

Deep Venous Thrombosis (DVT)

DVT stands for Deep Vein Thrombosis. It is a medical condition characterised by the formation of blood clots, also known as thrombi, within the deep veins of the body, usually in the legs. characterised

Deep veins are located deep within the muscles, and when a blood clot forms in one of these veins, it can partially or completely block the blood flow. DVT can lead to serious complications if the blood clot breaks loose and travels through the bloodstream, causing a pulmonary embolism (PE), which occurs when a clot lodges in the blood vessels of the lungs.

Some common risk factors for DVT include:

1. Prolonged immobility: Sitting or lying down for extended periods, such as during long flights or bed rest after surgery, can increase the risk of DVT.
2. Surgery: Certain surgeries, especially those involving the lower extremities or the pelvis, can increase the risk of DVT.
3. Injury or trauma: Damage to blood vessels from fractures, muscle injuries, or severe trauma can lead to blood clot formation.
4. Obesity: Being overweight or obese puts extra pressure on the veins and can increase the risk of clot formation.
5. Pregnancy: Hormonal changes during pregnancy increase the risk of blood clotting.
6. Age: The risk of DVT increases with age.
7. Family history: Having a family history of blood clots or a genetic predisposition can increase the risk.
8. Certain medical conditions: Conditions such as cancer, heart disease, lung disease, and inflammatory bowel disease can increase the risk of DVT.

Symptoms of DVT can include swelling, pain, warmth, and redness in the affected leg. However, in some cases, DVT may not cause noticeable symptoms. If you suspect you may have DVT or experience any related symptoms, it is essential to consult your doctor at SunStar Clinics promptly. Treatment typically involves the use of blood thinners (anticoagulants) to prevent the clot from growing and to reduce the risk of pulmonary embolism. In severe cases, clot-dissolving medications or surgical intervention may be necessary.