



Deep Vein Thrombosis (DVT)

Deep vein thrombosis, or DVT, is a blood clot that forms in a vein deep in the body. Most deep vein clots occur in the lower leg or thigh. If the vein swells, the condition is called thrombophlebitis. A deep vein thrombosis can break loose and cause a serious problem in the lung, called a pulmonary embolism, or a heart attack or stroke.

People with paralysis are vulnerable to DVT as sitting still for a long time can make you more likely to get a DVT. Some medicines and disorders that increase your risk for blood clots can also lead to DVTs. Common symptoms are

- Warmth and tenderness over the vein
- Pain or swelling in the part of the body affected
- Skin redness

Treatment includes medicines to ease pain and inflammation, break up clots and keep new clots from forming. Keeping the affected area raised and applying moist heat can also help. If you are taking a long car or plane trip, take a break, stretch your legs or have someone help you move your legs and drink plenty of liquids.

Source: Medline Plus

<http://www.nlm.nih.gov/medlineplus/deepveinthrombosis.html>

Websites

<http://www.stoptheclot.org>

National Blood Clot Alliance

A patient advocacy group that promotes awareness of risk, prevention and treatment of blood clots.

<http://www.nhlbi.nih.gov/health/health-topics/topics/dvt/>

National Heart Lung and Blood Institute: What Is Deep Vein Thrombosis?

<http://www.vdf.org/diseaseinfo/dvt/>

Vascular Disease Foundation: Deep Vein Thrombosis - What is It?

<http://www.uptodate.com/contents/patient-information-deep-vein-thrombosis-dvt>

UpToDate: Patient Information - Venous Thrombosis

<http://www.sirweb.org/patients/deep-vein-thrombosis/>

Society of Interventional Radiology: Deep Vein Thrombosis Overview

<http://calder.med.miami.edu/pointis/deep.html>

University of Miami: Other Complications of Spinal Cord Injury – Deep Venous Thrombosis (DVT)

http://www.surgery.medsch.ucla.edu/vascular/dx_DVT.shtml

UCLA Vascular Surgery: Deep Venous Thrombosis (DVT)

Terms to search: DVT, Deep Vein Thrombosis, Deep Venous Thrombosis, Thromboembolism, Greenfield filter, Intravascular Filters, Vena Caval Filters

Articles

- Davidson, Bruce L. “Controversies in Pulmonary Embolism and Deep Venous Thrombosis.” *American Family Physician*. November 1, 1999. The article can be accessed online at <http://www.aafp.org/afp/991101ap/1969.html>.
- Chen, David. “Treatment and Prevention of Thromboembolism After Spinal Cord Injury.” *Topics in Spinal Cord Injury Rehabilitation*. Vol. 9, No. 1: Summer 2003, pp. 14-25.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- James, Andra H. et al. **100 Questions & Answers About Deep Vein Thrombosis and Pulmonary Embolism**. Sudbury, Mass.: Jones and Bartlett, 2008.
- **Prevention of Thromboembolism in Spinal Cord Injury**. 2nd ed. Clinical Practice Guidelines: Spinal Cord Medicine. Washington, D.C.: Paralyzed Veterans of America, 2002. This is written for the physician or other health care professional. Available for free download from PVA <http://www.pva.org>.

- **The Surgeon General's Call to Action to Prevent Deep Vein Thrombosis and Pulmonary Embolism.** U.S. Department of Health and Human Services, 2008.

Videos

- **Deep Vein Thrombosis.** Princeton, NJ: Films for the Humanities and Sciences, 2005. DVD and VHS (28 minutes)
- **Understanding DVT--Deep Vein Thrombosis.** Information Television Network, 2006. DVD

<http://www.spinalcord.uab.edu/show.asp?durki=97417>

Spinal Cord Injury Information Network: Cardiovascular Health (38 minutes)

This video includes information on DVT and can be downloaded or streamed online.

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