CLOTTING RISK: What You Need to Know

**HIGH RISK**
- Hospital stay
- Major surgery, such as abdominal/ pelvic surgery
- Knee or hip replacement
- Major trauma: auto accident or fall
- Nursing home living
- Leg paralysis

**MODERATE RISK**
- Older than age 65
- Trips over 4 hours by plane, car, train or 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**
- Active
- Younger than age 40
- No history of blood clots in immediate family
- No conditions or illnesses that heighten clotting risk

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*DISCLAIMER: The above chart is a summary and provides estimated risks for blood clots; the information is not intended to be thorough or replace medical advice. NBCA recommends that you speak with your doctor about your clotting risk. ©NBCA 2010*