

Deep Vein Thrombosis (DVT)

Deep venous thrombosis (DVT) is a condition that occurs when a blood clot, or thrombus, forms in a major vein, usually in the leg. The clot can partially or completely block off the blood flow through that vein. Veins are the vessels that return the blood to the heart, so a blockage of that circulation can lead to poor emptying of blood in the extremity, causing swelling and pain. If the clot is not treated, all or part of it can break off and travel up to the heart, through it, and into the lungs. In the lungs, it can obstruct blood supply with life threatening consequences. This is known as pulmonary embolism (PE).



Massive pulmonary embolism attributed to DVT causes over 300,000 deaths in the United States each year. That's more than deaths from breast cancer and HIV disease combined. PE is the leading cause of preventable in-hospital mortality.

There are certain people who are more at risk than others to develop DVT. Age plays a major role. Although a blood clot can develop in anyone, the older you are, the greater the likelihood. Additional risk factors include immobilization due to hospitalization, recent surgery, pregnancy and the first weeks postpartum, and long air or car trips. Other conditions which are known to have a higher risk include cancer, stroke, heart failure, and varicose veins. Injuries such as lower extremity fractures can also cause blood clots to form. Finally, there are conditions which make the blood more likely to coagulate or clot. These include certain blood disorders that may be inherited, and medications such as birth control pills or estrogens. The more risk factors an individual has, the more likely he or she is to develop DVT.

DVT does not always cause symptoms. But larger clots can lead to leg pain and swelling. DVT is a serious problem that requires immediate medical attention. Blood thinners are usually needed, and clot-busting medication may be indicated. If left untreated, a fatal PE can occur, or permanent venous insufficiency can lead to chronic leg swelling and ulceration.

So what can you do to prevent DVT? The most important thing to do is keep moving. If you are in a hospital, or sitting for several hours in a car or plane, you must exercise. If you cannot get up and walk, then you should exercise in such a way that you can keep the blood moving in your legs. We give a few examples of great exercises on page 2.

Tips To Prevent DVT While Traveling

- ◆ Avoid crossing the legs at the ankles or knees and regularly change leg position.
- ◆ Stay hydrated, drinking non-diuretic beverages such as water, milk, and juice.
- ◆ Wear loose-fitting clothing when flying. Parts of your body can expand because of atmospheric pressure in a plane.
- ◆ Exercise at least every hour on long journeys – see page 2
- ◆ Wear graduated-compression stockings.

GLOSSARY

Thrombus - a blood clot that forms in a vessel

Embolus - a blood clot that has broken loose and travelled elsewhere in the circulation

Deep veins - the major vessels returning blood to the heart; these are beneath the muscles in the legs

Varicose veins - the bulging, blue veins that look like ropes on legs

Pulmonary- related to the lung



Wisconsin Vein Center & MediSpa

1231 George Towne Dr. Suite G Pewaukee, WI 53072
262.746.9088

www.wimedispa.com info@wimedispa.com

Varicose Veins and DVT

Why do people with varicose veins have more of a risk for DVT? Varicose veins are superficial veins. They are not the veins we talk about when we are describing deep venous thrombosis, but they do connect to the deep veins. Varicose veins are larger and more twisted than normally functioning veins, so they are even more likely to develop a clot. The blood moves more slowly through the varicose vein than through a nice straight vein. Immobility, or sitting in a cramped position for a prolonged period, slows the blood flow down even more, making clotting more likely. This condition is called a superficial phlebitis. Because the varicose vein is so abnormal, the clot can propagate, or grow larger, and up the vein toward the deep vein system. If the clot extends to the deep vein, or if some breaks off and gets into the deep vein, a pulmonary embolus can occur. To help prevent phlebitis and DVT, people with varicose veins should *always* do leg and foot exercises and wear graduated compression hose or stockings when they sit still for any prolonged period of time, even at work in an office.



*Before and After
Varicose Vein Treatment at
Wisconsin Vein Center & MediSpa*

THE FOLLOWING EXERCISES CAN BE PERFORMED EVEN IN TIGHT SEATING ARRANGEMENTS:

Foot circles: Extend one foot at a time and circle the toes in one direction for 15 seconds. Reverse to the other direction for 15 seconds. Repeat with opposite foot.

Heel-toe lifts: While sitting with legs bent, alternate going up on the toes, then up on the heels. Do this about 30 seconds.

These exercises should be repeated every hour while seated. Get up and walk around as often as possible.

If you have any risk factors for DVT, purchase graduated compression socks with at least 15mm of ankle compression, and wear them throughout the time of travel. They will eliminate swelling during travel and help to empty the veins, preventing the formation of clots!



Dr. Deborah Manjoney Wisconsin Vein Center & MediSpa “Where Beauty Meets Science”

That's not simply an idle claim. Every service and every product combines scientific and medical methodology with the goal of making every person look their best. How do we do it? It starts with Dr. Deborah Manjoney, a widely-recognized physician whose commitment to her clients, services and products is unparalleled. In fact, Dr. Manjoney is the expert the media often goes to with questions about varicose and spider vein treatments, aesthetic services, and skin care systems.

The commitment continues to the staff at Wisconsin Vein Center & MediSpa. Each one is not only medically certified, but has been specially trained in each service that they offer. All of this is done in a spa-like atmosphere. You'll see no cold steel or stark white walls. Instead, you'll be welcomed in a tranquil haven.

If you're seeing us at Wisconsin Vein Center, you'll be happy to know that we provide minimally-invasive laser and surgical procedures for varicose and spider veins which are truly "no down-time" treatments. Equally as important, Dr. Manjoney performs more vein procedures than any other physician in the state.

You will also find that we offer the most advanced services and products, including state-of-the-art treatments for skin rejuvenation, wrinkle relief, cellulite reduction and acne control. Our staff has personally tested each and every product and service we offer.

For more information on Dr. Manjoney and our facility, visit www.wimedispa.com or contact us at 262.746.9088.