

WHAT IS Venous Thromboembolism (VTE)?

VTE is a blood clot that forms in the veins and can travel in the circulation, lodging in the lungs AND it can be fatal.

The groups most at risk are:

- ❖ Maternity patients
- ❖ Cancer patients
- ❖ General long stay hospital patients
- ❖ Women receiving hormonal treatments (contraception or HRT)

Venous Thromboembolism or VTE claims more lives than breast & prostate cancer and motor vehicle crashes combined and affects ~5000 Irish people every year and over 500,000 across Europe annually. It is reported to be the leading cause of hospital-associated death and direct maternal death in developed countries.

ANYONE CAN DEVELOP VTE

But The Good News Is...

Blood clots can be very treatable if caught early so it is crucial that everyone knows about them!

We are grateful to our sponsors and partners for supporting this important campaign:



Follow Thrombosis Ireland on Twitter
@ThrombosisIreland

#StoptheClot2019 Know #Thrombosis3



**STOP the CLOT ROADSHOW
2019**

September 10th to October 13th

**WATCH FOR THE
BIG RED BUS!**

**Ireland East Hospital Group &
Thrombosis Ireland**

GET ON BOARD

Community & Hospital Awareness

For further information on Thrombosis and VTE go
to www.ThrombosisIreland.ie or email
info@thrombosisireland.ie



How to Protect Yourself and your loved ones:

Know: #Thrombosis3

1. Know your Risk
2. Know the signs
3. Know to act fast. Tell a doctor or nurse
4. That you suspect a blood clot if you have symptoms.
5. Ask for a VTE risk assessment if you are going into hospital.
6. Ask about options that can help prevent VTE (compression stockings or anti-clotting medications).
7. Walk and move as much as possible while in hospital if safe/possible
8. Know that you are still at increased risk for 90 days after discharge from hospital.
9. Stay Hydrated.

LOOK OUT for the BIG RED BUS!

*Community Locations To Be Confirmed

Date 2019	9:00am to 12:00pm	1:00pm to 4:00pm
Sept. 10 th	Wexford Community	Wexford General Hospital
Sept. 11 th	Carlow Community	
Sept. 12 th	Kilkenny Community	St Luke's General Hospital
Sept. 17 th	Mullingar Community	Regional Hospital Mullingar
Sept. 19 th	Blanchardstown	Cappagh Orthopaedic Hospital
Sept. 24 th	Dun Laoghaire Community	St Michael's Hospital Dun Laoghaire
Sept. 26 th	Bray, Co Wicklow	St Columcille's Hospital
Sept. 27 th	VTE Conference Croke Park All Day	
Oct. 1 st	National Maternity Hospital, Holles St. 12:00pm to 4:00pm	
Oct. 3 rd	Navan Community	Our Lady's Hospital Navan
Oct. 9 th	St Vincent's University Hospital	Royal Victoria Eye & Ear Hospital
Oct. 11 th	Smithfield, Dublin	Mater Misericordiae University Hospital

OCTOBER 13TH, WORLD THROMBOSIS DAY 2019

THROMBOSIS IRELAND **PARK WALK** (TBC)

Fast Facts on VTE

For further information on VTE go to www.ThrombosisIreland.ie

- ❖ 1 in 4 people will die of causes related to blood clots.
- ❖ More people die each year from blood clots than from breast cancer, prostate cancer, and road traffic accidents combined.
- ❖ Blood Clots are reported to be the No.1 Cause of preventable death in hospital ahead of infection & pneumonia.
- ❖ 60% of all cases are as a direct result of a hospital stay.
- ❖ VTE is the leading cause of direct maternal death in the UK and Ireland
- ❖ All pregnant women should have a VTE risk assessment when they book, when they deliver and if risk factors change.
- ❖ Women starting HRT or hormonal contraception should have a conversation with her doctor around her personal risk factors, such as family or personal VTE history.
- ❖ There are ~5000 cases of Hospital acquired VTE in Ireland Each Year and many are preventable.