

# Community Health Update

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## The Vein Institute of New Jersey

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**Vein Institute**  
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VOLUME 3 NUMBER 4

Summer 2008

### Spot a Clot - What You Need to Know

Up to one million Americans suffer from blood clots every year, often resulting in hospitalization

- Blood clots are the third most common vascular disease after heart attack and stroke.
- More than 100,000 Americans die from PE every year.
- Every year, more people die from blood clots than from breast cancer, AIDS, and traffic accidents combined.
- Although blood clots are common, few Americans have any knowledge about blood clots and how to prevent them.

### **Blood clots and What YOU need to know.**

#### **Symptoms of Possible DVT    Symptoms of Possible PE**

- Recent swelling of one leg    • Unexplained leg pain or tenderness
- Recent or sudden shortness of breath    • Sudden collapse
- Sharp chest pain, especially when breathing in    • Coughing up blood

Blood clots are common, potentially life-threatening, *but treatable* and *generally preventable disorders* that include two related conditions:

1) **Deep vein thrombosis (DVT)** — This involves abnormal clotting of the blood in a deep vein. DVT most commonly occurs in one or more veins of the leg or pelvis.

2) **Pulmonary embolism (PE)** — This occurs when a DVT breaks free from its original site in a vein and then travels through the bloodstream and into the lungs.

#### **How are blood clots treated?**

Both DVT and PE are treated with anticoagulants which are sometimes called “blood thinners”.

(continued)

*The Vein Institute of New Jersey wants you to be aware of the risk factors for blood clots as well as the warning symptoms, so you can protect yourself and your family.*

For more information on this subject matter go to the Venous Disease Coalition on the web at:  
[www.venousdiseasecoalition.org](http://www.venousdiseasecoalition.org)

### **THE VEIN INSTITUTE**

For more than 12 years, The Vein Institute of New Jersey, has been the leader in the treatment of venous and arterial disease. We maintain a fully accredited Vascular Lab (ICAVL) performing comprehensive testing for vascular disease with noninvasive testing modalities. We are proud of the continued commitment to the highest standard of patient care, while maintaining the latest technologies in the healthcare industry.

For more information, please call  
973-539-6900!

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