

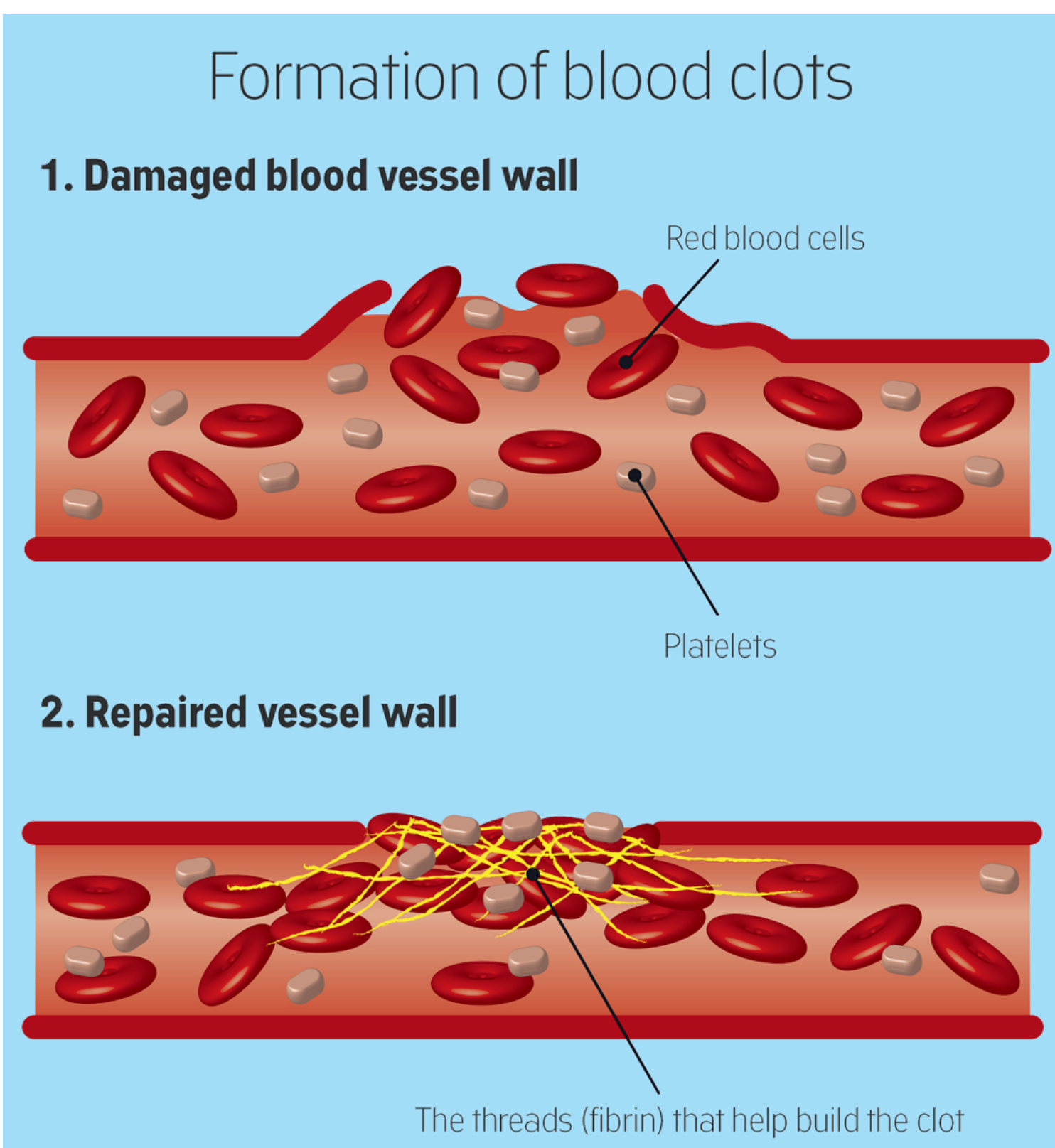
