

H.A.T

(Hospital Acquired Thrombosis)

Are you or someone you know being admitted to hospital?

Could you be at risk of Venous Thromboembolism? (VTE)

What is Venous ThromboEmbolism? (VTE)



- VTE is a blood clot (thrombosis) in the veins.
- Blood clots usually occur in the legs or lungs.
- Hospitalisation increases the risk of VTE.

People are more at risk of VTE if they are:

- Aged over 60 years
- Pregnant or have recently given birth
- Overweight
- A smoker

VTE can be prevented by simple treatment

Make sure your doctor checks your risk of VTE so you get the best care in hospital.

Turn the page for ways to reduce your risk of blood clots.



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What you can do to reduce your risk of H.A.T?

Lose weight before coming into hospital, if your procedure is planned.

- Eat a healthy, balanced diet.
- Taking regular, gentle exercise (check with your GP if you have any concerns about how much exercise you should do).

Ask your GP for help or go to:

www.nhs.uk/livewell/loseweight/pages/loseweighthome.aspx

Stop or reduce smoking

You can ask your GP for help and advice or go to:

www.nhs.uk/livewell/smoking/pages/stopsmokingnewhome.aspx

Keep Hydrated

- Some things which increase your risk of H.A.T. are beyond your control eg. Increasing age, immobility, pregnancy and surgery.
- Remember to ask about your risk of VTE when you or someone you know is admitted to hospital!

For more information go to:
www.thrombosis-charity.org.uk



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