

Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis, also called DVT, is a blood clot that forms inside a vein in the body. It most often occurs in the legs. The blood clot may block part or all of the blood flow. It may also break loose and cause a serious problem in the lung or a heart attack or stroke. Learn how to prevent DVT and know its signs.

Risk Factors

You are at greater risk for DVT if you:

- Have heart disease
- Are pregnant
- Are overweight
- Have anemia
- Have liver disease
- Are inactive or have long periods in bed
- Have trauma injuries or fractures
- Have had a stroke or injury that limits the movement of your legs
- Take certain medicines or treatments

Signs of DVT

Call 911 or go to the nearest emergency department if you have shortness of breath or chest pain.

Call your doctor right away or go to the nearest emergency department if you have any of these signs:

Duboka venska tromboza (DVT)

Duboka venska tromboza, zvana i DVT, je ugrušak krvi koji se formira u veni u Vašem organizmu. Najčešće se pojavljuje u nogama. Krvni ugrušak može blokirati dio ili čitav krvotok. Takođe se može otkaçiti i prouzrokovati ozbiljne probleme u plućima, srčani udar ili kap (moždani udar). Naučite kako spriječiti DVT i prepoznati njene simptome.

Faktori rizika

Izloženi ste većem riziku od DVT-a ako:

- imate oboljenje srca
- ste trudni
- ste prekomjerne težine
- imate anemiju
- imate oboljenje jetre
- niste aktivni ili provodite duge periode odmarajući se u krevetu
- ste imali traumatske povrede ili frakture
- ste imali moždani udar ili povredu koja ograničava kretanje nogu
- uzimate određene lijekove ili se liječite

Simptomi DVT-a

Nazovite 911 ili otidite u najbližu stanicu hitne pomoći ako Vam ponestaje daha ili osjećate bol u grudima.

Odmah nazovite svog doktora ili otidite u najbližu stanicu hitne pomoći ako imate bilo koji od ovih simptoma:

- Tender, swollen or red areas that may be warm to the touch over the vein. **Do not** massage or exercise a painful leg or arm.
- Numbness or tingling in the body part affected
- Aching or pain in the body part affected
- Fever or chills

How to Prevent DVT

- Your doctor may have you wear support stockings. The stockings help your blood flow to prevent clot formation.
 - ▶ Remove the stockings **each day** for 10 to 30 minutes. Check your feet and legs for redness, bruising or sore areas.
 - ▶ Ask your nurse or therapist how to put on the stockings to avoid very tight or wrinkled areas.
 - ▶ Lotion may be used if your legs are dry. Allow the lotion to dry and then powder your legs lightly to make it easier to put on the stockings.
 - ▶ You should have 2 pairs of stockings so that you have a pair to wear while the other pair is being washed and dried. Wash the stockings each day with mild soap, rinse and air dry.
- Walk every day and do leg and arm exercises to help your blood flow. Ask your doctor or therapist what type of exercise is best for you.
- Avoid sitting or lying in one position for long periods of time. Do not sit with your legs crossed or with constant pressure on the back of the knees. If your legs tend to swell, raise them on a stool when sitting.
- Avoid smoking, especially if you are taking birth control pills.
- Drink at least 8 glasses of liquids each day unless you have been told to limit your fluids.

- osjetljiva, natečena ili crvena mjesta koja mogu biti vruća na dodir iznad vene. **Nemojte** ih masirati i ne radite vježbe bolnom rukom ili nogom.
- utrnulost ili štipanje organa koji je zahvaćen
- bol organa koji je zahvaćen
- groznicu ili zimicu

Kako spriječiti DVT

- Vaš doktor može zatražiti da nosite elastične kompresivne čarape. Ove čarape pomažu krvotoku sprječavanje formiranja ugruška.
 - ▶ **Svaki dan** skinite čarape na 10 do 30 minuta. Pregledajte svoja stopala i noge i utvrdite da nisu crveni, da nema modrica ili bolnih mjesta.
 - ▶ Pitajte svoju medicinsku sestru ili terapeuta kako da obučete čarape, a da izbjegnute previše uska ili naborana mjesta.
 - ▶ Ako su Vam noge suhe, možete koristiti losion. Pustite da se losion osuši, a onda malo napuderišite noge kako bi lakše obukli čarape.
 - ▶ Trebali biste imati 2 para čarapa kako bi jedan mogli nositi dok je drugi na pranju i sušenju. Čarape svakodnevno perite blagim sapunom, isperite i osušite na zraku.
- Svaki dan šetajte i radite vježbe za ruke i noge da potpomognete protok krvi. Pitajte svog doktora ili terapeuta koja vrsta vježbe je najbolja za Vas.
- Izbjegavajte sjedenje ili ležanje u jednom položaju duže vrijeme. Nemojte sjediti prekrštenih nogu ili sa stalnim pritiskom na stražnji dio koljena. Ako su noge sklone oticanju, podignite ih na stolicu kada sjedite.
- Izbjegavajte pušenje, naročite ako uzimate pilule za kontracepciju.
- Svakodnevno popijte najmanje 8 čaša tečnosti, osim ako Vam nije rečeno da ograničite unos tečnosti.

Treatment

DVT is often treated with blood thinning medicine. The medicine may be given as:

- An IV (intravenous) – You may need to stay in the hospital during treatment.
- Injections into the skin near the stomach – If you need to give yourself injections, you will be taught how to do this.
- Pills – Take your pills as ordered by your doctor. **Call your doctor** if you have any unusual bleeding, dark or bloody urine or stool, or unusual bruising.

You may need to have blood tests done at the lab or doctor's office while you are on this medicine. Follow the schedule your doctor orders.

Talk to your doctor or nurse if you have any questions or concerns.

Liječenje

DVT se često liječi sa lijekovima za razrjeđivanje krvi. Lijekovi se mogu dati:

- intravenozno – možda ćete morati ostati u bolnici za vrijeme liječenja.
- injekcijom u kožu blizu stomaka – ako budete morali sami sebi davati injekcije, naučit ćete kako da to radite.
- u vidu pilule – uzimajte pilule u skladu s uputstvom ljekara. **Nazovite svog doktora** ako imate bilo kakvo neuobičajeno krvarenje, taman urin ili krv u urinu ili stolici, ili neuobičajene modrice.

Dok uzimate ove lijekove, možda ćete morati uraditi nalaze krvi u laboratoriji ili ljekarskoj ordinaciji. Slijedite raspored prema uputstvu ljekara.

Ako imate bilo kakvih pitanja ili briga, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.

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Deep Vein Thrombosis (DVT). Bosnian.