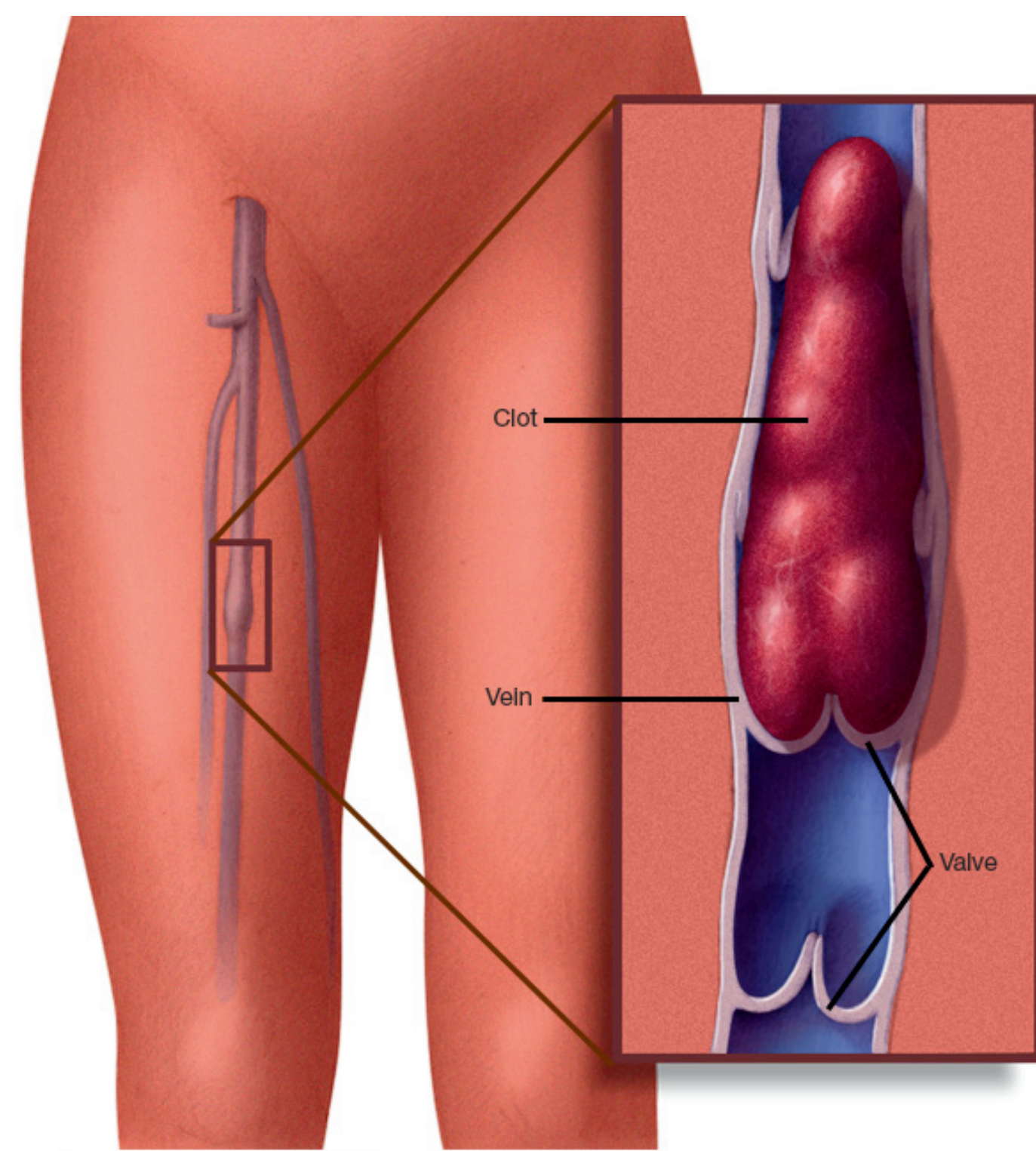
LIFESTYLE CHANGES AFTER THROMBOSIS

