

**KNOWING THE COMMON
SIGNS AND SYMPTOMS OF
BLOOD CLOTS (THROMBOSIS)
CAN HELP SAVE YOUR LIFE!**

**An easy way to remember the
most common symptoms is:**

- C**hest pain
- L**ight-headedness
- O**ut of breath
- T**Leg enderness
- S**Leg welling

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**BLOOD CLOTS ARE A SERIOUS CONDITION
AND MUST BE TREATED IMMEDIATELY.**

Made possible by an unrestricted educational grant
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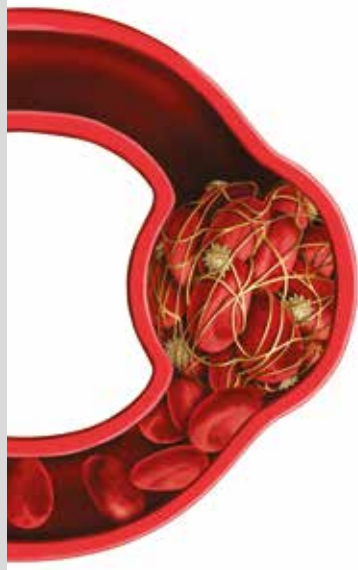
**IF YOU HAVE ANY SIGNS
OF BLOOD CLOTS...**

- C**hest pain
- L**ight-headedness
- O**ut of breath
- T**Leg enderness
- S**Leg welling

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**GO SEE A DOCTOR
RIGHT AWAY!**

C L O T S



LIGHT-HEADEDNESS

A less common but important sign of pulmonary embolism is feeling lightheaded or dizzy. This happens when large or multiple clots block blood flow to the lung. This symptom is a medical emergency. Check for other signs of a blood clot if you feel lightheaded.

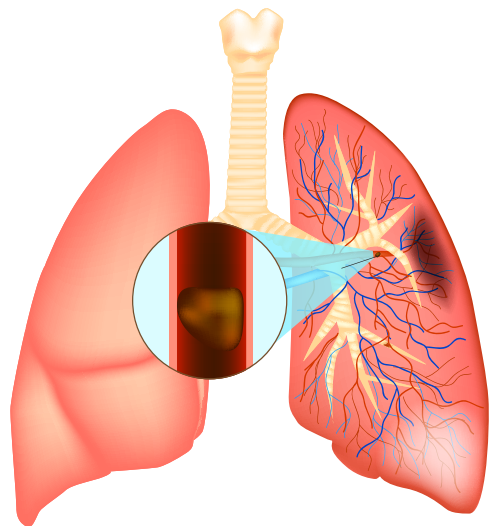
OUT OF BREATH

A pulmonary embolism blocks blood flow to the lung. This results in difficulty breathing due to "hypoxia" (when there isn't enough oxygen circulating through the body).



CHEST PAIN

A blood clot that travels to the lung is known as **pulmonary embolism (PE)**. The clot blocks blood flow to part of the lung. This can cause sharp chest pain as you breathe, when that part of the lung becomes damaged and inflamed.



LEG TENDERNESS

A blood clot in the leg is known as **deep vein thrombosis (DVT)**. It can cause tenderness or cramping in the calf or behind the knee. The pain gets worse when you are standing or walking. It is often accompanied by redness or warmth in the leg.



LEG SWELLING

Blood clots in the leg block blood flow in the veins that drain blood from the leg back to the heart. This causes the leg to swell, starting at the ankle and then moving up the leg. Usually, the swelling is only in one leg; the veins under the skin might also be swollen.

