

Women & Blood Clots: Program Description

Women & Blood Clots is a program of the National Blood Clot Alliance, in partnership with the Alexandra L. Rowan Memorial Foundation, created to share crucial information with young, college-aged women who may be making important, first-time choices about birth control.

This program seeks to educate women about the potential blood clot risks associated with estrogen-based birth control, and to inform women about the spectrum of contraception options available to them.

In sharing this information with university and college-based health centers throughout the United States, this program aims to deliver life-saving information directly into the hands of young women who are making crucial choices about their reproductive health.

The Impact of Blood Clots

Blood clots that form in the deep veins of a person's arm or leg (deep vein thrombosis or DVT) can be dangerous. If a DVT is left untreated, it can break off or travel to the lungs (pulmonary embolism or PE) and can be life-threatening.

Each year, up to 900,000 people in the United States are affected by blood clots. Annually, about 100,000 people die due to blood clots. On average, 274 people in the U.S. lose their lives each day due to blood clots.

Estrogen-Based Birth Control: Recognize the Risk

More than 60 million women between the ages of 15 and 44 in the U.S. use some form of contraception or birth control. The most common contraceptive method used among younger women, or women between the ages of 15 and 24, is the birth control pill, which is used by 22% of women in this age group.

Research shows that the birth control pill can be safely and effectively used by many women, but the blood clot risks associated with hormonal contraception, including the pill, patch and ring, also are well documented.



Estrogen-based birth control pills increase a woman's risk for blood clots three-fold.



Newer birth control pills with estrogen pose a risk two times greater than older birth control pills.



Estrogen-containing patches or rings pose a blood clot risk twice that of older birth control pills.

The risk of blood clots connected to estrogen-containing birth control is even greater in women with a personal or family history of blood clots, or among women with an acquired or inherited blood clotting disorder.

Educating and Empowering Women

This *Women & Blood Clots* program provides women with important resources, including a risk assessment tool, to enable them to work with their healthcare providers and to more effectively determine their blood clot risks when hormonal birth control is considered.

All *Women & Blood Clots* program resources can be downloaded at www.womenandbloodclots.org/resources.

For more information, visit www.womenandbloodclots.org

