Throughout their lives, women face crucial choices that can contribute to their risk of life-threatening blood clots.

Choices connected to birth control, pregnancy, and the treatment of menopause symptoms must be carefully weighed to reduce the risk of blood clots.

### Estrogen & Blood Clots

#### Birth Control

**Reduce Your Risk**

Options to decrease or avoid blood clot risks include:

- **Hormone methods**
  - Progestin
  - Copper IUD
  - Progestin-only pills
  - Progestin IUD
  - Progestin implant

- **Injectable progestin**
- **Injectable contraceptives (DMPA)**
- **Implants**
- **Progestin vaginal rings**
- **Progestin injections**

Risk control methods, like birth control, and menopause treatments must be carefully weighed to reduce the risk of blood clots.

#### Pregnancy & Childbirth

**Reduce Your Risk**

Discuss your blood clot risks with your doctor before you get pregnant or as soon as you learn that you are pregnant.

- **Women who have had a blood clot disorder** should speak to their doctor before they get pregnant.
- **Women who have had a blood clot in the past** should speak to their doctor before they get pregnant.
- **Women who develop blood clots during pregnancy** should speak to their doctor before they get pregnant.

#### Hormone Replacement Therapy

**Reduce Your Risk**

To avoid the blood clot risks connected to hormone replacement therapy, medicine choices must be carefully weighed to reduce the risk of blood clots.

#### Why Are Blood Clots Dangerous?

Dangerous blood clots often form in the deep veins of a person’s arm or leg. This type of blood clot is called a deep vein thrombosis or DVT. If a DVT is left untreated, it can break off and travel to the lungs.

A blood clot that travels to the lungs is called a pulmonary embolism or PE and can be life-threatening.

- **Shortness of breath**
- **Coughing up blood**
- **Chest pain that worsens with a deep breath**
- **Skin that is warm to the touch**
- **Redness or discoloration**
- **Swelling, pain, or tenderness**

#### Prevent Blood Clots

Talk to your doctor about your health history and your potential risk factors for blood clots. Women are at greater risk of blood clots if they have a family history of clotting or previously experienced a blood clot. Talk to your doctor about ways that you can reduce the risks associated with birth control, estrogen, pregnancy, and hormone therapy.

Never ignore the signs and symptoms of a blood clot.

### Leg or Arm Clots

- **Swelling, pain, tenderness**
- **Redness or discoloration**
- **Skin that is warm to the touch**

### Lung Clot

- **Dizziness or fainting**
- **Coughing up blood**
- **Chest pain**
- **Shortness of breath**
- **Coughing up blood**

Learn more about reducing your risk for dangerous blood clots at www.womenandbloodclots.org

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The Alexandra L. Rowan Memorial Foundation has provided funding to the National Blood Clot Alliance to help educate women about blood clot risks that may occur during their lifetime. This funding has allowed the National Blood Clot Alliance to design and implement educational videos for women. Sources, terms and the information that women need to know about the potential blood clot risks they face throughout their lifetime.