest, can increase the risk of developing a DVT. Other risk factors include obesity, smoking, a family history of blood clots, and certain medical conditions, such as cancer or heart disease.

Symptoms of DVT include:

- Pain or Tenderness in the Affected Leg
- Swelling, Warmth or Redness in the Leg
- Feeling of heaviness or Tightness in the Leg
- Some may have no symptoms at all

Ways to Prevent DVT:

- Staying Active
- Avoiding Prolonged Periods of Sitting or Standing
- Maintaining a Healthy Weight
- Quitting Smoking
- Managing other Medical Conditions That Increase the Risk of Blood Clots
- Blood Thinning Medications to Prevent Blood Clots from Forming

Treatment

The treatment of a DVT typically involves blood-thinning medication, such as heparin or warfarin, to prevent the clot from getting larger or breaking off and causing a pulmonary embolism. In some cases, a procedure called thrombectomy may be necessary to remove the clot. Compression stockings or devices may also be used to prevent swelling and improve blood flow.

Addressing the Disparity

Studies have shown that certain populations are at a higher risk of developing DVT. These populations include those who are:

- Over Age 40
- Overweight
- Have a Family History of DVT
- Have Cancer or Other Chronic Illnesses
- Recovering from Recent Surgery or Trauma.
- African Americans and Hispanics are at a higher risk of developing DVT than Caucasians.

Ways to address these disparities include:

- improving access to healthcare
- increasing education and awareness of DVT and its risks
- Addressing racial and cultural barriers in healthcare

Data

- As many as 900,000 people are affected by DVT each year
- 60,000- 100,000 Americans are estimated to die each year from DVT
- 33% of people experience long term complications
- 25% of people who die suddenly have a pulmonary embolism (blood clot in the lung) from a previous DVT

Conclusion

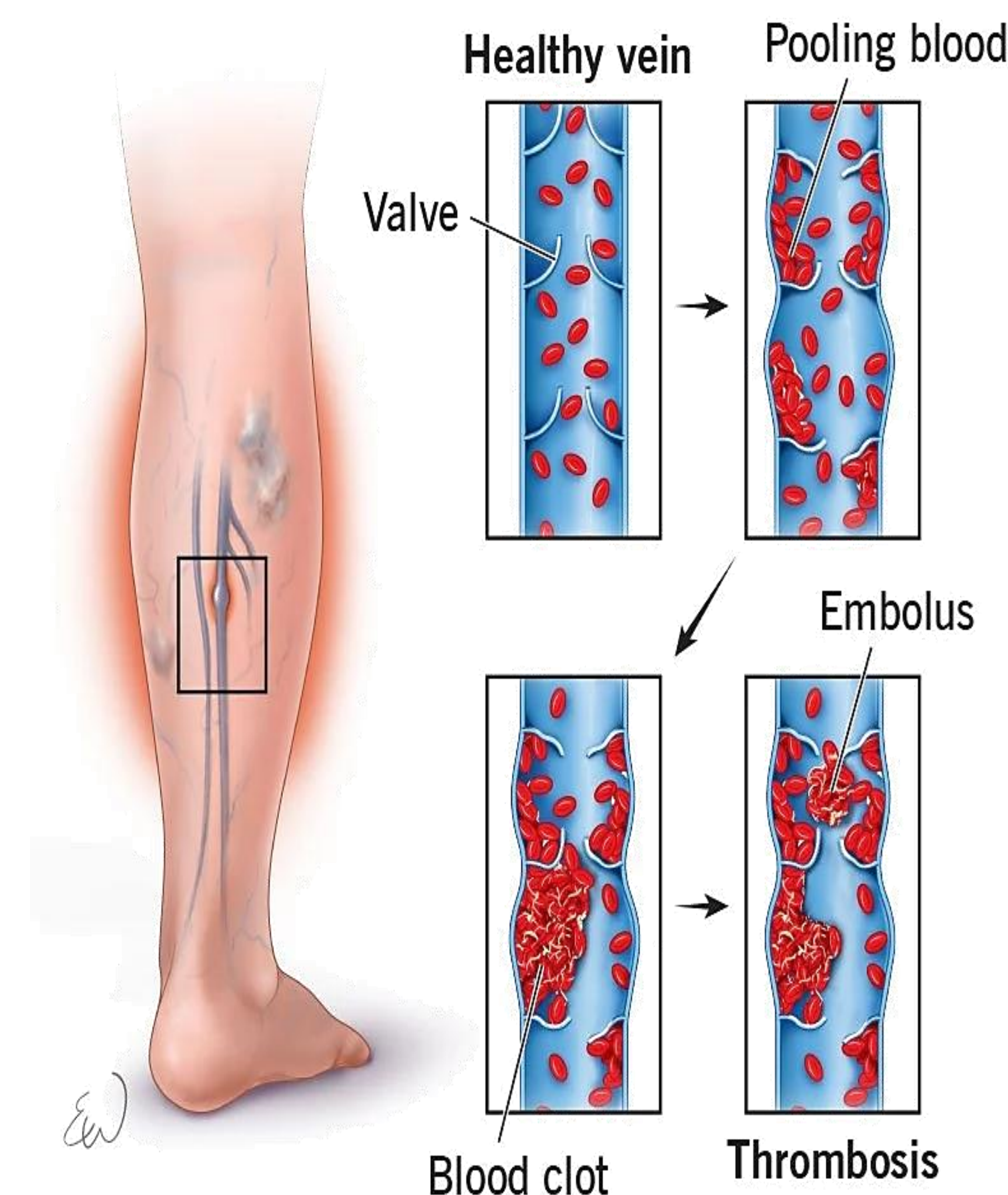
DVTs are a serious health issue that can lead to long-term problems and even death if not treated promptly. It is important for people to be aware of the risk factors and symptoms of DVTs and to seek medical attention. People can have healthy lives with early detection and treatment.

References

Data was obtained from:
The Centers for Disease Control and Prevention
PUBMED
WedMD

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