

The information in this pamphlet is for adults, who are not pregnant and have not had a blood clot before.

What are blood clots?

How can blood clots be prevented?

If you have symptoms of a blood clot including swelling, pain, tenderness, or redness of the legs or arms; difficulty breathing, chest pain or discomfort; contact your doctor right away.

Benefits: - $4 \times 13 = 52$ $\times 1,000 = 52,000$

Harms: - $4 \times 13 = 52$ $\times 1,000 = 52,000$



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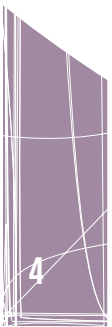
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Speak to your health care provider

To understand the different reasons to take a blood thinner to prevent a blood clot, you can speak to your health care provider about

- your medical history
- your current and past medical conditions
- your current and past medications
- your current and past surgeries
- your current and past injuries
- your current and past lifestyle
- your current and past diet
- your current and past exercise
- your current and past alcohol consumption
- your current and past smoking