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INTRODUCTION

1. DVT, MI, PE, Stroke are very serious conditions affecting life
2. One blood clot appears every minute, and one death every 6 minutes
3. The authors undertook researching lifestyle changes in these 4 thrombotic conditions

FORMATION OF A BLOOD CLOT



AMERICAN HEART ASSOCIATION: LIFE'S SIMPLE 7

Manage Blood Pressure

Get Active
 Daily physical activity (30 min X 5 per week) increases the length and quality of life. Nearly 70 percent of Americans do not get the proper amount of physical activity.

Eat Better and Stay Healthy
 A healthy diet is one of the best weapons for fighting the condition. Diet that is low in saturated fat, cholesterol and sodium helps manage life better.

Reduce Blood Sugar
 A healthy diet is one of the best weapons for fighting the condition.

Lose Weight
 Shed extra fat and unnecessary pounds, thereby reducing the burden on the heart, lungs, blood vessels and skeleton.

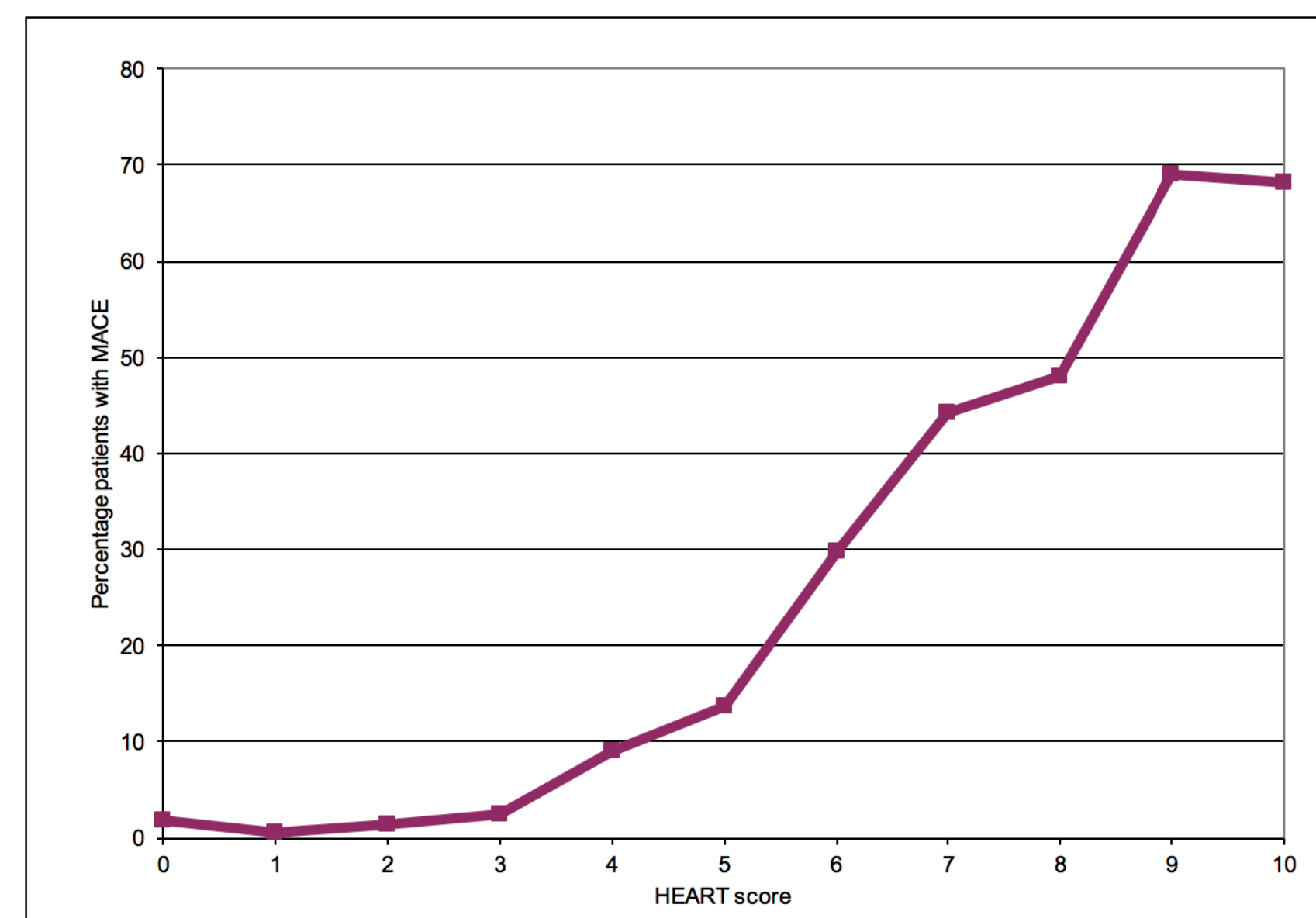
Control Cholesterol
 Lower Cholesterol Levels!

Quit Smoking
 Smoking is a major cause of cardiovascular conditions, causing 1 out of 3 deaths from cardiovascular complications. Cigarette smokers have a higher risk of developing cardiovascular disease. Smoking damages circulatory system, increases risk for coronary heart disease, hardened arteries, and blood clots.

HEART SCORE

HISTORY { +2 Highly Suspicious, +1 Moderately Suspicious, 0 Not Suspicious }
ECG { +2 Significant ST Depression, +1 Non specific repolarisation disturbance, 0 Normal }
AGE { +2 >65, +1 45-65, 0 <45 }
RISK FACTORS { +2 3 or more, +1 1-2, 0 no risk factors } (↑CHOL, HTN, DM, Smokers, +VEFH, Obesity)
TROPONIN { +2 3 x normal, +1 1-3x normal, 0 normal }
 <2% MACE 6/52 0-3 = low risk
 12-17% MACE 6/52 4-6 = medium risk
 50-65 % MACE 6/52 7-10 = high risk

1. A score of 0-3: risk of 1.6% for reaching a MACE (Major Adverse Cardiac Event), supports early discharge
2. A score of 4-6 points, with a risk of MACE of 13%, immediate discharge is not an option. Patients should be admitted for clinical observation and subjected to non-invasive investigations such as repeated troponin or advanced ischemia detection
3. A score 7 points, with a risk of 50% for a MACE, calls for early aggressive treatments, possibly including invasive strategies without preceding non-invasive testing



RECOMMENDED LIFESTYLE CHANGES

- TRAVELLING**
1. Drink plenty of water
 2. Avoid drinking excessive alcohol
 3. Take occasional short walks
- COMPRESSION STOCKINGS**
- CLOTHING:** Light, loose-fitting
1. Try to regularly move feet and calf muscles
 2. Put feet flat on the floor
 3. Raise toes in the air while keeping heels on the ground
 4. Hold for 3 seconds. Reverse wiggle toes, raise heels, and hold for 3 seconds
- BE WARY OF BLEEDING**
1. Anticoagulants can make nicks and cuts bleed more
 2. Switch to an electric razor

CONCLUSIONS

1. We have created a protocol for a smooth recovery from thrombotic conditions
2. A series healthy lifestyle changes to prevent recurrence of thrombosis
3. Stay active, exercise frequently, stay hydrated, see a doctor regularly, stop the use of tobacco products and cigarettes
4. Contact your local doctor or visit the North American Thrombosis Forum (www.natfonline.org)