

BLOOD CLOTS AND CANCER: Information for patients and carers

Having cancer and cancer treatment can increase the risk of developing a blood clot.

These can occur in the leg or arm (deep vein thrombosis or DVT) or in the lung (pulmonary embolism).

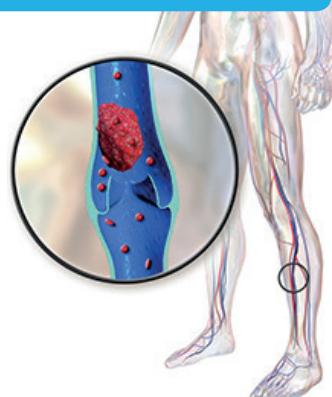
Symptoms can include:

- Swelling or pain in your leg
- Swelling or pain near your PICC line (if you have one)
- Unexplained shortness of breath
- Chest pain
- Coughing up blood

If you experience any of these symptoms don't ignore them.

Seek medical attention immediately (your local A&E department or GP).

Blood clots can be life threatening.



WHAT YOU CAN DO TO REDUCE THE RISK OF BLOOD CLOTS:

- Drink plenty of fluids. Unless you are told to limit fluid, aim to have at least 6-8 drinks every day
- Exercise - try and walk regularly, use the stairs
- If you are unable to walk or are on a long journey, regularly move your foot up and down at the ankle and bend and straighten your knees
- Avoid sitting for long periods of time - stand up and walk every hour
- Stop smoking (if you smoke)
- Maintain a healthy weight

For more information and advice
visit Cancer Research UK at
<http://bit.ly/1Q7QNP4>

